



Residents Forum Executive Committee Elections

## Candidate for Chair

### Ashley Gochoco, DO

Beth Israel Deaconess Medical Center/ Harvard Medical School  
Boston, MA



When are you taking your boards? – 2026

#### CAP Experience:

Activity	Position	Years of Service
Residents Forum	Delegate	10/28/2020 – 06/30/2021
Residents Forum Executive Committee	Secretary	10/08/2022 – 10/06/2023
Residents Forum	Delegate	09/30/2022 – 03/23/2024
Residents Forum Executive Committee	Vice Chair	10/07/2023 – Present

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

Serving on the RFEC as Secretary and Vice Chair has been an absolute honor for the last two years. I was inspired to run for these positions after appreciating firsthand, as a Delegate for my program in my first year of residency, the continuous advocacy and opportunities the Residents Forum provides for pathology residents nationwide. Working hard with the other executive committee members to deliver enlightening programming and meaningful networking opportunities at our Residents Forum meetings, as well as interfacing directly with members of the CAP House of Delegates and other CAP elected officials about the current interests and concerns of trainees, has been such a personally and professionally rewarding experience. Everyone I've had the privilege of working with on the RFEC these past two years has taken our goal of continually improving the pathology resident experience at large and through involvement with the CAP very seriously. I am tremendously invested in the work that we do, and now, after having served in these positions, I am equipped with the knowledge and experience necessary to perform the duties of Chair of this group successfully.

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

I have learned during my time serving in the RFEC that our programming and networking events are of the highest value when they are tailored to what the Delegates indicate they are most interested in seeing in our post-meeting surveys. As your Residents Forum Chair, I would guide our meeting planning and programming according to your stated interests above everything else. Specifically, I have targeted ideas for improving our existing programs as well as establishing new ones.

I have played an instrumental role in virtual programming initiatives that the RFEC has put forth and improved upon based on direct feedback this past year, notably our "Subspecialty Spotlight Series" and Fellowship Forum session "Successfully Transitioning Into Your New Job." This year, I would aim to expand and enhance our virtual programming initiatives by soliciting Delegates' specific interests to best represent the content that they are interested in seeing.

I also have a plan to establish a new opt-in mentorship networking program where Delegates would be paired with CAP members by their subspecialty interest and desired future practice setting. The CAP has a large and accessible membership network, but facilitating these connections can sometimes feel daunting, and this is where the Residents Forum could really help. I am also interested in having the RFEC facilitate regional "meet-up" events in different cities that would foster networking between CAP Junior Members and CAP members at the local level. It is wonderful to meet and make new connections at Resident Forum and CAP meetings, but providing more opportunities to forge deeper connections in your own city would be very valuable.



## COLLEGE of AMERICAN PATHOLOGISTS

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### **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.**

While each RFEC member has individually defined roles and responsibilities, I have witnessed the group produce its best work when we come to the table and collaborate as equal contributors at our quarterly meetings with new ideas, questions, feedback, and insights. Active brainstorming as well as follow-through on tasks after these meetings is required from all RFEC members. I am so proud of the programming and resources we have been able to achieve for residents this past year, which is a direct result of each and every one of us having stepped up to the plate. This is the kind of collaborative meeting environment I would foster as Chair of the Residents Forum.

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

I am fully aware that the position of Chair of the Residents Forum requires a significant time and travel commitment. I am willing and able to fulfill this commitment (up to 35 days of travel) outlined on the Residents Forum homepage.

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

I have truly enjoyed meeting and speaking with Delegates and medical students at Residents Forum meetings and learning more about them- their individual career goals, what works or could use improvement in their residency experience, and what resources and opportunities the RFEC can help connect them with to best enable them for success in and beyond residency. In RFEC planning meetings, I am a patient, collaborative, and kind colleague who aims to empower others' ideas when they are expressed in a group setting through active listening and asking follow-up questions. As Chair, I would strive for Delegates who attend our meetings and the RFEC members who work to plan them to feel empowered with the knowledge that they are all valued members of our Residents Forum community.

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

A little more about me: I grew up in York, Pennsylvania, and currently live in Boston, Massachusetts, with my husband, Aaron, and our miniature dapple dachshund, Daisy. I'm also a violinist- one of my favorite things to do is attend Boston Symphony Orchestra concerts whenever I can!

It would be a privilege and an honor to serve you as the Chair of the Residents Forum. Thank you in advance for your consideration.