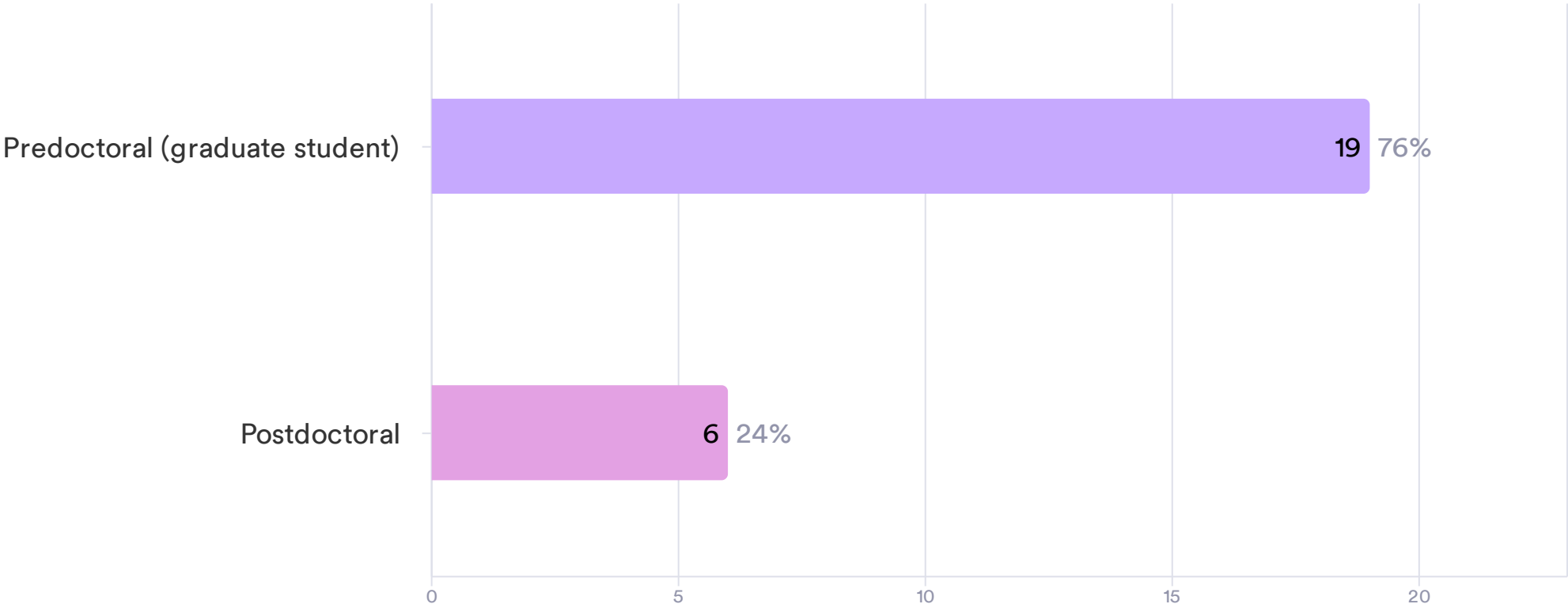


# CABTRAC Retreat 2024 Trainee Feedback

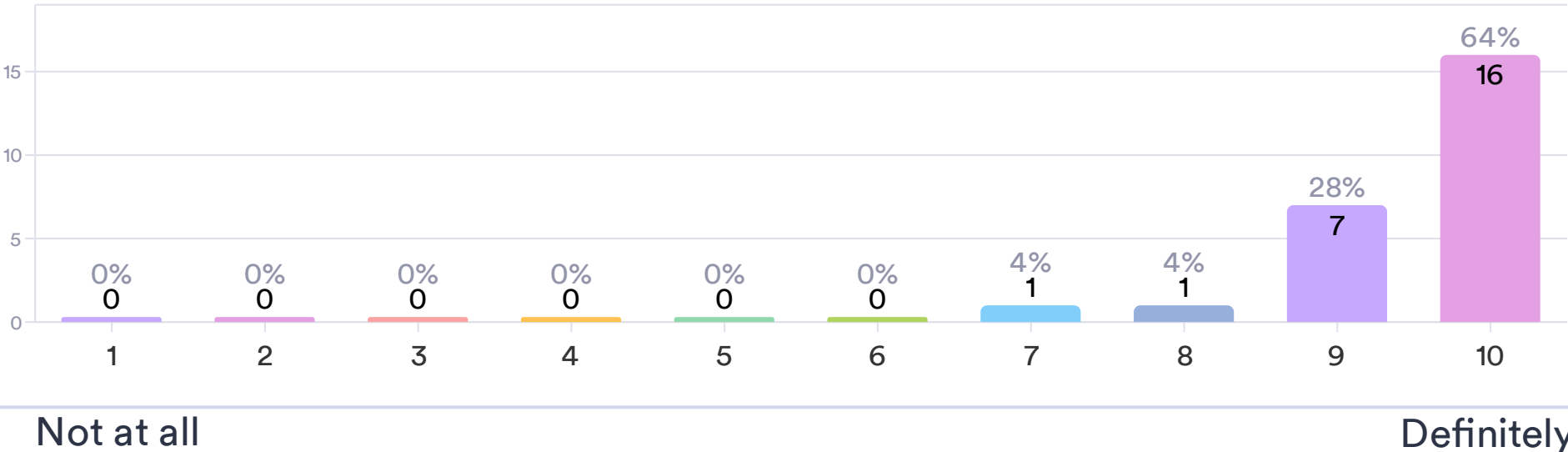
### Are you a predoctoral or postdoctoral trainee?

