**Source: *Habits of Highly Successful Academicians***

***APPD Conference, Orlando 2015 (Assoc. of Peds Program Directors)***

Where the happiest people are

**Part 1: Be Your Own Image Consultant**

**Part 2: CREDO (C**ommunicator – **R**eliable – **E**nthusiastic – **D**oer – **O**rganizer)

* Consider a recent situation in which someone handled self well, leaving + impression
* Consider a recent situation in which someone handled self poorly, leaving neg. impression
* How would an outsider describe your professional image were she to observe you for a week?
* What areas of improvement would the outsider identify when observing your professional performance?
* Be open to ideas/tips to building an academic reputation locally, regionally & nationally

**Part 3: Networking**

**Elevator Speech:**

* In a sentence or two, describe how you distinguish yourself/your passion

*e.g., I’m working to understand factors related to bone health in kids who’ve survived cancer treatment*

Circle your major area of focus:

1. Service
2. Education
3. Scholarship/Research
4. Leadership/Administrative activities

* List 3 things you do well or have accomplished in this domain

*e.g., I gathered background sun exposure data in childhood cancer survivors in TN & Seattle, measured vitamin D levels in these same children*

* List 3 things you could do in the next 1-3 years that would lead to recognition outside your institution

*e.g., Publish our discovery that vitamin D levels are low in both the general ‘healthy’ population as well as in cancer survivors. Create a national consortium to study bone density and vitamin D supplementation in childhood cancer.*

*My primary interest is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (insert #1 above). My primary focus is in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (insert #2 above), where I have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (insert #3 above). In the next year, I will focus upon \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*