7th ANNUAL TRAINEE AND EARLY-STAGE INVESTIGATOR PRE-MEETING

WEDNESDAY, December 9

Memorial Union, Tripp Commons

800 Langdon Street, UW-Madison Campus

2026 CAIRIBU TRAINEE PRE-MEETING PLANNING COMMITTEE: Alexis Adrian, PhD (UW-Madison U54 O'Brien Center), Byron Hayes, PhD (K12 alum, currently at Medical College of Wisconsin), Michael Odom, PhD (Duke University KURe Program), Lindsey Felth Tanaka, PhD (UW-Madison KURe Program), Tamryn Jordan (UW-Madison U54 O'Brien Center), Allison Rundquist (UW-Madison KURe Program), Rachel Wattier, MD, MHS (UCSF KUroEpi Program), Gabriella Robilotto (Medical College of Wisconsin), Natasha Wilkins, PhD (Duke University KURe Program), William Spanier (University of Alabama at Birmingham), Acacia White, PhD (UW-Madison U54 O'Brien Center), Emily Clevidence (CAIRIBU Interactions Core staff), Truman Poteat (UW-Madison U54 O'Brien Center)

WEDNESDAY, DECEMBER 9

8:00 AM **Welcome** (10 min)

8:10 AM **Elevator Pitch Workshop – Purpose and Best Practices** (15 min) - **Nathan Tykocki, PhD** (Michigan State University)

This session will introduce attendees to the purpose and utility of elevator pitches within scientific and professional settings. The facilitator will discuss how concise and engaging introductions can support networking, collaboration, and career development opportunities.

8:25 AM **Elevator Pitch Workshop - Prep** (15 min)

Attendees will use this dedicated work period to develop or refine a one-minute elevator pitch describing their research interests, career goals, or scientific focus. Guided by the strategies and best practices discussed in the previous session, participants will reflect on how to communicate their work effectively.

8:40 AM **Elevator Pitch Workshop - Practice** (30 min)

Attendees will be split up into pairs to practice delivering their one-minute elevator pitches. Participants will take turns presenting their pitches and providing feedback using structured scoring sheets focused on clarity, organization, and effectiveness.

9:10 AM **Break** (10 min)

9:20 AM **Navigating Mentorship and Team Dynamics Across Research Career Stages** (60 min)

Whitney Sweeney, PhD (University of Wisconsin-Madison)
Kimberly Keil Stietz, PhD (University of Wisconsin-Madison)
Charles Scales, MD, MSHS, FACS (Duke University)
Petra Popovics, PhD (Old Dominion University)
Margot Damaser, PhD (Cleveland Clinic)
Monica Ridlon, PhD (Michigan State University)
Tamryn Jordan (University of Wisconsin- Madison)

This interactive panel discussion will focus on interpersonal relationships across research training stages. Panelists from multiple career stages will discuss mentorship, communication, conflict navigation, and strategies for building productive research relationships.

10:20 AM **Break** (10 min)

10:30 AM **Understanding Training Grants & Career Development Pathways** (15 min) - **Chris Mullins, PhD** (NIH-NIDDK)

This session will provide attendees with a high-level overview of common research training and career development mechanisms to help prepare participants for the breakout discussions that follow.

10:45 AM **Preparing for the Next Stage – Breakout Sessions** (45 min)

Attendees will choose one of four breakout sessions based on their current career stage and goals. Each session will provide practical guidance on timelines, expectations, and strategies for success.

(1) Developing and Using an Individual Development Plan (IDP)
Chad Vezina, PhD (University of Wisconsin- Madison)

(2) Preparing for F awards (predoctoral and postdoctoral fellowships)
Alexis Adrian, PhD & **William Ricke, PhD** (University of Wisconsin-Madison)

(3) Preparing for K awards (career development grants)
Aruna Sarma, PhD (University of Michigan) & **Deepak Nihalani, PhD** (NIH-NIDDK)

(4) Preparing for R awards (independent research funding)
Chris Mullins, PhD (NIDDK) & **Johanna Hannan, PhD** (University of Wisconsin-Madison)

11:30 AM **Break** (5 min)

11:35 AM **CAIRIBU Resources for Trainees & ESI** (20 min) - **Kristina Penniston, PhD** (CAIRIBU Interactions Core)

11:55 AM **Conclusions and Evaluations**