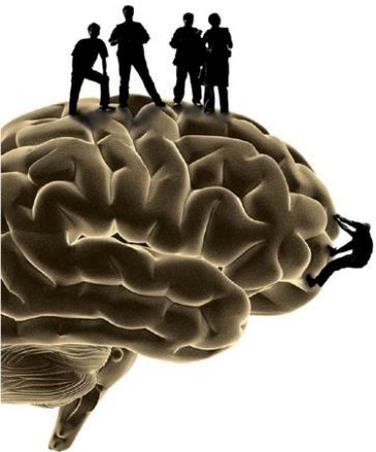


# How to get the most out of a scientific conference

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UNIVERSITY OF  
**WATERLOO**

## How to get the most out of a scientific conference



# How to get the most out of a scientific conference



row  
FFF!

0. welcome  
who am I and why am I here
1. what is a conference and why should I go to one?
2. OK, I'm here, now what?
3. networking
4. presenting
5. conference mental health management

## 0. welcome

who am I and why am I here

who are you and why are you here (have you been to any conferences?)

1. what is a conference and why should I go to one?

2. OK, I'm here, now what?

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conferences are *diverse!*



“Open problems in decision-making”  
workshop (Okinawa, Japan), 40  
participants, talks+discussion

*Society for Neuroscience* annual meeting  
(San Diego, USA), 30.000 participants,  
symposia, satellite meetings, exhibits...



AREADNE (Santorini, Greece), 150  
participants, talks+posters



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  - who am I and why am I here
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1. what is a conference and why should I go to one?
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# anatomy of a conference

- size
- length
- topic, scope, audience
  - narrow vs. broad
  - integrative vs. insular
- format
  - talks? how many tracks? discussion?
  - posters? how many rows?
  - meals, events, socials?
  - exhibits, symposia, satellite events?
- location (urban, isolated, activity-driven)

# Welcome to Neuroscience 2010!

Welcome to the 40th annual meeting of the Society for Neuroscience (SfN) — the premier venue for neuroscientists to collaborate and share emerging science! No matter your career level, Neuroscience 2010 provides resources, networking opportunities, and a wealth of sessions to advance your career.

## Exploring Great Science

With more than 16,500 abstract submissions this year, Neuroscience 2010 offers an abundance of neuroscience discovery. Through poster sessions, lectures, symposia, workshops, and more, you will explore innovative research and the latest in scientific technologies and techniques.

## Advancing Your Career

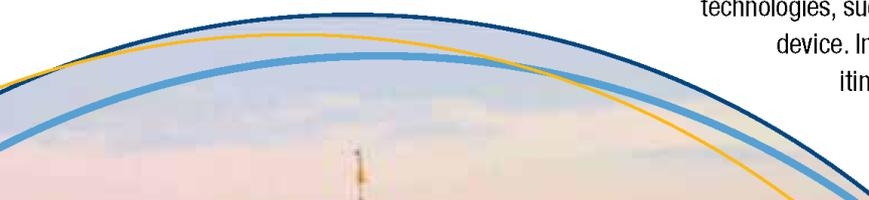
Professional development workshops expanded this year to include 11 different sessions on a host of new topics. Attendees can hone skills through the workshop, “How to Write a Manuscript: Getting Your Paper Accepted” — aimed at non-native English speakers. Also, experts from the National Institutes of Health will provide tips on “Grant Writing in the New NIH Format,” potential pitfalls, and new criteria for review.

## Sharing Your Lifetime of Experience

Neuroscience 2010 debuts a reformatted mentoring event, “Career Development Topics: A Mentoring and Networking Event.” This year’s session welcomes participants from diverse backgrounds, fields, and work sectors to roundtable discussions led by experienced neuroscience professionals on a wide range of career-related topics. In addition, a workshop on “Essential Skills for a Successful Mentoring Relationship” explores the changing definition of mentoring and the various approaches to using mentoring to promote career development.