25 Responses



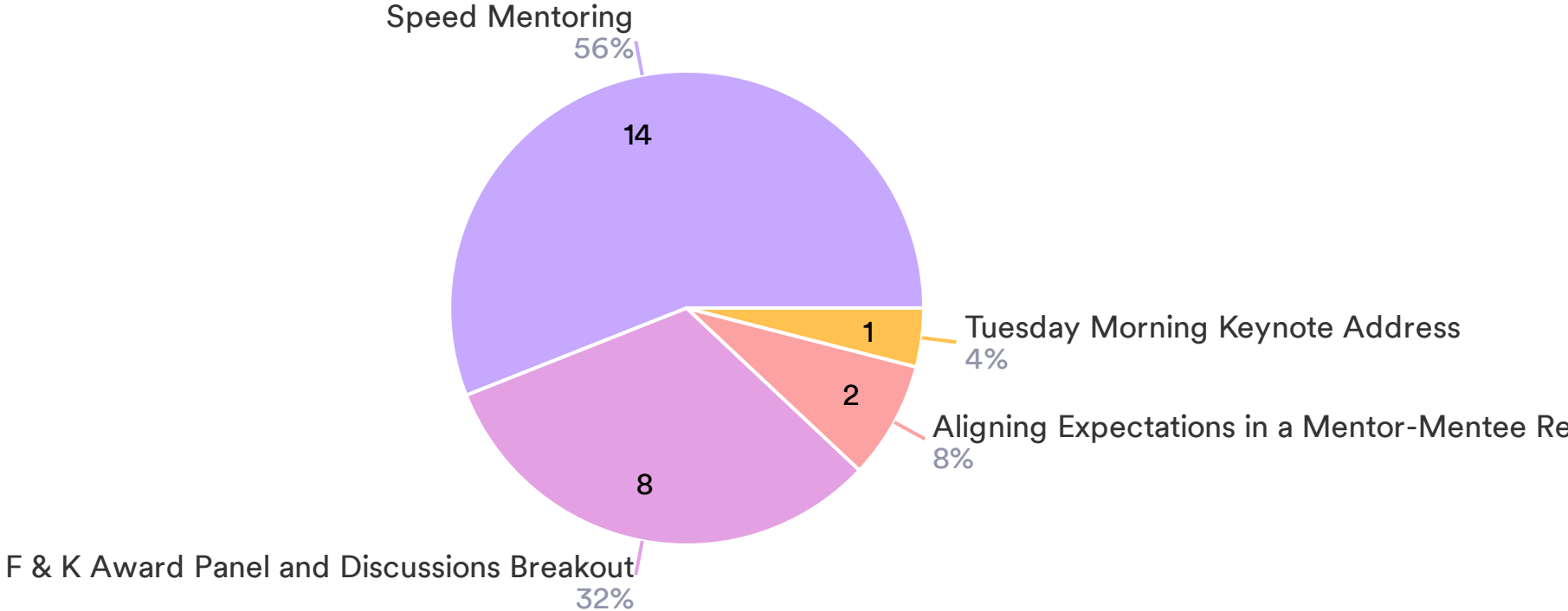
### Did you feel this retreat overall was a valuable use of your time and energy?

25 Responses



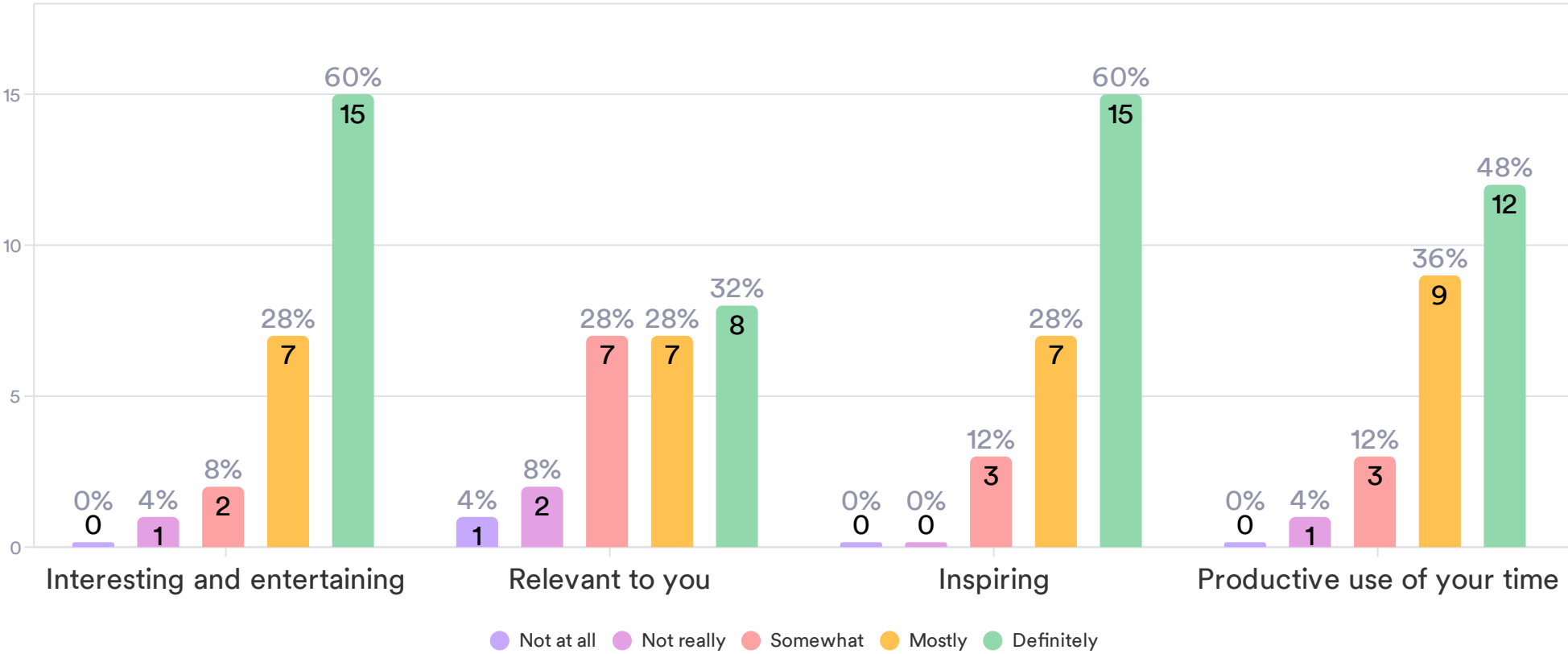
### What was the best professional session for trainees?

25 Responses



### Monday Night Keynote Address

25 Responses



# Monday Night Keynote Address Specific Feedback

11 Responses- 14 Empty

## Data

Potentially having the speaker during dinner instead of after might've been nice for just keeping everyone feeling refreshed, but I also totally understand the speaker needs to eat and everything.

Was nice to hear a personal story of an academic journey combined with science

I've heard Kristi's presentation before but it's so good that I didn't mind hearing it again. I love the bits of quotes and wisdom thrown in.

n/a

She did a wonderful job of talking about her science but also discussing career paths.

Fantastic talk!

