



Residents Forum Executive Committee Elections

Candidate for Alternate Delegate to the CAP House of Delegates

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St. Louis, MO



When are you taking your boards? – 2026

CAP Experience:

Activity	Position	Years of Service
Residents Forum	Delegate	02/27/2024 – Present

How did you become interested in serving on the RFEC?

My first pathology abstract was accepted by CAP annual conference during my first year of residency training. I was fortunate to attend the CAP annual conference in Chicago. It was a transformative experience for me. The conference offered excellent up-to-date lectures and valuable trainee career planning resources. Upon returning, I had the honor of becoming a CAP delegate and attended my first resident forum. The experience of communicating with peers and engaging in discussions at the resident forum ignited a growing enthusiasm within me. I became increasingly passionate about the work of the executive committee and the broader impact of the CAP. This has motivated me to seek deeper involvement in the resident forum and contribute more actively by collaborating with the Resident Forum Executive Committee (RFEC) and other CAP members. I am eager to join this group of influential and dedicated pathologists, helping to shape the future of our field. Through active participation and collaboration, I aim to contribute to the continued growth and advancement of pathology.

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

I would like to learn from the current and past committee members, and attend all national meetings of the CAP House of Delegates. I will communicate and present resolutions adopted by the Residents Forum to the CAP House of Delegates when appropriate. The Delegate will inform the CAP House of Delegates about activities of the Residents Forum. I am so excited to see the surveys sent to us throughout the year, the topics are those closely related to our career and practice. Job market and AI are the most relevant questions in pathology, which is really beneficial for the residents to understand. It will be really exciting for me to participate the decision making and incorporating this part of knowledge into resident education. As CAP house of delegate, I will be excited to convey the ideas from the resident forum to the CAP house of delegates.

I am eager to learn from current and past committee members and attend all national meetings of the CAP House of Delegates. I will effectively communicate and present resolutions adopted by the Residents Forum to the CAP House of Delegates when appropriate. Additionally, I will ensure that the CAP House of Delegates is informed about the activities of the Residents Forum.

I am particularly excited about the surveys we receive throughout the year, as they cover topics closely related to our careers and practice. The job market and AI are especially relevant issues in pathology, providing valuable insights for residents. Participating in decision-making and incorporating this knowledge into resident education is a thrilling prospect for me.



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.

RFEC members are responsible for identifying the needs of pathologists-in-training through RF meetings, surveys, and other communications. After identifying these issues and developing a plan of action, the Chair meets with the Board of Governors to vote on behalf of the RFEC. The Chair also updates the Board on the state of residency education and the activities of the Residents Forum. Additionally, the RFEC acts as a bridge between practicing pathologists and those in training, fostering collegiality, networking, and career development to advance our specialty. As a Residents Forum delegate for my institution, I have attended RF meetings and gained a clear understanding of the responsibilities of RFEC members.

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

I understand the travel commitment for the Delegate and Alternate Delegate is approximately 22 days. My residency program director, department chair, and Chief Resident understand the commitment and fully support my candidacy.

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

As a representative of my class on the Trainee Leadership Committee at my residency program, I have diligently worked to improve education and resident wellness by addressing the concerns of my peers and collaborating with our chiefs and faculty. Additionally, I serve as a CAP delegate, representing our program and ensuring effective communication between residents and the CAP. These experiences have improved my skills in leadership, communication, and advocacy. I am experienced at identifying and addressing issues, fostering collaboration, and driving positive change. I believe these talents and skills will greatly benefit the Residents Forum Executive Committee and contribute to the continued growth and development of our field.

What else should the Residents Forum know about you?

In my free time, I enjoy crafting, especially Lego building, as well as diamond painting. I get more and more patient with building the highly complex Lego sets with thousands of pieces. I have a 9-year-old daughter, who brings me lots of joy in life. Furthermore, I can well represent trainees that have family obligations.