## Tools To Navigate Neuroscience 2010

The Society offers resources that help you navigate and make the most of your annual meeting. New technologies, such as e-readers, provide program information straight to your personal mobile device. In addition, the online Neuroscience Meeting Planner (NMP) helps shape your itinerary and contains the latest meeting information and updated abstract details. The NMP is also available on-site in the NMP viewing room and throughout the poster floor.



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# why?

1. get the pulse of the field: what's new, what's exciting?
2. learn about a related or new field or technique
3. present your work

# why?

1. get the pulse of the field: what's new, what's exciting?
2. learn about a related or new field or technique
3. present your work

(note: these are great. but to some extent, you can get them from reading and publishing well.)

# why?

## 4. have a conversation:

- exchange ideas and experiences
- collaborate
- “behind-the-scenes” information
- tips & tricks
- not just about the science: also about program, careers, ...

# why?

## 5. human factors in science:

- authors writing a paper: who will they cite?
- grant review panels: who will they fund?
- award panels: who will get the prize?
- good labs/employers: who will they hire?
- doing research is hard: who will help you?
- conferences: who gives the invited talks?

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you need to **plan ahead**, in several ways:

- what **sessions/talks/posters** will you go to? (itinerary)
- what **specific people** will you seek out to talk to, with what questions? (networking)
- **elevator+hallway pitches** & other networking tips (more networking)
- of course, your own presentation, if applicable

# planning an itinerary: for some conferences this is easy, for others hard.

Program	
<b>Program</b>	
(Note: institutions listed in the program are the primary affiliation of the first author. For the complete list, please consult the abstracts.)	
<b>Thursday, 25 February</b>	
4:00 pm	Registration opens
6:00 pm	Welcome reception (including buffet and cash bar)
7:20 pm	Introductory Remarks
<b>Session 1</b> (Chair: Bartlett Meil)	
7:30 pm	Keynote address: Towards complete structural and functional imaging of cortical circuits Tl. Clay Reid, Harvard Medical School . . . . . 21
8:30 pm	Poster Session I
<b>Friday, 26 February</b>	
7:30 am	Continental breakfast
<b>Session 2</b> (Chair: Ila Fiete)	
8:30 am	Non-linear dendritic processing in cortical pyramidal neurons Jackie Schiller, Technion Medical School (invited) . . . . . 22
9:15 am	Input-dependent switching of inhibitory configurations in neural networks A. D. Reyes, New York University . . . . . 22
9:30 am	Neuronal biophysics modulate the ability of gamma oscillations to control response timing A. Hasenstaub, S. Otte, E. M. Callaway, Crick-Jacobs Center, Salk Institute for Biological Studies . . . . . 23
9:45 am	Desynchronization of an electrically coupled interneuron network with excitatory synaptic input K. Vervaeke, A. Lorincz, P. Gleeson, M. Farinella, Z. Nusser, A. Silver, University College London . . . . . 24
10:00 am	Refreshment break
<b>Session 3</b> (Chair: Peter Latham)	
10:30 am	Beyond optimality to understanding individual brains: variability, homeostasis and compensation in neuronal circuits Eve Marder, Brandeis University (invited) . . . . . 24
11:15 am	Threshold modulation and homeostatic control of spike timing via circuit plasticity B. Doiron, Y. Zhao, T. Zounopoulos, Dept. of Mathematics, Univ. of Pittsburgh . . . . . 25
<b>COSYNE 10</b> . . . . . 3	