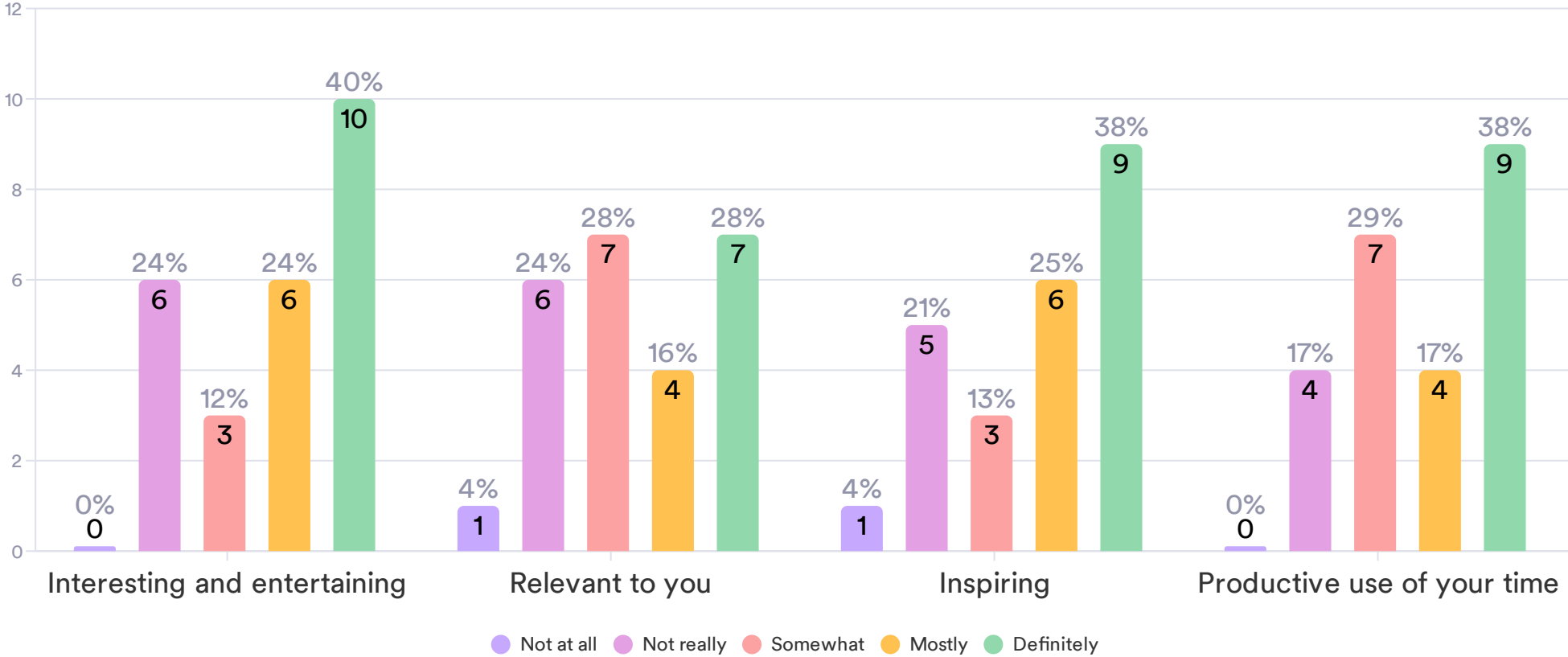
I enjoyed her aside detailing her journey to her current career path.

I thought it was great. I think though the speaker left after first night. Sometimes it takes time to think of questions and really would have liked if they were around the rest of the meeting!

