

# TEN TIPS FOR NAVIGATING TMS2017 TECHNICAL SESSIONS



The technical program for TMS2017 contains more than 4,000 presentations, and that can be intimidating for a first-time attendee. Here are some suggestions for getting the maximum benefit from your time in San Diego.

- 1. Make a plan:** Using the TMS2017 mobile application, the TMS2017 Personal Conference Scheduler, or even pen and paper, create a list of sessions you want to see with the day, time, and location. Session rooms are grouped by topics so that you can build an efficient daily schedule.
- 2. Don't lose your badge!** You'll need it for access to technical programming. Put it in a secure place when you're touring the city.
- 3. Review the final program:** Take a few moments to review the student activities, honors and awards, exhibit, and other special events that comprise the complete TMS2017 event.
- 4. Rest:** If you are adapting to Pacific Standard Time, early mornings will likely be easier than late evenings. Consider planning breakfast or lunch meetings with colleagues rather than staying out late.
- 5. Follow signs:** It's easy to get lost in the San Diego Convention Center and Marriott Marquis & Marina, so read the facility's signs and the signs that TMS provides. Most event listings in the app and program show the building and room names, so note both as you make your schedule.
- 6. Session hop:** TMS2017 symposia are organized on 90 unique topics, and within each topic there are one or more half-day sessions. With your full-conference registration, you are able to attend any of these symposia, and we encourage "session hopping" if you have varied interests. Feel free to move between sessions, but do so quietly so as not to disturb other attendees.
- 7. Hydrate:** Dry air in convention centers can lead to dehydration. Drink plenty of water and other non-caffeinated beverages to feel your best.
- 8. Make a friend:** Strike up a conversation with other attendees in your sessions. They likely have similar research interests and will be a familiar face for you during the week.
- 9. Ask directions:** If you are lost—or just need a friendly voice of encouragement—find a TMS staff person and ask for help. Staff members are at the meeting to make sure attendees have a great TMS experience. The TMS Member Welcome Center is open daily beginning at 7:00 a.m. to field general questions about your membership and your TMS2017 experience.
- 10. Continue networking:** You can often lose momentum—especially for networking—once you return home from a conference. Consider connecting with new colleagues on LinkedIn or Twitter so that you can stay in touch. It will give you something to do while waiting at the airport on your way home.

**WE HOPE YOU ENJOY YOUR MEETING AND WE HOPE  
TO SEE YOU AT TMS2018 IN PHOENIX, ARIZONA!**