



Residents Forum Executive Committee Elections

## Candidate for Member-at-Large

### Aranza Pinedo Pichilingue, MD

University of Iowa

Iowa City, IA



When are you taking your boards? – 2026

#### CAP Experience:

Activity	Position	Years of Service
Residents Forum	Delegate	10/09/2023 – Current
Future Pathologist Champion	Member	02/14/2024 – Current

#### How did you become interested in serving on the RFEC?

My interest in serving on the Residents Forum Executive Committee (RFEC) stems from a strong commitment to advancing the field of pathology, advocating for trainees, and contributing meaningfully to our professional community.

As a CAP Resident Delegate, I have witnessed firsthand the impact that the RFEC and CAP leadership can have in shaping pathology education, influencing policy, and fostering leadership and professional development. These experiences have inspired me to take a more active role and contribute directly to those efforts by serving on the RFEC.

I am continually seeking opportunities to engage in initiatives that enhance the quality and structure of pathology training programs. I am particularly passionate about fostering meaningful connections - among medical students interested in pathology, residents, fellows, residency program leaders, and CAP leadership - to promote collaboration, mentorship, and innovation.

Through the RFEC, I hope to develop and support initiatives that elevate the residency experience on a national level, promote wellness and professional growth, and ensure that pathology trainees are well-equipped for both clinical/diagnostic excellence and future leadership roles.

Being part of this committee would be both an honor and a responsibility I would embrace with dedication, enthusiasm, and a strong sense of purpose.

#### What do you hope to accomplish during your time, if elected?

Through my involvement with the CAP Residents Forum Executive Committee, I hope to advocate for and help implement initiatives that strengthen the educational foundation of pathology training while empowering residents to thrive both personally and professionally.

Along with other RFEC members I look forward to contributing to shaping an environment where residents are not only supported during their training years but are also equipped with the tools, mentorship, and leadership opportunities needed to become impactful contributors and future leaders in our field.

1. Resident Representation:

- Serve as a strong voice for pathology residents across the country during both in-person and virtual events.
- Actively gather feedback from residents and communicate their needs and ideas to the committee to inform initiatives, improve programming, and influence policy development.

2. Committee Participation:

- Collaborate with fellow Executive Committee members to design and implement initiatives focused on education, advocacy, leadership development, and resident wellness.



- Participate in virtual meetings, working groups, and in-person sessions at CAP events.
  - Demonstrate initiative and commitment to the CAP's mission, contributing to the pipeline of future leaders in the organization.
3. Project Involvement:
- Contribute to the creation and distribution of CAP educational tools, surveys, newsletters, and other resources tailored to resident needs.
  - Assist in organizing activities and support presentations, workshops, and interactive sessions during national CAP meetings and throughout the year to maintain resident engagement and foster a sense of community.
4. Communication & Outreach:
- Promote student/resident/fellow awareness of the CAP community, resources, opportunities, and advocacy efforts.
  - Encourage active resident involvement in CAP activities and national conversations around pathology training and practice.
  - Assist with recruitment of new junior members.
  - Engage with medical students interested in pathology to raise awareness about the specialty and highlight the support and resources CAP offers to early trainees.

**Please convey your understanding of the role of an Residents Forum Executive Committee member and their responsibility to the Residents Forum and the College of American Pathologists.**

If elected as a Member-at-Large, I hope to actively contribute by assisting in the recruitment of junior members, communicating the initiatives and activities of the Residents Forum to delegates, and serving as a liaison between the CAP and the broader community of resident and fellow members. I am especially eager to help strengthen engagement among trainees and ensure that they are well-informed and encouraged to take part in the many valuable opportunities the CAP offers.

I look forward to participating in collaborative discussions and initiatives with fellow RFEC members and CAP leadership—whether through virtual meetings, in-person planning sessions, monthly meetings, or the upcoming fall and spring Residents Forum meetings. I am also enthusiastic about joining working groups, contributing to committee efforts, and supporting ad hoc planning meetings as needed.

I envision myself making a meaningful impact in this advocacy-driven role by focusing on elevating the resident experience, contributing to national projects, and advancing the CAP's mission through sustained resident engagement and representation.