Other entries

### Tuesday Morning Keynote Address

25 Responses



## Tuesday Morning Keynote Address Specific Feedback

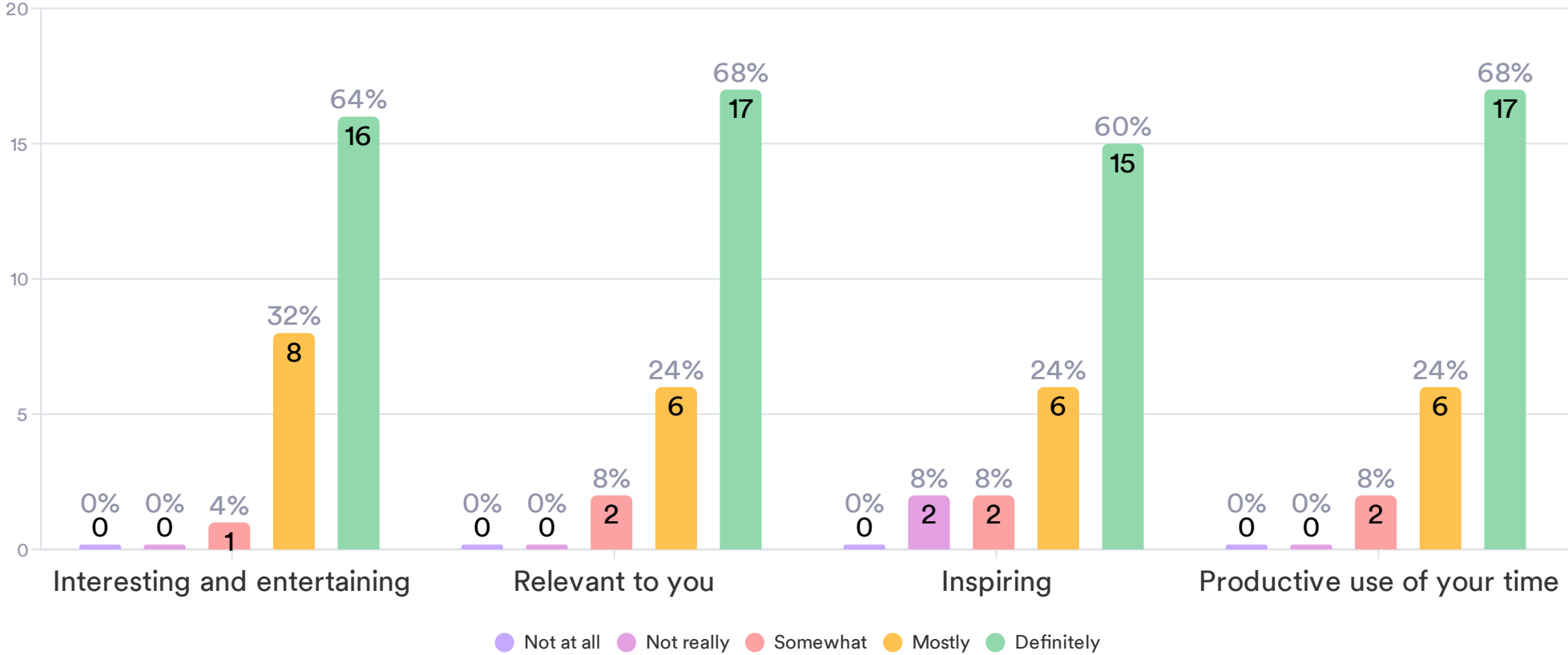
8 Responses- 16 Empty

Data
It was a lot more directed to admins but still interesting but not really applicable.
Fantastic talk! Very informative. Was unaware of the types of programs available
It was interesting and exciting to hear how DEI initiatives have made a lasting and strong impact on encouraging underrepresented groups to do science.
It was great hearing about the efforts and successes of their program for URGs and overall success of program. Next year I would love to hear in more of an informal break out session.
Arkansas as a rural state where both rural and city populations sometimes have difficulties seeing themselves in STEM could do a much better job ensuring that HUGs understand that they belong in science and it was truly wonderful seeing a successful story of exactly that happening in a different institution.
Great example of ideas to improve diversity. Preaching to the converted.
Interesting from a trainee perspective on how faculty think about cancer education
Other entries



### Mentor-Mentee Relationship Breakout

25 Responses



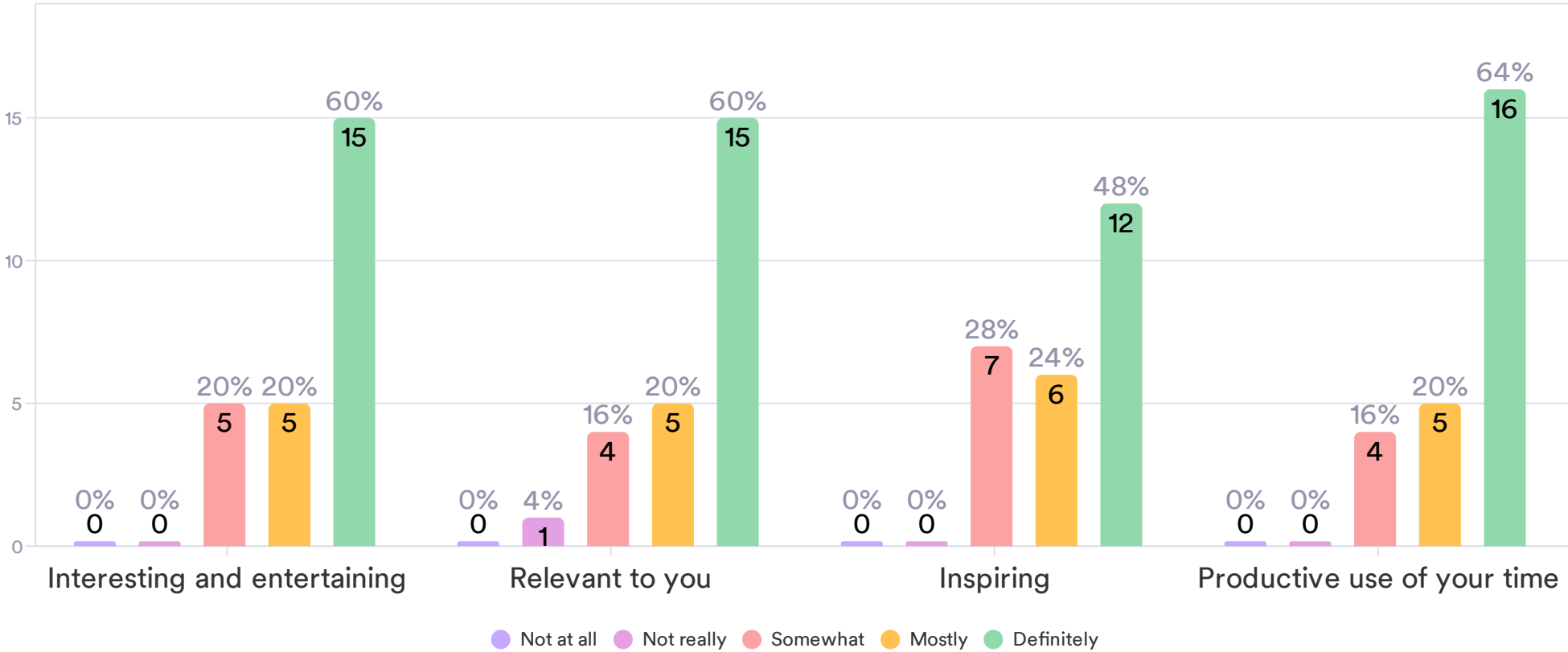
## Mentor-Mentee Relationship Breakout Specific Feedback

8 Responses- 17 Empty

Data
Good speakers, really good discussion topics
I'm having specific issues with this right now, so getting feedback in our small groups was helpful.
I enjoyed the small group discussion time and it was good to have a session discussing expectations and I wish we could have more these implemented in PhD programs of talking about what expectations we should have for our mentors.
Very helpful!
I think having a session with bost trainees and PIs could be useful. I liked the small group breakouts, and it would be nice to hear the PI perspective for why they may expect certain things from their trainees.
I thought this was very useful for resources and suggestions for tackling sometimes difficult conversations. I'm talking with a lot of grad students after this topic really resonates with them and were glad it had been included.
Longer would be better, more specific examples on language around how to have tough conversations

