



## RESOURCES

*This week's newsletter focuses on getting the most out of conferences, and it was written by Sarah Renee Phillips of the Multimedia Subcommittee.*

### **“Stepping out with my [research] baby”: How to be your own PR team and get the most out of your conference dollars**

With the advent of Spring, we step confidently into another season of research science conferences. Many opportunities and different types of engagements make possible the tailoring of your experience to maximize extracting what you need or want. Here are three tips to help you leave these events connected, reconnected, and inspired by our community.

#### **Make plans**

Identify your goal for the conference ahead of time and center your activities and engagement around it. For example, if you are in career transition, identify potential new employers, or challenge growth in your existing network by meeting as many new people and groups as possible.

About a month before the conference, contact at least one individual you would love to meet and schedule an event with them: coffee, a meal, or an afternoon

walk are lovely ways to connect. If they decline, don't read anything into that. Just try someone else. Conferences are hectic for junior and senior PIs.

### **Challenge yourself**

Make a game out of challenging yourself to try new engagements:

1. Introduce yourself to three people you admire.
2. Give someone a 90-second elevator speech about your research.
3. Engage with one speaker following their conference talk to ask deeper questions.
4. Attend a social event that matches your interests.
5. Attend a social event that doesn't match your interests.
6. Make one, one-on-one engagement with a potential academic or life mentor.
7. Make one, one-on-one engagement with your existing network (maintaining relationships is important too!)
8. Plan a small to large social event, like dinner out or a city excursion to see sites.

### **Be unique**

As you develop, the profile you create as a scientist will become more important and independent of the mentors who "raised" you. Have materials on hand for those who will be curious about who you are. Common items are preprints/prints of manuscripts, business cards, website QR codes, paper flyers of your conference talk or poster, and social media handles. Follow up after the conference with people you meet to thank them for their time and tell them what the engagement meant to you.

At the end of the day, conferences are a celebration of you, your science, our community, and our good works. See yourself as an important, needed, and worthy member of our community and endeavors, be open to changes in schedules and serendipity, and, most of all, enjoy yourself!

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### **GSA [Early Career Leadership Program](#) Resources**

Poster-only [abstract submission](#) for #Worm25 is open! Presenting a poster can be a great opportunity for early-career scientists to have one-to-one interactions with colleagues in the field, discuss your research, meet a future collaborator or even a mentor or employer. Submit your poster abstract by April 24, 2025.