



SOPHE 60TH ANNUAL MEETING

PHILADELPHIA PA / NOVEMBER 5-7 / 2009

AN INVITATION TO INNOVATION

Why Attend

- ◆ **Expand your network** to people who can help your self-development and career advancement
- ◆ Visit **Job Resource Center**; Share resume
- ◆ Hear about **“best practices”**
- ◆ Find out the latest **news about the profession**
- ◆ Develop your professional **networking skills**
- ◆ Get a **conference mentor**; meet **role models**
- ◆ Take on student **leadership opportunities**
- ◆ **Meet other students** from other programs – get the “scoop” on graduate degree programs
- ◆ Acquire **new skills** / Evaluate **new ideas**
- ◆ Show future employers and colleagues your level of **professional commitment** and **involvement**
- ◆ Increase your **marketability** and **visibility**

Budget

Travel (air, train, car/mileage):	\$ _____
Local travel (taxi, public transportation): (SEPTA rail 2 blocks from hotel)	\$ _____
Hotel (up to 4 per room @__ x __nights):	\$ _____
Meals (Thursday, Friday, Saturday):	\$ _____
Tips (hotel, porter, meals, taxis):	\$ _____
Registration (early student package = \$165):	\$ _____
SOPHE Awards Ceremony Ticket (\$45)	\$ _____
Total Conference Expense:	\$ _____

Resources

Your University/College

- ◆ Many campuses offer travel and conference funding through their student government organization or other organizations on campus.

SOPHE Scholarships **\$500.00**

- ◆ <http://sophe.org/content/awards.asp>

ESG Travel Grant to the conference **\$300.00**

- ◆ <http://www.etasigmagamma.org/travelprofgrants>

Volunteering at the conference **\$50.00**

- ◆ info@sophe.org “AM Volunteer” in subject line

Find a roommate through SOPHE Housing Referral Service or explore other hotel/travel options:

www.expedia.com

www.priceline.com,

www.hotwire.com

www.cheaptickets.com

SOPHE Student Registration Package—\$165 (must register by 9/25/09)

- ◆ Conference Registration (begins Friday at 8:30am and ends Saturday at 12:30pm)
- ◆ Friday boxed lunch, appetizers at the Friday night social, Saturday continental breakfast, and breaks
- ◆ Special conference sessions dedicated to topics of interest to students and new professionals, participation in mentor program and Introductory session for first-time conference attendees (w/breakfast)
- ◆ Pre-conference workshop for students (Thursday, 4:00—6:00pm)
- ◆ Pre-conference student social for students (Thursday, 6:30pm)

Optional add-ons:

- ◆ SOPHE Awards Ceremony ticket – student price (Saturday evening - Academy of Natural Sciences) - \$45
- ◆ Early bird registration for APHA conference in Philadelphia Sunday, Nov. 7 – 11 (must register on your own by August 28, 2009) - \$175

Before the Conference

Prepare

- ◆ Register in advance. This year, SOPHE is offering a special student package for a cost of \$165 if you register before 9/25/09. On-site registration will be more expensive.
- ◆ Make a hotel reservation for Thurs. and Fri. nights. It helps if you wake up in Philly on Friday. If possible, stay at the conference hotel because all conference events will take place there. Staying there will make it easier to take advantage of conference social events and other activities.
- ◆ Familiarize yourself with the program: don't miss something great because you didn't know about it.
- ◆ Participate in the Wellness activities—researchers and authors are far less intimidating in their sweats.
- ◆ Sign up for the Mentor Program and be partnered up with a seasoned (maybe famous) SOPHE member.
- ◆ Remember: everyone loves students—after all, it's you who will be leading the profession in the future.
- ◆ Attend the SOPHE Snapshot session or First Time Attendee sessions. Meet people in the same boat.
- ◆ Join the Student and New Practitioner Special Interest Group for great networking and hanging out.
- ◆ Go to sessions and events with other students. It's just getting in the door that's hard...once in, you'll be fine.
- ◆ See if someone can do some of your work while you're away so you can focus on the conference. You should be exhausted but exhilarated at the end of each day.
- ◆ Know why you're going and what you want to get out of this experience.
- ◆ If you're bringing family, explain what it means to be representing your employer at this meeting; explain your limitations in terms of spending time with family.
- ◆ Review conference session titles, descriptions, speakers, and objectives; think strategically about how you want to spend your time.

Pack:

- ◆ Business casual clothes for meetings – layerable
- ◆ Comfortable shoes
- ◆ Casual clothes for free time
- ◆ Something a bit fancy for the Sat. Awards Program.
- ◆ “Networking cards”
- ◆ Pens and note paper/pad
- ◆ Sample materials/give-aways from your agency.
- ◆ Sugarless candies for a boost during sessions unless you love hotel hard candies
- ◆ Swim suit and workout clothes and sneakers
- ◆ Medications; vitamins
- ◆ Toiletries—they are expensive in hotels!

During the Conference

- ◆ Set daily goals:
 - ⇒ Gather what information?
 - ⇒ Collect what resources?
 - ⇒ Meet with whom and why?
 - ⇒ Share information about what?
 - ⇒ Connect with someone you can help
 - ⇒ Identify someone who can help you
 - ⇒ Have fun
- ◆ Go to everything. Sleep through nothing!
- ◆ Arrive on time to each session.
- ◆ Turn off your cell phone while in sessions
- ◆ Sit further inside the room or up front so that late-comers don't crawl over you or disturb you, and so you can hear and see everything.
- ◆ If the room is filling up, don't take up two seats,
- ◆ Be attentive; don't chat during sessions.
- ◆ If sessions don't meet your expectations, leave.
- ◆ Use breaks and meal times for phone calls.
- ◆ Get enough sleep (energy for next day)!
- ◆ Avoid heavy rich meals; they make you sluggish.
- ◆ Think strategically about when to sit with your friends and when to “force yourself” to mingle with people you don't know...yet!

Roles to Play:

- ◆ Good-will ambassador for your employer: create and/or reinforce positive connections between your organization and other organizations, conference attendees, and SOPHE.
- ◆ Market researcher: learn as much as possible about other organizations, their programs, their assets and needs as possible.
- ◆ SOPHE membership sales representative: share information about SOPHE projects, programs, procedures, and policies with others.
- ◆ Feedback provider: complete your conference evaluation form—be honest. We need to know!

After the Conference

- ◆ Send your mentor a thank you note.
- ◆ Follow up on any commitments/promises made.
- ◆ Tell others what a great time you had.
- ◆ Start saving for your next SOPHE conference.