## F & K Awards Breakout

25 Responses



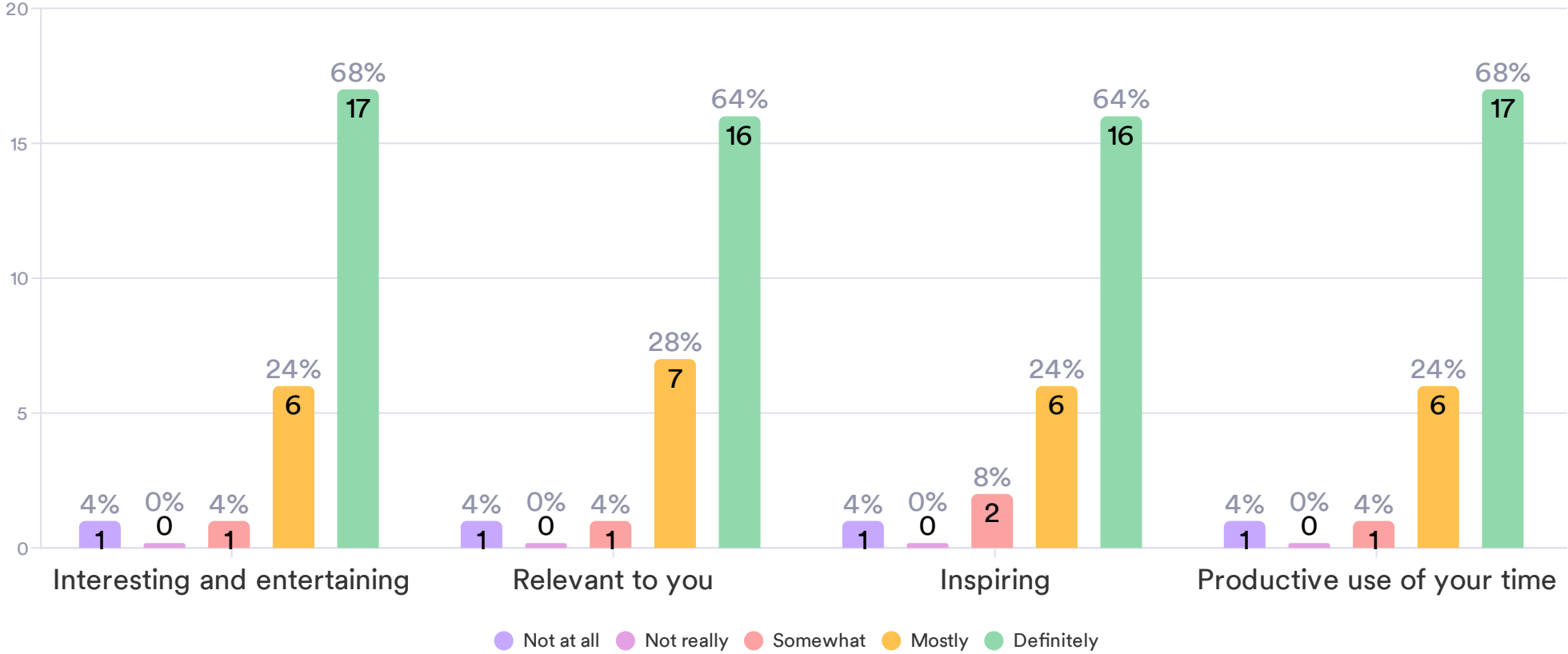
## F & K Awards Breakout Specific Feedback

9 Responses- 16 Empty

Data
Nice overview of f and k awards with information not available easily elsewhere and unique opinions
It would be nice if this info could get sent back to the institutions to give to the students earlier on (ie it would be nice to know about F99/k00 earlier in grad school)
Very helpful to hear trainees questions. At my institution there aren't enough people are talking about these awards and all their ins and outs, so the breakdown was very insightful.
It was good to have time to discuss the changes but to also have a panel where we got to ask about specific questions that apply to F or K grants. I thought splitting the group was a great idea
Very helpful, learned a lot about K grants!
This may have been the most useful session. It was extremely useful to know how to optimize my postdoc experience to set myself up for a K99
There was a lot of great info for F awards and the break out panel was nice, but would have been nice to have maybe separate sessions since alot of time was spent on F.
As a late stage postdoc I knew it wouldn't be directly applicable to me, but as a hopeful junior faculty it was great information.

## Career Paths Breakout

25 Responses



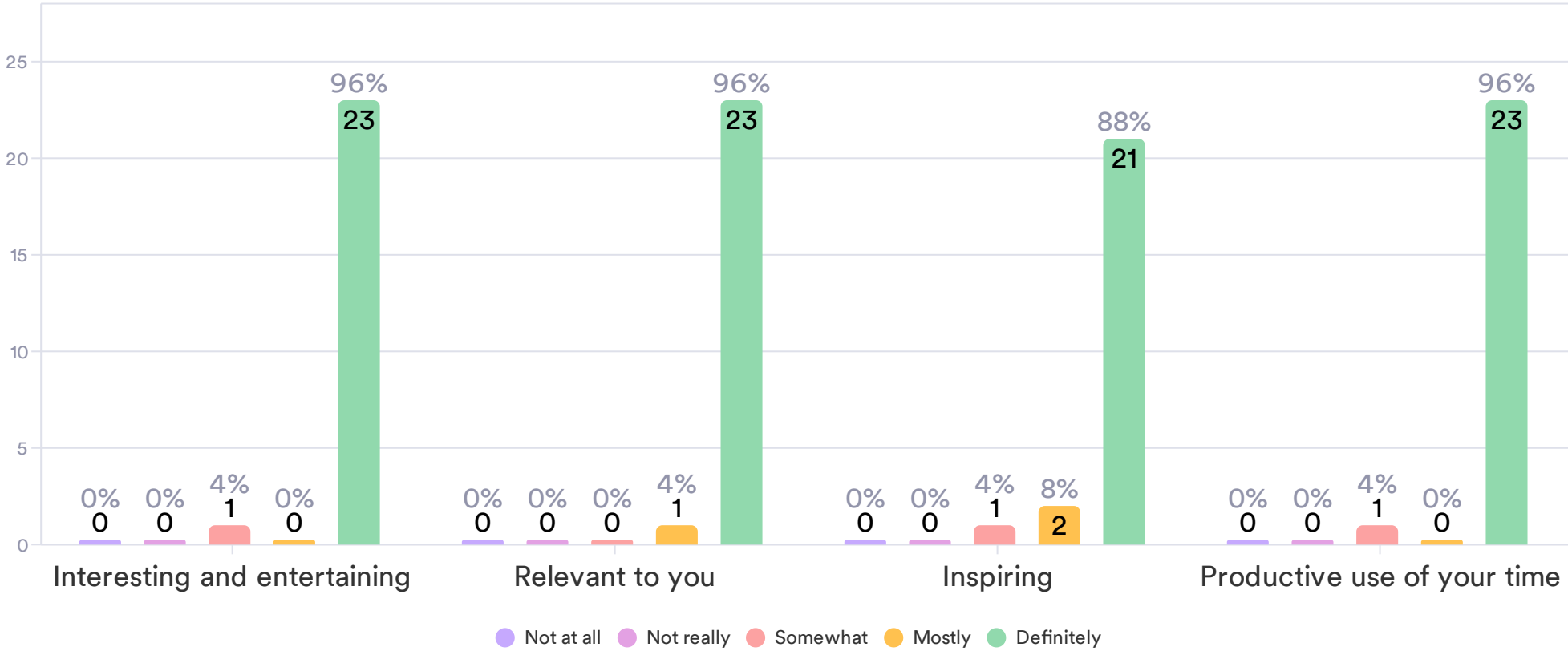
### Career Paths Breakout Specific Feedback

