Transcript

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Hello everyone, my name is Emily Doffing. I use she they pronouns. I am the graduate assistant advisor and the Office of Undergraduate Research Services, and I'm so happy to be presenting about research conferences today in a 101 workshop today. I will be drawing from my experiences mainly from the Western Psychological Association, so let's get into it. Here is a brief overview about what

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I'll be talking about today. So why should you attend and present at conferences? Where can you find opportunities? How can you make it a reality? What will be asked if you are at conferences? And then we'll follow it up with advice sharing with a bonus round of elevator speeches.

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So let's jump into it.

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Now, there are many skills that you can develop for conferences, but here are just five of them.

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So when I first started out, I was literally a nervous wreck. But The thing is when you practice something, it becomes less daunting over time. And this comfortability will translate to other opportunities, such as interviews. So for example, in an interview, you're going to need to talk about The Who, what, when, where, and why about your experiences, just like you would when talking about your research.

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Second, conferences are a very supportive environment. Conferences are basically having nerds in one place and that's the way I like to think about it. So people are going to be interested in your work. They're going to have friendly comments and questions, which will ultimately strengthen your research. Now worst case scenario is you don't know an answer to a question which is completely valid and we've all been there. So you can say something like that's a really great question.

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I don't have the answer at this time, but if you give me your contact info, I'd be happy to follow up with you and then bam, you just got a networking experience. Another example of a benefit is that you're going to practice your presentation and communication skills, so that means what will be your pacing, your eye contact, enthusiasm, gestures, ultimately connecting with your audience?

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Another one is that research shows that presenting improves your writing because both are communication, just in different formats. And then lastly.

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You have worked so extremely hard on your research. Now is the time to show it off and enrich other people with the knowledge that you have built. You're going to hear about other people's enthusiastic research and I want you all to get inspired. I want you to write down any comments and questions and ideas that you have during your presentations. You'll also get to hear about the latest cutting edge research.

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So another benefit is that you will be connecting with others. There is tons of networking opportunities and networking can be daunting, especially if you're reserved and shy like me. So thankfully conferences have built-in events which make it less stressful and more fun. So here are some examples of from conferences I attended. So first there was a junior scholar

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mentorship breakfast. Basically, they gave us a list of professors we could choose from in the research interests. You would pick your top three, and then they would place you with one of the professors along with other scholars who are interested in the professor's work. So you could just sit back, eat some really delicious food, and engage in some very meaningful conversations if engaging in conversations was too much for you or you are too nervous,

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And then you want to pay attention to the audience. So what strikes their interest when you're talking, so you know what to elaborate later on. And then you want to pay attention to who is your audience. So if you have a faculty member who comes up to you, you know that you can use more jargon and go more in depth and speak faster. But if it is a student, you want to explain it as you would want it explained to you.

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So let's talk more about posters now. Here are the two most common

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aspects and formats of posters for undergraduate students.

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Posters are the most common presentation for undergraduate students. I want you to take a moment to look at these two posters and notice the differences.

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So you'll see that both of them are a trifold format for the one on the left, the first one.

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You see that on the left side of the poster, so the first trifold,

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you have the background information and research methods, and then in the center of the poster is the results with pictures such as graphs. And then on the right side you have the discussion implications, limitations of the results followed by the conclusion and references.

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However, the new format for posters has the left side be brief bullet points of the introduction methods, just like the first one, but in the center of the for the results is a clear take away. And it will also have a QR code at the bottom which will link to your e-mail. But you also want to type out your e-mail next to the QR code, and that makes it easier for people to follow up with you.

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Sometimes people also have QR codes that link to their working paper that you can have printed out. So you would have the QR code printed out and give it to audience members who are especially intrigued by your research so you can collaborate later on and maybe get some revisions. And then the last part is the same too, where you have the discussion conclusion with more images.

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The text is larger and easier to read from far away, and also they'll be more likely to come to the poster to talk to you. If you have less on your poster, it's more for them to listen to you, similar to how you would have a PowerPoint slide structure.

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Now the last section is about networking one-on-one. So I create business cards with my name, e-mail a LinkedIn if you have one, your school, and your major. I used Canva to make mine for free. You can print them on campus or pay for it to have thicker paper at places like Staples. I also recommend that you wear very comfortable clothes and please do not wear

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heels because you will regret it. If you are low income and you need professional clothes, please check out the nonprofit clothes the deal.

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And then as soon as you are accepted, register for the conference so you get the early bird rates, apply for funding at CSULB, and then notify your professors of your absence.

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And then for to present your presentation, you're going to want to create a timeline building up to your conference. And I like to make my timeline working back. So when will I need to practice? When will I need to have a complete poster draft to my mentor? And then when will I need the poster text rough draft to my poster?

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And then when the schedule for the conference is available and disseminated, you want to review the list of attendees. So you're going to determine who you will like to meet, and I recommend picking one faculty member and two students to meet with. Then you're going to reach out early to schedule meetings ahead of the event, but also make sure you have time in your schedule for casual meetings.

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And then you're going to want to seek out opportunities to connect, including choosing events and talks to attend.

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And then also schedule time to network, but also time to recharge and to have fun like we talked about earlier.

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So after the event, you're going to organize your materials so any business cards or contact information that you collected right where you met them, what you discussed, and when and why. You'll reach out to them that way that when you revisit your notes and your agenda, it'll make it easier when you follow up by e-mail and you want to follow up with the new contact you collected, but also the presenters that you did not get a chance to meet.

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And then lastly, reflect on what you learned. How can you use this newfound knowledge, ideas and connections to your benefit and others benefits? Also, if you have a LinkedIn, feel free to make a post about the event.

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So here is our bonus round for elevator pitches. Elevator pitches are 30 to 60 second personal positioning statements, AKA sales pitch.

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You're going to cover who you are. So your name I am blank or I do blank. What do you have to offer? So pick one or two strengths, what you were looking for so as a result I've been able to do and then insert your accomplishments and then what you're interested in doing. So what do you want to do in the future compared to what you are doing now? And the last part is optional. So do you know any people who blank?

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And only use it if you have a specific question or request in mind. And then lastly you want to tailor it to the conversation and the person you were talking to.

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So here's the example I'm going to be using at the next Western Psychological Association Conference. So hi, my name is Emily Doffing (she/they) pronouns. I am a second year Masters student on a 3-year track studying psychological research. What I particularly like doing is research with disabled and other marginalized college students, including their empowerment and activism. As a result, I've been fortunate to manage a.

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Disability Justice Research Lab and receive funding for my thesis using participatory action research. I intend to pursue a PhD in higher education and community psychology, and I'm here presenting a side project about chronic pain webcomics. I hope to connect with other disabled and disability scholars with community-based researchers to listen to their wisdom.

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Now I want us to share other advice. So if you have any other advice today, please feel free to type out the comments and I'd love to hear what you have to say. So thank you so much for watching. It was a joy presenting today and here is my and the office of Undergraduate researchers conference contact information. Happy conferencing everyone. Bye.