**Please address the time commitment for the office in which you are interested and your ability to fulfill it.**

I am fully aware of the time commitment required for the role of Member-at-Large on the CAP Residents Forum Executive Committee and am confident in my ability to fulfill it. I have consistently prioritized professional engagement and leadership alongside my clinical responsibilities, and I am highly organized and proactive in managing my time.

My residency program fully supports my decision to apply for this position, and if elected, will help ensure that I am available to participate in RFEC activities, as well as CAP meetings and events - both virtual and in person.

I am committed to attending all scheduled meetings, including monthly calls, working group sessions, and in-person events at the CAP annual and spring meetings, and contributing meaningfully to ongoing initiatives and communications. I view this opportunity as a priority and am fully prepared to dedicate the necessary time and energy to serve effectively.

**What talents and skills do you bring to the Residents Forum Executive Committee that you believe would benefit the Residents Forum?**

I bring a combination of educational, leadership, and mentorship experience that I believe will be a valuable asset to the Residents Forum Executive Committee.

As a current CAP Resident Delegate from Iowa, my involvement in the Residents Forum has shown me how residents' voices can be elevated and transformed into meaningful, lasting change on a national



level. Whether it's engaging in dynamic discussions on topics like curriculum development, effective feedback, artificial intelligence, the job market, or CPT coding and billing, or promoting the field of pathology and the CAP community to medical students and pathology applicants in the CAP Meetings, or through webinars, social media, coaching zoom meetings, I've seen firsthand how consistent, small-scale efforts can spark broad improvements. For example, after attending last year's RF Spring Meeting, I helped implement effective feedback initiatives within my own residency program, an experience that reinforced the power of collaboration and idea-sharing among residents. Also at the Fall Meeting I connected with first-time attendees, especially medical students and pathology applicants and have since supported several of them in their career journeys.

As a fourth-year resident, with a master in education and prior experience as an assistant professor of pathology in my home country, I offer the perspective of someone who has lived the full arc of residency training and understands both its strengths and its opportunities for growth. As a senior resident I not only teach students and externs at the hospital but I also teach students at the university campus as well. My current work as a teaching assistant at the University Of Iowa Carver College Of Medicine, has prepared me to effectively communicate complex concepts, foster inclusive learning environments, and engage learners at all levels.

Additionally, through my roles as a USCAP Ambassador and Match to Path mentor, I've been able to advocate for pathology trainees, promote national engagement, and support initiatives aimed at enhancing resident professional development and wellness. I look forward to fostering collaboration between trainees, residency program leaders, the RFEC and CAP representatives to help build a solid and well-rounded residency training and shape a more connected and empowered pathology trainee community.

My experiences organizing and participating in advocacy and educational events, mentoring students interested in pathology from various backgrounds within and outside the US reflect my passion for expanding the visibility of pathology and supporting the next generation of pathologists. I am committed to advocating for a residency experience that supports clinical excellence, professional development, and long-term career fulfillment.

I am confident that these skills and experiences will allow me to make a meaningful and lasting contribution to the mission of the RFEC and CAP community.

### **What else should the Residents Forum know about you?**

Being brave, persevering, and authentic define all my actions, they have helped me achieve personal and professional milestones and continually pushed me to step out of my comfort zone to lead and advocate for what is right. I care deeply about ensuring that our generation - and the ones that follow - receive a robust, forward-thinking education that sharpens diagnostic acumen, fosters critical thinking, and supports long-term career development.

Being dependable, highly organized, and a collaborative team player has allowed me to contribute meaningfully to every initiative I've been part of - whether it's planning educational activities, leading wellness events, or mentoring future pathologists.

I bring a positive attitude and an upbeat personality, which I believe would energize the team, promote inclusivity, and help create a supportive and creative working environment. I'm constantly thinking about new ways to enhance the resident experience and bring fresh, actionable ideas to the table.

I see active involvement not only as a personal responsibility but also as a powerful tool to uplift the collective experience of pathology trainees. These values have guided my work as a mentor, educator, and resident leader, and I would carry them with me as a member of the Residents Forum Executive Committee.

I am deeply committed to listening, learning, and helping shape the future of our specialty through teamwork, advocacy, and purpose-driven leadership and - as I have mentioned before - joining the RFEC team would be both an honor and a responsibility I would embrace with dedication, enthusiasm, and a strong sense of purpose.

Thank you for your consideration =)