11 Responses- 14 Empty

Data
Good mix of career paths that involve non industry academic career paths that are not PI trajectories
Very interesting and relevant to me as I'm still unsure about what path post-graduation I want to choose!
I like that we had a panel that had people from a lot off different positions. It was nice to know what other paths can be taken with a PhD.
Interesting discussions!
I feel like I still want to know more kinds of options from a meeting like this, not just a select few examples, if that is possible.
I appreciatee having a session on alternative career paths outside of academia.
I admittedly went to the aligning expectations from the mentor perspective instead of the career panel but as a trainee it was really interesting to listen to their perspective on similar case scenario.
Very nice to hear perspectives on other career fields and get advice on when that decision needs to be made.
I've only ever attended career path sessions about academia or industry. Including foundation and government professionals was very informative.
Other entries

## Speed Mentoring Session

24 Responses- 1 Empty



## Speed Mentoring Session Specific Feedback

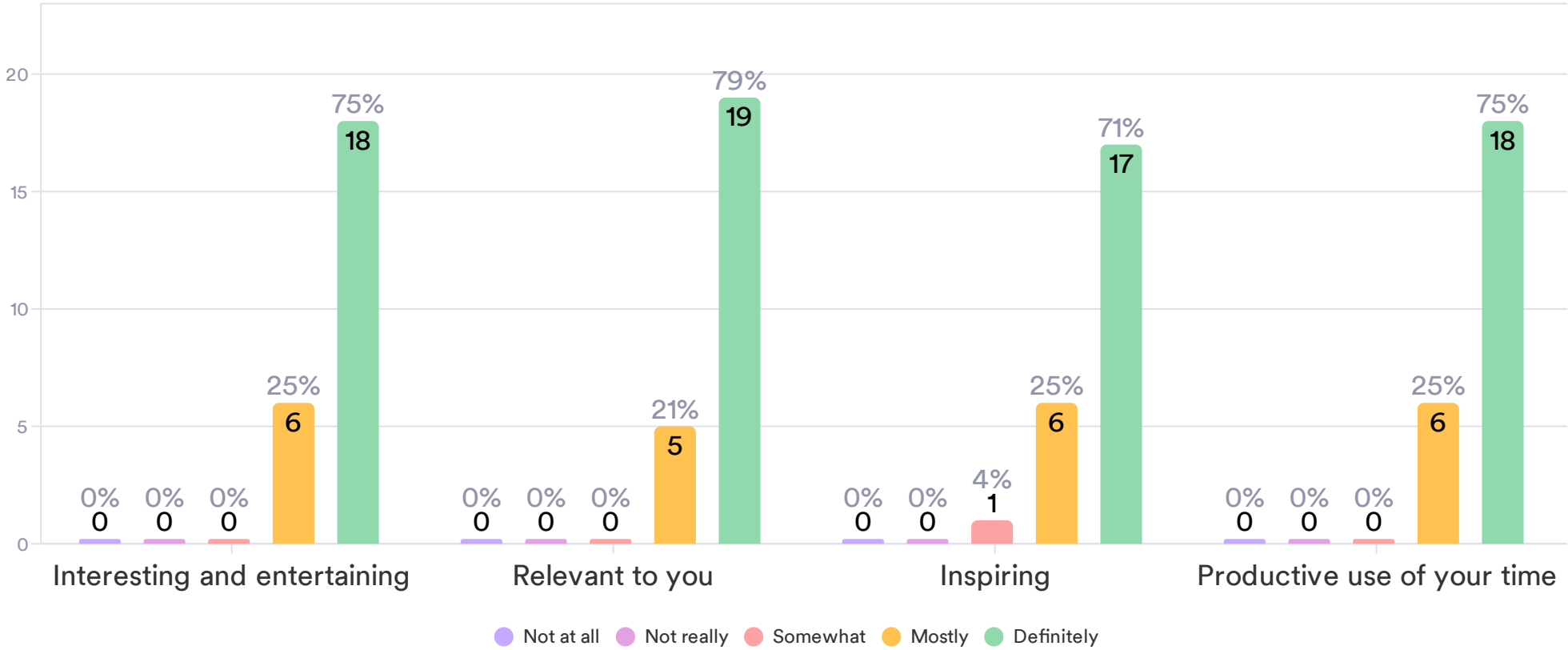
11 Responses- 14 Empty

Data
All 3 of my mentors were so unbelievably kind and helpful. This might've been my favorite session of the conferences
Success at matching my requested matches and really good advice was given
This was my favorite. Everyone I met with was so nice and interested in helping me whether it be with life/work advice or giving me helpful contacts!
I enjoyed it and it was nice to talk to senior mentors
Incredibly helpful, lots of valuable advice and feedback!
I really appreciated this! I enjoyed having the chance to talk one on one with the faculty. They provided good tips and insight into advancing in a career in cancer research.
I thought this was great way to network and ask career advice from people in different career trajectories
This was by far the most impactful time I had at CABTRAC. As someone who deals with imposter syndrome almost daily having someone I don't know take the time to read my CV and listen to me ramble say that they believe I'm ready to transition to junior faculty felt incredibly inspiring.
Other entries



