Presenting A Poster At EPA: Advice For Students

Congratulations! You are about to embark on an exciting intellectual adventure at EPA and we want you to get the most out of the experience of sharing your research with colleagues at our annual meeting. We have compiled this guide to assist you. Many prominent psychologists today began their career as a student presenting at EPA. Thank you for submitting your work and participating in our meeting. We are honored and we look forward to meeting you!

POSTER DO'S AND DON'TS

1. Prepare your poster well in advance
If you leave your poster to the last minute, you will not be able to benefit from your advisor's help and suggestions. Complete your poster well in advance of when you need to send it to the printer so that your advisor can help you make it as good as possible. Posters must fit on 8 ft (long) x 4 ft (high) boards. Don't make it too big.

2. Make it easy to read
Prepare your poster in powerpoint if possible. The most professionally put together posters are those in which all of the information is put onto one powerpoint slide. Remember that your poster will be read by viewers from 2-3 feet away, so make the font large enough so that it is easily read without having to stand right in front of it. Less is often more when it comes to the amount of content you should plan to include in your poster presentation. It should be visually attractive and engaging. However, don't overdo "cutesy" additions such as clip art or colored fonts. Ask your advisor for a sample poster that he or she liked from a previous student and use this as a model. Remember some people are color blind.

3. Plan to be there to present your own poster
Don't rely on someone else to be there to present your poster for you. If you have submitted your poster and it was accepted, you should be there (barring any truly unforeseen emergency). People who are interested in your work will be in attendance and will want to discuss specific details about your study.

4. Setting up your poster
Arrive 10 min before the start of the session to set up your poster. Poster boards and tacks are provided but it does not hurt to bring extra tacks with you.

5. Extras
Bring handouts to distribute to people who take an interest in your poster. Email cards should be available so people don't need to write down your email when you run out of copies. Be sure to have someone take your picture in front of the poster so you can show it off proudly to family, friends, and your advisor when you return home!

6. Dress for success
Wear clothes that you would normally wear in a business setting (for women—dress or pants suit; for men—long pants and tie). Do not wear flip-flops, sneakers, or the type of high fashion shoes you might

wear to go out. Remember, as a professional, you want attention to be on what you are saying, not on what you are wearing.

7. Network with other presenters

Before the meeting, look at the program to see who else is presenting in your session. Get in touch by email with one or two presenters and make a plan to visit each other's posters during the session. Ask your friends and advisor to visit those posters too. It is important to be able to talk and answer questions about your work. It is equally important to be able to digest and ask questions about other people's work. You'll get better with practice – make sure you get some at the meeting! Worried you might miss someone at your poster? Ask your advisor or co-presenter to stand at your poster during your absence. If traffic is slow, talk to your neighbors about their posters.

8. Feedback

After the conference, please let us know at EPA what worked for you and what might be improved. Constructive feedback is very helpful and we'd love to hear from you! Email: epaexec@gmail.com

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Sources used to compile this guide:

http://www.psichi.org/conventions/attendees.aspx (Susan Krauss Whitbourne, University of Massachusetts Amherst)

http://www.psichi.org/awards/winners/hunt_reports/carmody.aspx (Dennis P. Carmody, Saint Peter's College)

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