POSTER	
571	<b>Behavioral, Cognitive, and Electrophysiological Outcomes in Animal Models of Psychiatric Diagnoses</b> Theme C: Disorders of the Nervous System Tue. 8:00 AM — San Diego Convention Center, Halls B-H
8:00	G06 <b>571.1</b> Changes in excitability of cortical pyramidal neurons following disruption of development of N-cadherin expression in the rat barrel cortex A. Gilani*, N. Chuhma, M. E. Ross, H. Moore, Dept. of Biol. Sciences, Columbia Univ., Dept. of Psychiatry, Columbia Univ., The New York State Psychiatric Inst., West Cornell Med. Col.
9:00	G07 <b>571.2</b> Home cage activity monitoring reveals changes in circadian rhythm in the cholinergic mouse model of aspects of schizophrenia G. S. Dawie*, R. Albert, A. K. Rattay, Natl. Univ. Singapore, Chakra Biotech Sdn Bhd.
10:00	G08 <b>571.3</b> Spatial novelty-induced hypercooperation of AMPA receptor GluA1 subunit knockout mice linked to hippocampal overactivation T. Arita-Ahio, C. Proccaccini, K. Jaako, A. Zharkovskiy, A. Panhelainen, R. Sprengel, A. Lindén, E. R. Kopp, Univ. of Helsinki, Univ. of Turku, Max Planck Inst. for Med. Res.
11:00	G09 <b>571.4</b> Postnatal NMDA receptor deletion confined to corticolimbic GABAergic neurons abolishes drug-induced gamma oscillation in adult mouse brain K. Nakao*, J. E. Belforte, K. Nakazawa, NIH.
8:00	G10 <b>571.5</b> Disruption of sensorimotor gating by ketamine in C57BL/6J mice S. Caldwell, M. A. Gever, M. R. Buehl, X. Zhou, UC San Diego.
9:00	G11 <b>571.6</b> D2 dopamine receptor deletion alters ultrasonic vocalizations in isolated mouse pups: New genetic clues to disorganized speech in schizophrenia H. Wang*, K. Pogodgoric, M. Gao, J. Burdopff, M. Ralph, J. Roder, J. Tecmans, Univ. of Toronto, Hosp. for Sick Children, Northwestern Univ., Mount Sinai Hosp.
10:00	G12 <b>571.7</b> Manic-like behavior in Cloak-delta 19 mice is associated with molecular, cellular and physiological dysfunction in the nucleus accumbens M. M. Sidoti*, R. Dzirasa, L. Coolidge, M. A. L. Nicolelis, C. A. Nicolling, UT Southwestern Med. Ctr., Duke Univ. Med. Ctr., Inst. Inst. of Neurosci. of Natal Edmond and Lily Safra (INELS), Ecole Polytechnique Fédérale de Lausanne, Ecole Supérieure de Physique et de Chimie Industrielles.
11:00	G13 <b>571.8</b> Deletion of <i>Schnur1-2</i> causes abnormal behaviors related to schizophrenia and failure in the maturation of the dentate granule cells in mice K. Takao*, K. Kobayashi, Y. Hachisaka, K. Ohira, K. Toyama, T. Takagi, S. Ishii, T. Miyakawa, Natl. Inst. For Physiological Sci., Fujita Hsp. Univ., Kyoto Univ., Nippon Med. Sch., RIKEN.
8:00	G14 <b>571.9</b> Dysregulation of dopamine transmission in the Cloak mutant mice S. M. Spencer*, E. Falcon, R. N. Aray, M. Sidoti, M. Marvin, M. Goldberg, C. A. Nicolling, UT Southwestern.
9:00	G15 <b>571.10</b> Latent inhibition enhancement by glycine transporter 1 disruption is mediated by anti-dopaminergic mechanism in the nucleus accumbens B. H. Yee*, D. Pilego-Rabstein, S. Dursooula, P. Singer, J. Paterlini, J. Feldon, H. Hähnel, D. Roggen, Swiss Federal Inst. of Technol. Zurich, Univ. of Zurich, Legacy Res.
