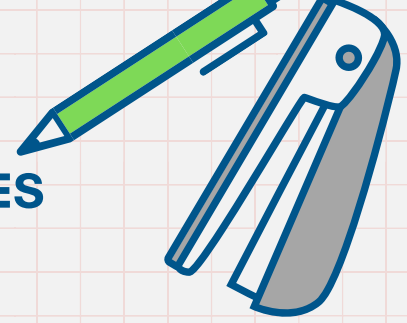


HOW TO: RESEARCH CONFERENCES



NETWORK

PLAN YOUR TIME

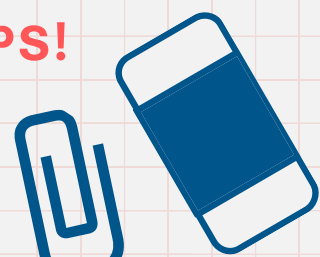
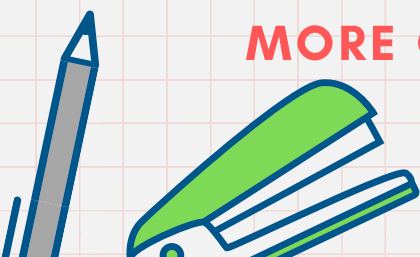
TAKE NOTES

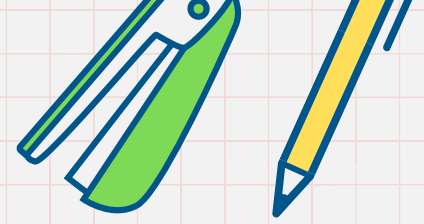
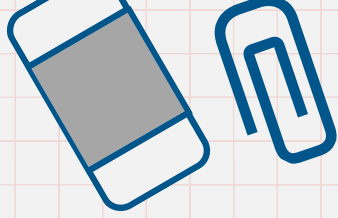
REFLECT

How to get the most out of your research conference experience!



**CHECK OUT THE CRE'S WEBSITE FOR
MORE CONFERENCE PREPARATION TIPS!
WWW.CRE.FSU**





Network!

One of the most valuable aspects of a research conference is the ability to establish professional relationships with others in your field. If you are attending with your professor/research mentor, use them as a networking source and ask them to introduce you to their colleagues. Don't be afraid to introduce yourself to someone you sit next to in a session, approach that poster that sounds really interesting to you, or talk to someone at the coffee break that you recognize as an important face in your field. Go to the job and graduate school fairs, bring your resume in case you find a good match! Step out of your comfort zone, break away from your group, you never know who you may get to meet!

Plan Your Time

Keep in mind that conference schedules are packed with great sessions, presentations, social hours, and more! Plan your schedule ahead of time. Look through the program and find the most important things for you to attend and fill in the rest of your time with other fun. Make sure to allow for some time to practice your presentation. If you are giving an oral presentation and have access to your room beforehand, it can help to go stand in the front and practice your presentation in the real environment before people are in the room with you. Explore some of the sessions outside of your main research focus. Spend time with people outside of your lab/research team, go to that social hour, attend dinner that your mentor invites you to!

Take Notes

You are going to be learning a lot while at the conference. It will be hugely beneficial for you to bring a notebook to write down some reminders, big takeaways from the sessions you attend, and contact information from the people you meet. Note-taking can help you stay alert during the sessions and can be a good way to write down your thoughts throughout the day. You might find inspiration for your next research project while at the conference, taking notes will help to ensure that you don't forget that lightbulb moment!

Reflect & Follow-Up

Once you are back home from the conference, it can help to read over your notes to remind yourself of all of the cool things you have learned. Determine if there were any take-aways that you want to act on. Share your experience with your lab/research partners and mentors. Don't forget to follow-up with any of the people you met. Send an email and keep the conversation going; build those professional networks!