## Trainee Poster Session

24 Responses- 1 Empty



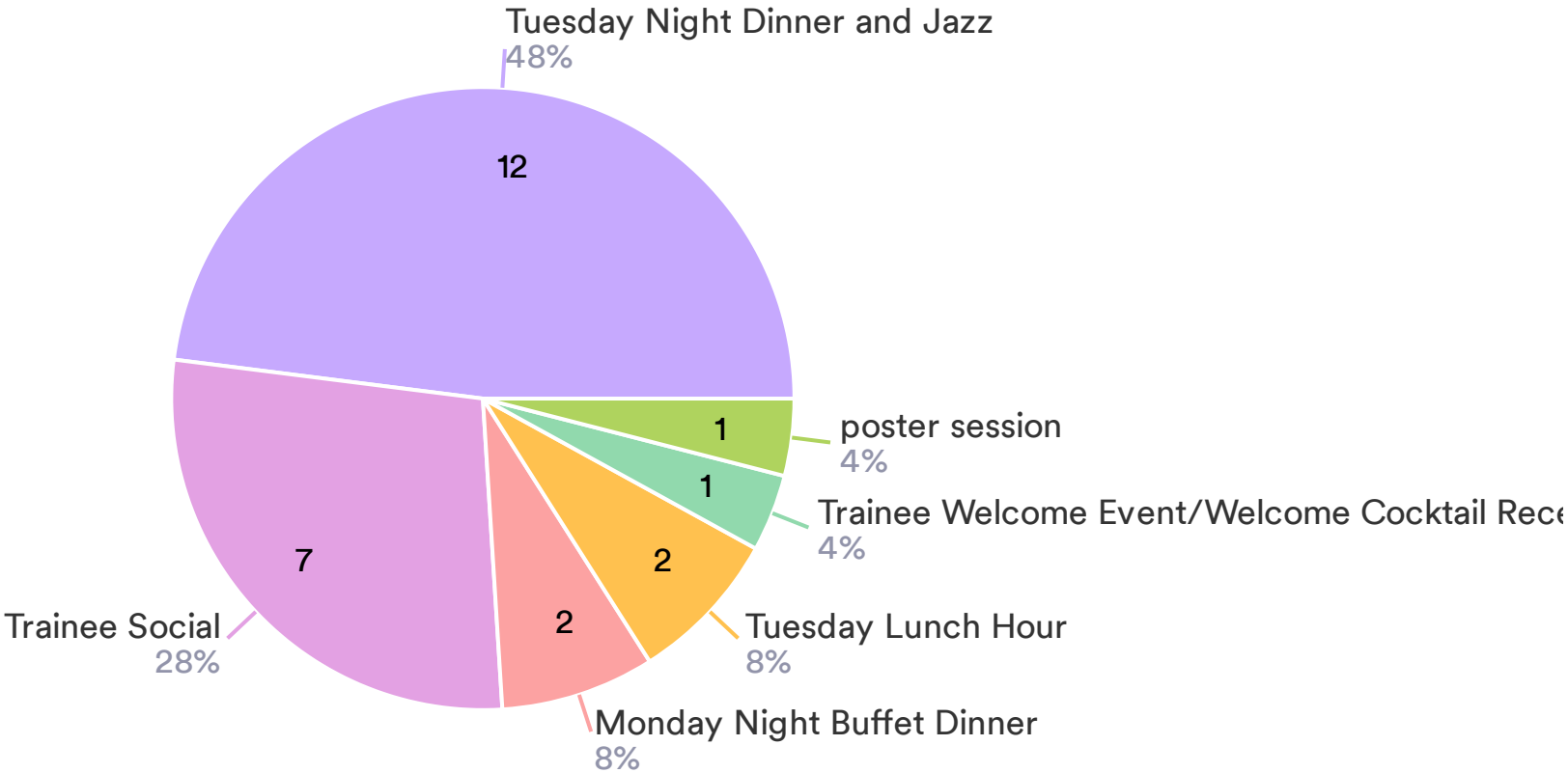
## Trainee Poster Session Specific Feedback

6 Responses- 19 Empty

Data
Lots of helpful feedback received from judges
I enjoyed this so much as well. It was a nice, low-stress environment for me to talk about my science, and I met some interesting people during it.
It was hard to have the split because judges can by even before or after the time block
I really enjoyed interacting with the very supportive faculty and student during this session. It was a very relaxed poster session and I felt very comfortable in this audience.
We need more time to go around and see other posters
I enjoy talking about my research almost too much. Enforcing odds and even posters to step away and mingle among the other posters would have been helpful to me.

### What was the best "fun" event or opportunity to socialize and network at this retreat?

25 Responses



## If you were in charge of trainee-specific programming for this retreat, what would you have done differently this time?

10 Responses- 14 Empty

Data
Be able to have more structure for the poster sessions
Included more time for mentor-mentee expectations workshop
More socials in the city
The break out sessions it would of been nice to have more that encouraged conversations across faculty and trainees and even admin of training programs
More detail in some sessions
I think the programming did a wonderful job of being informative to both graduate students and post docs.
Email addresses for all attendees for later use
Other entries

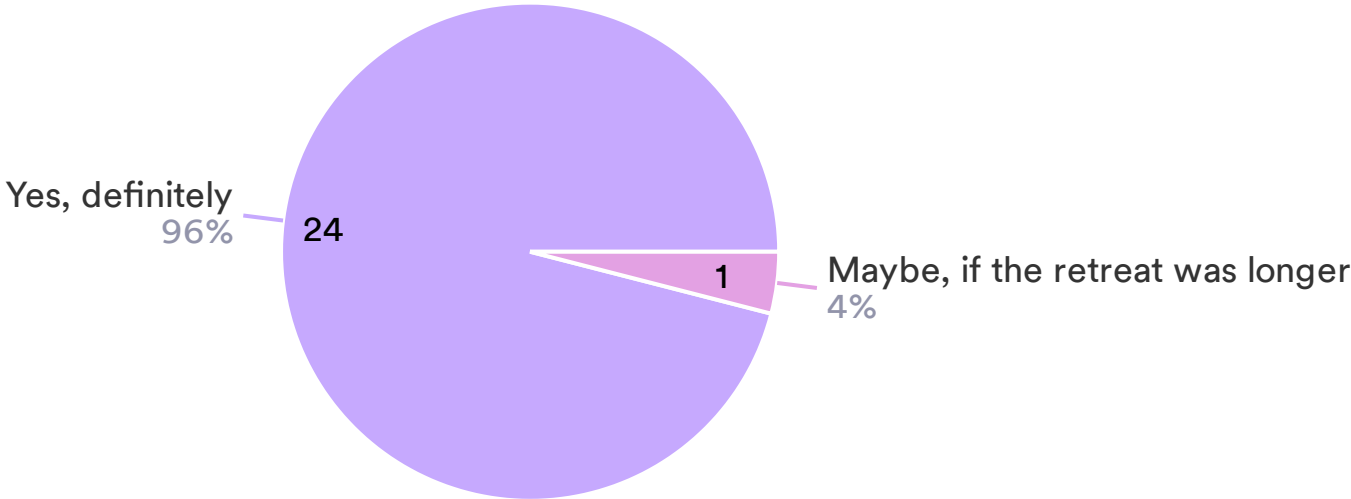
## Any suggestions for future trainee breakout sessions and professional programming? How would you improve next year's retreat?