10:00	G16 <b>571.11</b> Differential effects of PLC1 gene knockout on different modalities of associative learning in mice H. Koch*, J. Do, H. Kim, H. Shin, Korea Inst. of Sci. & Tech.
11:00	H11 <b>571.12</b> S-nitrosylation of NDEL1 in eNOS signaling for schizophrenia: implications for prefrontal cortex-mediated cognition in eNOS knockout mice S. Zolbovskiy*, S. Kim, B. Selvakumar, V. Pogorelov, M. Pletnikov, S. H. Snyder, A. Kamra, S. Gawa, Johns Hopkins Sch. of Med., Johns Hopkins Univ. Sch. of Med.
8:00	H12 <b>571.13</b> Impulsivity, perseveration and dissociated memory impairments in mice lacking G95b in parabrachial positive interneurons J. C. Bean*, X. Zhu, W. Xiong, L. Mei, Med. Col. of Georgia.
9:00	H13 <b>571.14</b> A developmental in vivo <sup>14</sup> NMR investigation of mice with genetic rodent dysregulation and the effect of N-acetylglycine treatment: Relevance to schizophrenia A. Kullak, J. M. N. Duarte, M. R. Cuenodi*, R. Gruetter, K. Q. Do, Cr. For Psychiatric Neurosci., Ecole Polytechnique Fédérale de Lausanne.
10:00	H14 <b>571.15</b> Repeated treatments of electroconvulsive seizure induces down-regulation of Egr-1 expression through histone deacetylation in rat brain H. Park, H. Park, S. Kim, Y. Kim, Seoul Ntl Univ. Col. Med.
11:00	H15 <b>571.16</b> Activation of ribosomal S6 protein and protein synthesis in rat brain after intrabrain injection of Nk1-NTXase inhibitor: an animal model for mania S. Kim, H. Y. Y. Kim, Y. Ahn, Seoul Ntl Univ. Col. Med.
8:00	H16 <b>571.17</b> Developing a virospinal priming task in rats M. Weber*, J. W. Young, R. F. Szafranski, J. J. Cohen, A. C. Yang, M. A. Gever, N. R. Swerdlow, Univ. of California San Diego.
9:00	H17 <b>571.18</b> Development of an NMDA antagonist-disrupted radial arm maze working memory task in rats D. McGinnis*, M. J. Malchuk-Dzau, V. Guanowsky, P. A. Seymour, Pfizer Inc.
<b>POSTER</b>	
<b>572. Preclinical Studies of Antidepressants</b>	
Theme C: Disorders of the Nervous System Tue. 8:00 AM — San Diego Convention Center, Halls B-H	
8:00	H18 <b>572.1</b> Antidepressants activate expression of neurotrophin factors in astrocytes N. Kaitani, K. Hisakawa, N. Morioaka, M. Tsuchihata, R. Yano, Y. Nakata, M. Tawabehashi, Inst. Clin. Res. NHO Kane Med. Ctr., Dept. Pharmacol. Hiroshima Univ., Dept. Psychiat. NHO Kane Med. Ctr.
9:00	H19 <b>572.2</b> Administration of chronic antidepressants increases BDNF in CUMS rat brain W. Dong*, Y. Zang, F. Gu, J. Chen, Shanghai Inst. Pharmace, Shanghai Inst. Pharmace, Industry.
10:00	H110 <b>572.3</b> Beneficial effects of chronic treatment with agomelatine (S20088) on behaviour and adult hippocampal neurogenesis in a new model of anxiodepression in mice Q. Raminet*, C. Gabriel, E. Mocaer, L. Xia, R. Hen, E. Ennhamer, J. Gulloux, A. Gardier, D. David, Univ. Paris Saclay, Inst. de Recherches Internationales Denver, Columbia University.
11:00	H111 <b>572.4</b> Sodium valproate increases neurogenesis in adult rat subventricular zone M. Shanikarany, C. King, H. Turner, P. Protasio, M. Hellerstein, Kinemed Inc, Univ. of California Berkeley.

