



directions and implications of the project or lessons learned from the presenter.

As a poster presenter at a conference, be prepared and have business cards or paper printouts of your poster available to hand out so that interested attendees can contact you or reference your research if needed. Have an elevator speech ready about your research to provide a one-minute overview of your project and lessons learned. If food and drink is available, avoid them while you are actively presenting your poster as it can be distracting for all involved.

As with poster sessions, pharmacy conferences have a wide-ranging selection of educational sessions to attend. Determine ahead of time a potential list of sessions to attend based on your clinical and professional interests. Depending on the scope of the organization, topics can range from a specialty or primary care focus, academia, leadership, or personal development. Presentation slides are typically available for download from the organization's conference website or phone app so you can take notes and share the information with other colleagues. Most importantly, be engaged and give your undivided attention to the speaker without

being distracted by your electronics or social media.

Attending a pharmacy conference as a student pharmacist may seem overwhelming as you are having many new experiences in a short period of time. Prepare for the conference ahead of time and challenge yourself to go outside your comfort zone. While meeting someone new can be intimidating, it is helpful to remember that regardless of our current positions in our academic or professional communities, we are all just people. Attending a conference is an essential mechanism for career and professional development that starts for students and continues on in your career as a pharmacist.

Catherine Kuecker is a PGY2 Ambulatory Care Pharmacy Resident, William S. Middleton Memorial Veterans Hospital, Madison, WI. Hannah Hecht is a 4th Year Doctor of Pharmacy Candidate at the University of Wisconsin-Madison School of Pharmacy, Madison, WI. Andrea Porter, is an Associate Professor at the University of Wisconsin-Madison School of Pharmacy, Madison, WI.

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