



YIRF Kick-Off Online Meeting: How to Convey Your Research Idea

Friday, March 13, 2026

Time	Activity
2:00 pm CST	Welcome and Getting the Most Out of the Young Investigators Research Forum 2026
2:15 pm CST	The Grant Review Process: Peer Reviewer Best Practices Speaker: Jennifer Martin, PhD CME: 0.5
2:45 pm CST	Specific Aims Do's and Don'ts Speaker: Dayna Johnson, PhD, MPH, MSW, MS CME: 0.5
3:15 pm CST	Supporting Your Research Speaker: Raj C. Dedhia, MD, MSCR CME: 0.5
3:45 pm CST	Question & Answer
4:00 pm CST	Adjourn

In-Person SOAR and YIRF Meeting

April 19-21, 2026

Day 1: Sunday, April 19, 2026

Time	YIRF Activity	SOAR Activity
12:00 pm CST	Lunch (Optional)	
2:00 pm CST	Welcome SOAR Fellows and YIRF Trainees	
2:15 pm CST	Speed Networking	
3:30 pm CST	Break	
3:45 pm CST	Presentation: Fostering Collaborations in Research Speaker: Kelly Baron, PhD CME: 0.5	Full Grant Review: Mock Study Section
4:15 pm CST	Presentation: Getting the Most Out of the Mentor/Mentee Relationship Speaker: TBD CME: 0.5	

4:45 pm CST	Break	
5:00 pm CST	Presentation: Navigating the (Bumpy) Path to Early Career Awards Speaker: Jessee Dietch, PhD CME: 0.5	Full Grant Review: Mock Study Section (continued)
5:30 pm CST	Presentation: Building a Strong Foundation in Sleep Research: Best Practices for Early Career Scientists Speaker: Christopher Depner, PhD CME: 0.5	
6:00 pm CST	Break	
6:30 pm CST	Dinner	

Day 2: Monday, April 20, 2026

Time	YIRF Activity	SOAR Activity
7:00 am CST	Breakfast	
8:00 am CST	Panel: Disseminating and Publishing Your Work	
9:00 am CST	Panel/Breakout Groups: Advancing Your Sleep Research Career in a Changing Landscape	
10:00 am CST	Break	
10:15 am CST	Panel: Sleep Research Funder Representatives	
12:00 pm CST	Lunch	
1:00 pm CST	Grant Proposal Blitz: Specific Aims Small Groups CME: 3.0	Nurturing Relationships with Statisticians CME: 0.5
		Resubmissions CME: 0.5
		Open Discussion
2:30 pm CST	Break	
2:45 pm CST	Grant Proposal Blitz: Specific Aims Small Groups (continued)	Meeting and Writing Time with Faculty

4:00 pm CST	Break
5:30 pm CST	Dinner, Activity and Transportation

Day 3: Tuesday, April 21, 2025

Time	YIRF Activity	SOAR Activity
7:00 am CST	Breakfast	
8:00 am CST	Mock Grant Review Study Sections CME: 2.75	Storytelling in Grantwriting CME: 0.5
		Biosketch and Letters of Support Review Session CME: 0.5
		Meeting and Writing Time with Faculty
10:45 am CST	Break	
11:00 am CST	Presentation: How To Give a Great Talk Speaker: TBD CME: 0.5	
11:30 am CST	Presentation: Negotiating and Renegotiating for an Academic Position Speaker: Katie Sharkey, MD, PhD CME: 0.5	
12:00 pm CST	Working Lunch	
12:10 pm CST	Presentation: Importance of How and When to Say No Speaker: Sairam Parthasarathy, MD CME: 0.5	
12:40 pm CST	Presentation: Thriving in Academia and as a Whole Person Speaker: Galit Dunietz, PhD CME: 0.5	
1:10 pm CST	Closing Remarks and Adjourn	