\* indicates a train or approved contact of interest, see page 105 for details.  
\* indicates a high school or undergraduate student presenter.

single track meeting

900+ pages of posters, talks, events...

practicalities: planning an itinerary (if multi-track meeting):

1. be clear about why you are going: what objectives can this conference help you accomplish? without this, you cannot assemble an effective itinerary.
2. decide on a tool for making the itinerary. write in program, use online planner, mobile device app...
3. make sure you have a workable strategy for using it at the conference. (e.g. if you annotate a 200-page book, do you really want to be carrying this with you?)

you can try annotating the program book.

this works fine for smallish conferences, but think about how you will actually use this.

alternative:  
[online meeting planner](#)

- 8:00 X16 **564.21** ● Effects of repetitive transcranial magnetic stimulation on ictogenesis in genetically epileptic EL mice. T. YUHI<sup>1</sup>; Y. FUETA<sup>2</sup>; S. TSUJII. *Univ. Occupat & Envir Hlth, Sch. Med., Univ. Occupat & Envir Hlth, Sch. Hlth. Sci.*
- 9:00 X17 **564.22** Anticonvulsant effects of the aqueous extracts from the *Annona reticulata* and *A. purpurea* leaves on the pentylenetetrazole-induced seizures in mice. M. GONZÁLEZ-TRUJANO<sup>1</sup>; M. GUZMAN-JUAREZ. *Inst. Nacional de Psiquiatría Ramon de la Fuente Muniz, Fac. of Chemistry-National Autonomous Univ. of Mexico.*
- 10:00 X18 **564.23** ● Acorn extract inhibits glutamate-induced intracellular calcium increase in cultured rat hippocampal neurons. J. LEE; Y. HONG; I. JEONG; S. HAHN; S. YOON<sup>1</sup>. *Catholic Univ. of Korea, The Catholic Inst. for Advanced Biomaterials.*
- 11:00 Y1 **564.24** ● Effect of diazepam on pilocarpine-induced memory deficits and hippocampal cell loss. A. B. ALEX<sup>1</sup>; S. D. DRAPER; K. JOHNSON; H. S. WHITE. *Anticonvulsant Drug Develop. Program, Univ. of Utah.*
- 8:00 Y2 **564.25** Neuroprotective effect in rat hippocampus of cyclooxygenase-2 inhibitor and diazepam after pilocarpine-induced status epilepticus. C. C. TRANDAFIR; W. A. POULIOT<sup>1</sup>; F. E. DUDEK. *Univ. of Utah.*
- 9:00 Y3 **564.26** ● Protective, long lasting effect of  $\beta$ -hydroxybutyrate in the zero Mg<sup>2+</sup> *in vitro* model of epilepsy in rat hippocampal slices. B. BITON<sup>1</sup>; N. REDON; P. CERVELLO; C. LANNEAU; D. BERTRAND; P. AVENET. *Sanofi-Aventis R&D, HiQScreen Sarl.*
- 10:00 Y4 **564.27** Pentylenetetrazole-induced seizure is attenuated in serine racemase knockout mice. R. INOUE<sup>1</sup>; T. HARAI; K. HASHIMOTO; A. TANAKA; H. MORI. *Univ. Toyama, Chiba university.*
- 11:00 Y5 **564.28** ▲ Toluene and diazepam co-administration potentiates anticonvulsant effect in rats. I. RUIZ-PÉREZ; M. Y. GAUTHEREAU<sup>1</sup>. *Univ. Michoacana De San Nicolás De Hidalgo.*
- POSTER**
- 565. Ischemia: Therapeutic Strategies**
- Theme C: Disorders of the Nervous System**  
Tue. 8:00 AM — San Diego Convention Center, Halls B-H
- 8:00 Y6 **565.1** RNAi-mediated knockdown of injury-induced Prokineticin 2 and its effects on neuron death. M. CHENG<sup>1</sup>; C. CULBERTSON; A. G. LEE; N. MANLEY; G. SUN; G. K. STEINBERG; R. M. SAPOLSKY. *Stanford Univ.*
