**10 Tips for a Successful Midyear**

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1. **Be prepared**

Preparation is key to ASHP Midyear survival. Do your research before you arrive. Know what programs you want to talk to, when they have a booth at the showcase and where that booth is located. Have business cards to give to people you meet at the showcase. They will use these to remind you of deadlines for application to their programs. Consider bringing a few copies of your CV. Some programs may offer you a “pre-interview” during Midyear and you will want a CV prepared.

1. **Ask Questions**

Have general knowledge about the programs you talk to and ask questions to enhance your knowledge. This is your time to get as much information as possible before you apply for a program. Talk to the current residents and ask them about their experience. Consider asking if there is anything they would change to improve the program they are in. There are no stupid questions!

1. **Take notes**

Have paper and pens with you during the showcase. Write down key points as you are talking to the program. As soon as you finish talking to a program, go off to the side and write down more details that will help you remember if you think this is a good program for you. After the showcase everything will blur together, notes will help you keep it all straight.

1. **Network**

This conference is the largest conference in pharmacy. You will have the opportunity to meet colleagues from all over the country – don’t miss that opportunity! But remember, Pharmacy is a small world, so be cautious because you never know who you will meet or even where you will meet them. Be sure you are conducting yourself in a professional manner from airport to hotel to conference to dinner!

1. **Attend the student programming**

There is a great variety of programming made especially for students all day Sunday through Tuesday of Midyear. Enhance your skills on things such as interviewing skills, CV writing, clinical pearls, career pearls and what to do when the unexpected happens.

1. **Download the ASHP application on your phone/tablet**

The app will have up to date information on things like the schedule, rooms, and more. All the info you need right at your finger tips

1. **Wear comfortable shoes.**

You will spend a lot of time walking and standing throughout your experience. Be practical with your footwear. Make sure your shoes are broken in so you do not get blisters. Heels can be great for a short event but we would not recommend them to survive this meeting!

1. **Bring snacks and water**.

Food around the convention center can be expensive and with so many people lines can also get long. Bring healthy snacks to hold you over throughout the days – granola bars, trail mix, etc. Also do not forget to stay hydrated! You will be doing a lot of walking and talking. Carry a water bottle with you at all times.

1. **Be yourself**

Midyear can be a very stressful event. Remember that you are looking for a great residency program and the programs are looking for great future residents. Show them how wonderful you are by making a great first impression. Everyone is nervous but don’t let it get to you. This is the beginning of your next step and we want to see you for you!

1. **Stop by the Lambda Kappa Sigma booth at the expo hall**

Come network with the members of Grand Council and Headquarters staff at the expo hall. Sign in to our book to let us know you were there. We always have cool freebies and friendly faces!