8 Responses- 16 Empty

Data
Include more information on improving mentor/ mentee relationships
Maybe more team activities. Those were fun and great to make lasting impressions and friendships
It might be too difficult, but if you could break speed mentoring up and do 2 mentors on day 2 and Day 3 it would be incredible. 3 back to back sessions was almost overwhelming.
How to reach out for additional mentorship/form a mentor committee
Had a great time!
Opportunities to attend the one on ones
Invite more careers outside of academia
Other entries

### Would you recommend this retreat to another trainee in your field?

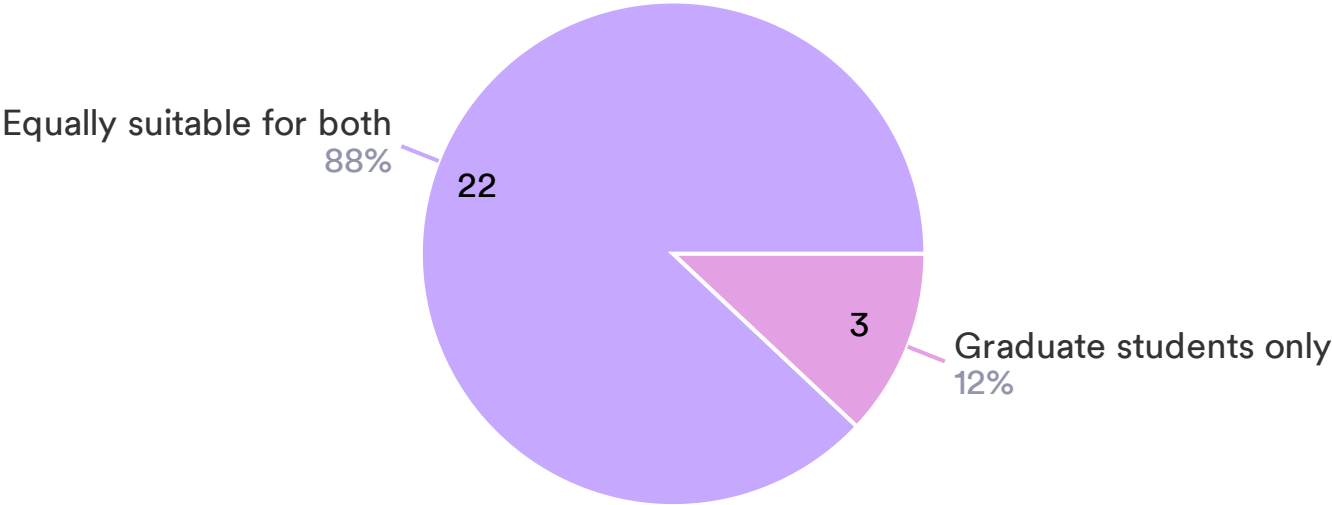
25 Responses



Data	Response	%
Yes, definitely	24	96%
Maybe, if the retreat was longer	1	4%
Maybe, if the content was changed	0	0%
Maybe, if the retreat was shorter	0	0%
No, never	0	0%

# Do you think the CABTRAC retreat is more suitable for graduate students or postdoctoral trainees?

25 Responses



Data	Response	%
Equally suitable for both	22	88%
Graduate students only	3	12%
Postdoctoral fellows only	0	0%
Not suitable for trainees of any kind	0	0%

## In your opinion, what is the purpose of the CABTRAC retreat? What are your key takeaways from attending; what did you learn?

7 Responses- 10 Empty

Data
make connections and learn the basics of cancer training/ awards key takeaway- post-doc papers and mentors are critical
I learned about how to approach NIH grants and why the admins care so much about graduate student success.
How to set graduate students and postdocs up for success in academic career
To promote continued work in cancer research and to prepare junior researchers for things that will set them up well for a successful career in cancer research.
This meeting showed me that in the field there are trainee and faculty truly invested in building the future of training in cancer biology. I think for me the biggest takeaway was it takes a village to have success and by bringing together different perspectives at this meeting will really help foster the future of cancer biology training.
Learn more about cancer biology preparation for academic careers
Providing resources and a network for trainees to be better prepared for grant applications, job interviews, and potential



## In your opinion, what is the purpose of the CABTRAC retreat? What are your key takeaways from attending; what did you learn?

8 Responses- 10 Empty

Data
<p>As a trainee I felt that the purpose was to introduce trainees to a safe environment of like minded people that they could network and get an outside view of their work/career. My key takeaway is that it's ok to believe in yourself and to tell yourself you can progress to the next step. I learned that there are ways to incorporate education into a cancer research program that raises up the community around the center.</p>
<p>The purpose is networking and being in a supportive environment to address issues relevant to training cancer researchers.</p>
<p>To enhance career training and enrich student perspectives on research and learning. I learned that the greatest progress and success in your career comes from your own efforts and confidence.</p>
<p>I think networking would be the top benefit, and that's useful for all attended. I also just got a lot of inside tips from faculty and CABTRAC organizers about grants and job hunting and all kinds of things.</p>
<p>Meet people in cancer education and learn how faculty are working on improving cancer education programming and trainee programming</p>
<p>To me it's a big opportunity for networking conference and an opportunity to feel out your ideas about your career that your apprehensive about voicing out loud.</p>
<p>To connect! Cancer research is so much more than the research itself.</p>
<p>To address some of the key issues that trainees face in a safe and supportive environment, and to meet other cancer biology trainees and researchers and build our network of super awesome cancer researchers.</p>

### Any final comments?

8 Responses- 17 Empty

Data
I had a fantastic experience and am very thankful for the opportunity to have been selected to attend.
Thanks, Delaney and Sheridan, for all you do!!!
maybe provide a pen and notebook at the beginning of the retreat?
Thank you for your hard work organizing the conference!
Thank you!!
Thank you!
Great Job
I had a wonderful time

# Thank You!

CABTRAC Retreat 2024 Trainee Feedback