- 9:00 Y7 **565.2** Roles of nogo receptor complex signaling in axonal sprouting and re-mapping of cortical connections post-stroke. S. LI<sup>1</sup>; J. J. OVERMAN; S. V. KOZLOV; R. GIGER; S. T. CARMICHAEL. *UCLA, Ctr. for Advanced Preclinical Res. SAIC-Frederick, Inc. and Natl. Cancer Inst. at Frederick, Univ. of Michigan.*
- 10:00 Y8 **565.3** Therapeutic use of  $\alpha$ B-crystallin, a novel endogenous neuroprotectant in cerebral ischemia. A. ARAC<sup>1</sup>;
- 8:00 Y10 **565.5** Protection against stroke: Novel caspase inhibitors and delivery strategies. N. AKPAN; B. E. ZACHARIA; A. F. DUCRUET; S. J. SNIPAS; G. S. SALVESEN; E. S. CONNOLLY, Jr; C. M. TROY<sup>1</sup>. *Columbia Univ. Med. Ctr., The Sanford-Burnham Med. Res. Inst.*
- 9:00 Y11 **565.6** Tumor necrosis factor receptor change leads to the survival of brain endothelial cells in culture. S. J. HILL-FELBERG<sup>1</sup>; V. M. MAZACK; T. F. SMINK; R. ALBERTSON; S. A. TOMS. *Geisinger Hlth. Systems.*
- 10:00 Y12 **565.7** Intranasal administration of HMGB1 siRNA efficiently suppressed infarct formation in the posts ischemic brain. S. KIM<sup>1</sup>; I. KIM; J. SHIN; J. PARK; J. LEE. *Inha university, Seoul Natl. Univ.*
- 11:00 Y13 **565.8** CD36-deficient bone marrow stem cells transfer reduces stroke-induced brain injury in hyperlipidemic ApoE KO mice. E. KIM<sup>1</sup>; M. FEBBRAIO; Y. BAO; A. T. TOLHURST; S. CHO. *Burke Med. Res., Cleveland Clin., Weill Med. Col. of Cornell Univ.*
- 8:00 Y14 **565.9** ● Melatonin inhibits posts ischemic matrix metalloproteinase-9 (MMP-9) activation via dual modulation of plasminogen/plasmin system and endogenous MMP inhibitor in mice subjected to transient focal cerebral ischemia. E. LEE<sup>1</sup>; H. CHEN; H. LIN; S. HUANG; Y. CHEN; W. LEE; T. CHEN. *Natl. Cheng Kung Univ. Med. Ctr. and Med. Sch., China Med. Univ., Buddhist Tzu-Chi Univ. and Buddhist Tzu Chi Gen. Hosp.*
- 9:00 Y15 **565.10** Effect of a JNK inhibitor on the inflammatory response during cerebral ischemia. C. BENAKIS<sup>1</sup>; A. VASLIN; C. PASQUALI; C. BONNY; L. HIRT. *Neurol. Department, Ctr. Hospitalier Universitaire Vaudois (CHUV), Xigen Pharmaceuticals.*
- 10:00 Y16 **565.11** Sphingosine kinase and sphingosine 1-phosphate pathways modulates endotoxin-mediated inflammatory stress response in brain derived microglia. R. KACIMI<sup>1</sup>; J. S. KARLINER; M. A. YENARI. *Univ. of California San Francisco.*
- 11:00 Y17 **565.12** Post-stroke blockade of astrocytic ephrin-A5 signaling via delivery of an EphA4 receptor decoy antibody results in robust axonal sprouting in pre-motor and somatosensory cortex. J. J. OVERMAN<sup>1</sup>; B. OVERMAN; S. LI; S. CARMICHAEL. *UCLA.*
- 8:00 Y18 **565.13** Chelator pre-treatment reduces the formation of active matrix metalloprotease-9 in a model of permanent global cerebral ischemia. C. J. STORK<sup>1</sup>; Y. V. LI. *Ohio Univ.*
- 9:00 Z1 **565.14** Conditioned medium from noradrenergically-stimulated astrocytes enhances neurite outgrowth in primary cortical neurons: Role of basic fibroblast growth factor. W. A. WOLF<sup>1</sup>; J. L. MARTIN; G. L. KARTJE; R. G. FARRER. *Hines VAMC, Univ. of Illinois at Chicago, The BRAIN Group, Loyola Univ. Chicago.*
- 10:00 Z2 **565.15** Mechanisms of stroke recovery mediated by regulation of GABAergic tonic inhibition. B. S. HUANG<sup>1</sup>; S. T. CARMICHAEL; I. MODY. *UCLA, UCLA Geffen Sch. of Med.*
- 11:00 Z3 **565.16** Bcl-xL inhibitor ABT-737 rescues ischemic neurons from death by preventing Bcl-xL cleavage and may

