This year, we will incorporate a novel aspect to the regional conferences: a teaching competition! This is a unique opportunity to showcase your skills as an educator to the SGIM regional audience. We will be choosing 4-5 participants to showcase their skills in a 10-minute presentation on a topic of their choosing. Topics could include clinical topics, communication topics, educational topics, research methods, etc. This is for medical students, trainees, and junior faculty to show off their teaching skills! These can range from chalk talks to PowerPoint presentations, and we encourage novel ways to engage your audience. The SGIM Education Committee is happy to provide additional mentorship to those interested in submitting and those accepted to the competition.

**Criteria for inclusion:** 3rd-year medical students to early career faculty members (<3 years after training). Limit of 2 presenters per submission.

**Audience:** Tailor to an early practicing physician

**What to submit:** Topic, the rationale for the topic chosen, and the educational strategy that will be utilized for the presentation. Please keep submissions to 250 words or less. Please see the sample submission for an example.

**Sample Submission:**
*Chosen Topic: Effective Communication with Consultants*

*Rationale:* In an assessment of the internal medicine residents at our institution, we found a disparity between the residents' confidence in providing consultation questions when compared to the perceived competence of those same residents by subspecialty medicine fellows. Emergency medicine literature has several detailed methods to convey information for a consult, but none have been developed in internal medicine. In this session, we plan to introduce the audience to the 3 C's of consultation, which is our adapted version of the emergency medicine literature. This information includes patient identification, consult questions, and consult urgency. Spaced repetition will be utilized to ensure retention. Specifically, we will provide the 3 C's in the introduction of our talk. We will present the information on the consultation communication method, and then at the end of our talk, we will again ask the audience to recall the 3 C's. We will use Poll Everywhere to have audience responses to ensure interaction and for the speaker to assess the effectiveness of the presentation.

**Bite-Sized Teaching Examples:**

https://www.youtube.com/watch?v=t0BGD2nHFws&feature=youtu.be

https://www.youtube.com/watch?v=yagXE1XznE