



HOW TO GET THE MOST OUT OF YOUR CAP '10 EXPERIENCE

There are some simple and easy strategies to use to get the most out of attending CAP '10.

Plan:

- Prepare your schedule for each day before you arrive
- Divide and conquer with a colleague – maximize your investment and attend different sessions, then share what you gained later

Experience:

- Decide what you want to get out of attending
- Keep a list of take-aways or write a daily summary of new information you can use when you get back to your office
- Attend courses that will challenge

Network:

- Stay in the conference hotel – You will meet more people
- Bring business cards, and hand them out
- Have fun meeting new people – they may be your future colleagues
- Attend all of the open social events you can
- Smile, and say hello (it is that easy!)

Give back:

- Write a thank-you note to your program director for the opportunity to attend
- Share your daily take-aways with your colleagues

General conference comments:

- Enjoy the city's special features and unique local restaurants
- Dress comfortably and professionally
- Remove your badge when you leave the hotel
- Prepare to be transformed by your experiences and interactions!