## practicalities: finding a place to stay

- some conferences take care of this for you (e.g. if in remote location)
- most conferences have reduced group rates for nearby hotels; most people do this
- but, consider
  - looking for a roommate (many conferences have a mailing list or discussion board for this)
  - renting an apartment (cheaper, more sociable)
  - finding your own, cheaper hotel (but beware long distances and isolation)

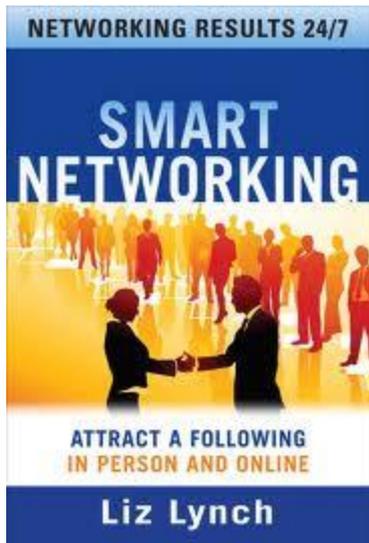
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2. OK, I'm here, now what?
  - prepare your itinerary
  - prepare your accomodation, etc.
3. **networking**
  
4. presenting
  
5. conference mental health management

# “networking”

What does that even mean?

Isn't science supposed to be morally superior to such cynical moves?

OK, if we have to, what are the methods, practical approaches, do's and don'ts?



## How to get the most out of a scientific conference

*“It’s like going to a party where you don’t know anyone except the host: You have to have some strategy or plan for ensuring that you do not spend the entire time standing alone in the corner, holding a beer, hoping someone will talk to you.”*

- Scott Berkun

networking is about connections: **interpersonal relationships**.

as with any relationship, a solid basis involves **mutual benefit**, of giving and taking.

networking can be thought of as identifying, initiating, and developing such potential relationships in a professional setting

so it helps you bring something to the table!

fortunately even very small amounts of giving and taking can be sufficient to form a connection (e.g. a shared interest, passing the time while waiting for coffee...)

some relationships (buyer-supplier, advisor-student) the roles are relatively well defined...

but how can you connect with people in the absence of such a clear relationship?

Remember, in science, many people value:

- having people be interested in their work
- being asked constructive, intelligent questions about their work
- receiving helpful suggestions, ideas, references, ...
- having friends, collaborators, discussion partners
- not being lonely

you can use this to approach people that you think may be interesting to talk to.

in practical terms:

- prepare your hallway/elevator pitches!

- plan ahead which sessions and posters you will attend, so you can prepare specific questions for some of the presenters that you would like to talk to. even if from reading some of someone's work you don't have a very detailed question, people still like it if you mention you read their work. of course it's even better if you have something to say about it!

- an extension of this is to actually contact people in advance, but (IMO) this is hard to pull off out of the blue. however, if you start an e-mail conversation with a question about a paper or about whether someone has openings for graduate students/postdocs, then it's perfectly acceptable to mention that you will be at conference x..

in practical terms (continued):

- everyone needs to eat lunch/dinner which are great ways to get to know people a little bit. after talking with someone for a while at say, a poster, you can say, “do you have dinner plans?” or “A few of us are meeting at 6pm at \*\*\*, in case you don’t have dinner plans yet”.

