

GETTING SUPPORT TO ATTEND CAP RESIDENTS FORUM MEETING

HOW TO MAXIMIZE YOUR ALLOWANCE AND RETURN THE INVESTMENT

As a resident, finding extra money to allocate for anything beyond standard expenses may be difficult. Many residents in the past have resorted to creative ways to get funding. When asking for financial support, think about and plan what you will give back to the group that gives you funding. Here are a few ideas and options to help decrease the financial burden of attending a College of American Pathologists Residents Forum (CAP RF) meeting.

WHY CAP RESIDENTS FORUM AND CAP '09?

The CAP Residents Forum meeting is the largest formal gathering of pathology residents in the world and is held in conjunction with CAP's "The Pathologists' Meeting™."

CAP RF offers you the opportunity of networking with your pathology resident colleagues, learning during resident-focused education, and interacting with leaders from the College of American Pathologists; American Board of Pathology; Association of Pathology Chairs, Inc. (APC); APC Program Directors Section; ASCP Resident In-Service Examination Committee and the Accreditation Council for Graduate Medical Education Residency Review Committee for Pathology.

CAP '09—The Pathologists' Meeting™ has the most relevant education and is highly respected. Here's why:

- More than 100 education courses at CAP '09 on wide range of pertinent topics
- Well-recognized and diverse faculty
- Opportunity to interact with and learn one-on-one from pathologist leaders
- Deeply discounted Resident Fee exclusively for CAP Junior Members – a savings of more than \$1,200

HOW TO ASK FOR AND MAXIMIZE YOUR ALLOWANCE

Explain your conference choice carefully and wisely! Give your expense estimate and what you can return on the investment made on your behalf. Conference attendance benefits are difficult to quantify; many experts agree that the top benefit of conference attendance is networking value. Focus on what you will specifically bring back to the organization as payback for the investment. Articulate the connection between your program's knowledge requirements and the conference.

Ask your pathology program, state pathology society, and local pathology society for funding:

- Use your conference or book funds
- Make an abstract presentation
- Present a resolution
- Elaborate on what you plan to get out of attending and how that will benefit your job, colleagues, profession, and patients
- Offer to bring back what you learned by creating a presentation and sharing the handouts
- Create a schedule to show the people who will cover your tasks while you are away
- Offer to reduce expenses by sharing a room
- Promise to implement at least one idea learned at the conference
- Propose a draft expenses sheet

Calculate your potential expenses. Include:

- Resident Pass – only \$70 – a savings of more than \$1,200
- Flight – Check out CAP rate using CAP Travel Desk
- Lodging – special rate with conference; share a room with a colleague
- Ground transportation to and from airport and hotel, mileage and parking reimbursement
- Meals – Residents Forum includes breakfast and lunch and receptions and many food and beverage opportunities are free and included with CAP '09 registration

HOW TO GIVE THEM A GREAT RETURN ON THEIR INVESTMENT

- Select sessions that have particular relevance to your program or that complement your program.
- Attend courses and events that allow you to discover and share with your program a solution to a special need, gain best practices, and gather information on how to overcome a current or future challenge.
- Implement at least one idea learned at the conference.
- Share your notes and handouts from the sessions you attend.
- Encourage your colleagues to get involved.

OTHER IDEAS

- Apply for CAP Foundation Leadership Development Award: Awardees may be funded for two Residents Forum meetings. You will find the information on www.cap.org under the Foundation tab.
- Run for a position on the Residents Forum Executive Committee: Elections are held every fall at the annual CAP meeting. Once elected as leaders of the CAP RF, the executive committee members' expenses are reimbursed.