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<table>
<thead>
<tr>
<th>Event /Course Title</th>
<th>Plastic Surgery Research Council 62nd Annual Meeting</th>
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<tr>
<td>Date of event</td>
<td>3-7th May 2017</td>
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1. Brief description of Event (50-100 words):

The Plastic Surgery Research Council is an organisation dedicated to supporting, promoting, and showcasing advances in research in the field of Plastic and Reconstructive Surgery. Medical students, residents, consultants, and other researchers from the world over convene annually to present their findings as posters or oral presentations in this five-day conference, and to learn about the newest techniques and innovations in the field.

2. What were the benefits of attending and what did you gain from the experience in terms of transferable skills and knowledge.

My attendance at the conference allowed me to present my research from last summer, which is of immense value to my CV and later application for training and research positions. Additionally, I had the opportunity to network with accomplished consultants and residents in the field, and obtain advice about the pathway to becoming a plastic surgeon. I also met several medical students who are on paths similar to mine – this serves a dual purpose of making new friends and developing contacts for future years. In attending presentations of others’ presentations, I was able to learn about new research and opportunities, and solidify my passion for the field.

3. What actions will you be taking as a result of attending or by making new networking contacts.

I have already emailed to thank several of the doctors that I networked with at the conference, and they said to me that I could email them again if I ever had any questions or if I was interested in an elective or research position. I have added the conference to my CV. I have also submitted research for more conferences, implementing the feedback and suggestions I received during my poster presentation.

4. Can you share any additional resources produced in connection with the event (e.g. feedback from participants, training resources, website links, and additional materials).

N/A (didn’t receive any)

5. Tips/experience learned from the event
I would suggest always submitting your research to conferences, regardless of what you think the outcome might be. It is incredibly important to begin presenting at conferences as early on as possible, in order to build the confidence and necessary communication skills to be able to present research. Conferences can practically set up your career – making a great first impression can open doors. Always be kind and polite to every person you meet, and make the most of the opportunity by speaking to as many people as possible. Be confident and feel free to ask for people’s contact info/business card – they are always happy to give it (and make sure to follow up by email shortly after!).

6. Any additional comments or information regarding the event

| Date Report submitted: 3rd June 2017 |