- sometimes you can volunteer. this is a great way to meet fellow volunteers and get valuable experience.

- follow up after the conference! this is very important.

- be aware of the culture and norms of your field/conference: how do people dress? business cards? etc.

- be professional: people you interact with will be reviewing your papers, job applications, etc..

Remember: learning, and networking, are contact sports! Ask questions, be proactive, do your best to be nice and interesting to be around.

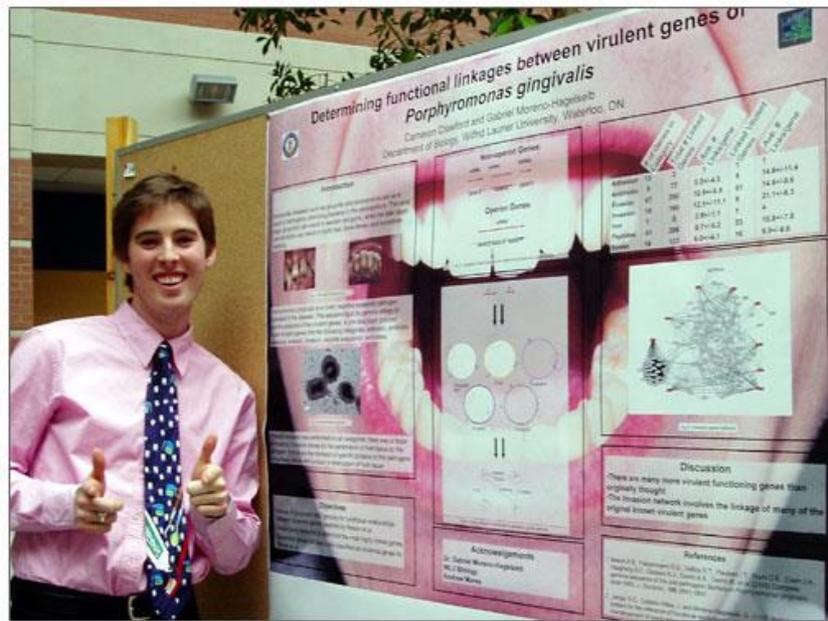
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3. **networking**
  - research your targets and how you will approach them**
  - follow up!**
4. presenting
  
5. conference mental health management

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2. OK, I'm here, now what?
  - prepare your itinerary
  - prepare your accomodation, etc.
3. networking
  - research your targets and how you will approach them
  - follow up!
4. **presenting**
  
5. conference mental health management

making a poster is covered in another BIOL 690 session.

but what about actually presenting one?

consider this: after the reasons we have come up with for going to a conference, would you rather present a poster or a talk?



there are many websites with good advice for presenting posters  
(such as <http://www.swarthmore.edu/NatSci/cpurrrin1/posteradvice.htm>)

but really, the one thing you **must** do is make sure you have 1-sentence, 1-minute, and 5-minute versions of your presentation.

like for the “what do you do?” question, you want to give people the opportunity to opt out, and give yourself the opportunity to gauge how much they already know.

0. welcome
  - who am I and why am I here
  - who are you and why are you here (have you been to any conferences?)
1. *why go to a conference, anyway?*
  - anatomy of a conference
  - pulse of the field, learn something new, present, interact, network
2. OK, I'm here, now what?
  - prepare your itinerary
  - prepare your accomodation, etc.
3. networking
  - research your targets and how you will approach them
  - follow up!
4. presenting
  
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conferences can be overwhelming:

- it often looks like there are many people working faster/better/smarter than you, with better equipment and better results, etc...

(remember, even very accomplished scientists feel this way, and it is actually informative to see a really good story.)

- your advisor may be saying you're doing well, but now you're on the world stage!

- pace yourself: take breaks, enjoy the place, local specialties...