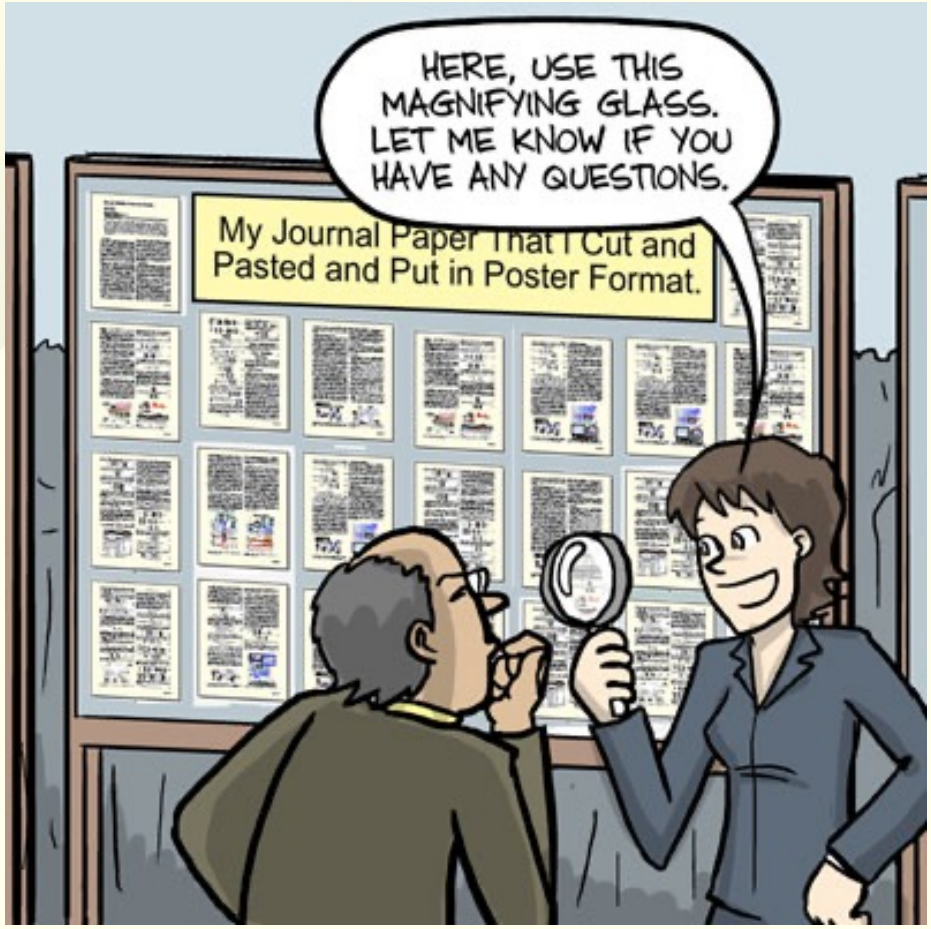
Middlesex University London

Research Students



Source: https://phdcomics.com

Creating an effective conference poster

Peter Thomas

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Academic Writing and Language

Learning Enhancement Team

Creating an Effective Conference Poster

Plan for the workshop

1. Introductions
2. Spot the differences
3. Structure – layout
4. Structure – content
5. Purpose
6. Top Tips
7. Resources
8. Guidelines for poster presenters

From RSSC committee

Questions and Comments

Creating an Effective Conference Poster

Introductions: Please tell us the following

Name
School
Department

Creating an Effective Conference Poster

Spot the differences:

examine the two posters

Think about:

What are the differences?

content

layout

Which poster is more effective?

Why?

How easy is it for you to read?

PIGS IN SPACE: EFFECT OF ZERO GRAVITY AND AD LIBITUM FEEDING ON WEIGHT GAIN IN CAVIA PORCELLUS

Colin B. Purrington
6673 College Avenue, Swarthmore, PA 19081 USA

ABSTRACT:

One ignored benefit of space travel is a potential elimination of obesity, a chronic problem for a growing majority in many parts of the world. In theory, when an individual is in a condition of zero gravity, weight is eliminated. Indeed, in space one could conceivably follow ad libitum feeding and never even gain an gram, and the only side effect would be the need to upgrade one's stretchy pants("exercise pants"). But because many diet schemes start as very good theories only to be found to be rather harmful, we tested our predictions with a long-term experiment in a colony of Guinea pigs (Cavia porcellus) maintained on the International Space Station. Individuals were housed separately and given unlimited amounts of high-calorie food pellets. Fresh fruits and vegetables were not available in space so were not offered. Every 30 days, each Guinea pig was weighed. After 5 years, we found that individuals, on average, weighed nothing. In addition to weighing nothing, no weight appeared to be gained over the duration of the protocol. If space continues to be gravity-free, and we believe that assumption is sound, we believe that sending the overweight — and those at risk for overweight — to space would be a lasting cure.

INTRODUCTION:

The current obesity epidemic started in the early 1960s with the invention and proliferation of elastane and related stretchy fibers, which released wearers from the rigid constraints of clothes and permitted monthly weight gain without the need to buy new outfits. Indeed, exercise today for hundreds of million people involve only the act of wearing stretchy pants in public, presumably because the constrictive pressure forces fat molecules to adopt a more compact tertiary structure (Xavier 1965).

Luckily, at the same time that fabrics became stretchy, the race to the moon between the United States and Russia yielded a useful fact: gravity in outer space is minimal to nonexistent. When gravity is zero, objects cease to have weight. Indeed, early astronauts and cosmonauts had to secure themselves to their ships with seat belts and sticky boots. The potential application to weight loss was noted immediately, but at the time travel to space was prohibitively expensive and thus the issue was not seriously pursued. Now, however, multiple companies are developing cheap extra-orbital travel options for normal consumers, and potential travelers are also creating news ways to pay for products and services that they cannot actually afford. Together, these factors open the possibility that moving to space could cure overweight syndrome quickly and permanently for a large number of humans.

We studied this potential by following weight gain in Guinea pigs, known on Earth as fond of ad libitum feeding. Guinea pigs were long envisioned to be the "Guinea pigs" of space research, too, so they seemed like the obvious choice. Studies on humans are of course desirable, but we feel this current study will be critical in acquiring the attention of granting agencies.

MATERIALS AND METHODS:

One hundred male and one hundred female Guinea pigs (Cavia porcellus) were transported to the International Space Laboratory in 2010. Each pig was housed separately and deprived of exercise wheels and fresh fruits and vegetables for 48 months. Each month, pigs were individually weighed by duct-taping them to an electronic balance sensitive to 0.0001 grams. Back on Earth, an identical cohort was similarly maintained and weighed. Data was analyzed by statistics.

RESULTS:

Mean weight of pigs in space was 0.0000 +/- 0.0002 g. Some individuals weighed less than zero, some more, but these variations were due to reaction to the duct tape, we believe, which caused them to be alarmed push briefly against the force plate in the balance. Individuals on the Earth, the control cohort, gained about 240 g/month ($p = 0.0002$). Males and females gained a similar amount of weight on Earth (no main of effect of sex), and size at any point during the study was related to starting size (which was used as a covariate in the ANCOVA). Both Earth and space pigs developed substantial dewlaps (double chins) and were lethargic at the conclusion of the study.

CONCLUSIONS:

Our view that weight and weight gain would be zero in space was confirmed. Although we have not replicated this experiment on larger animals or primates, we are confident that our result would be mirrored in other model organisms. We are currently in the process of obtaining necessary human trial permissions, and should have our planned experiment initiated within 80 years, pending expedited review by local and Federal IRBs.

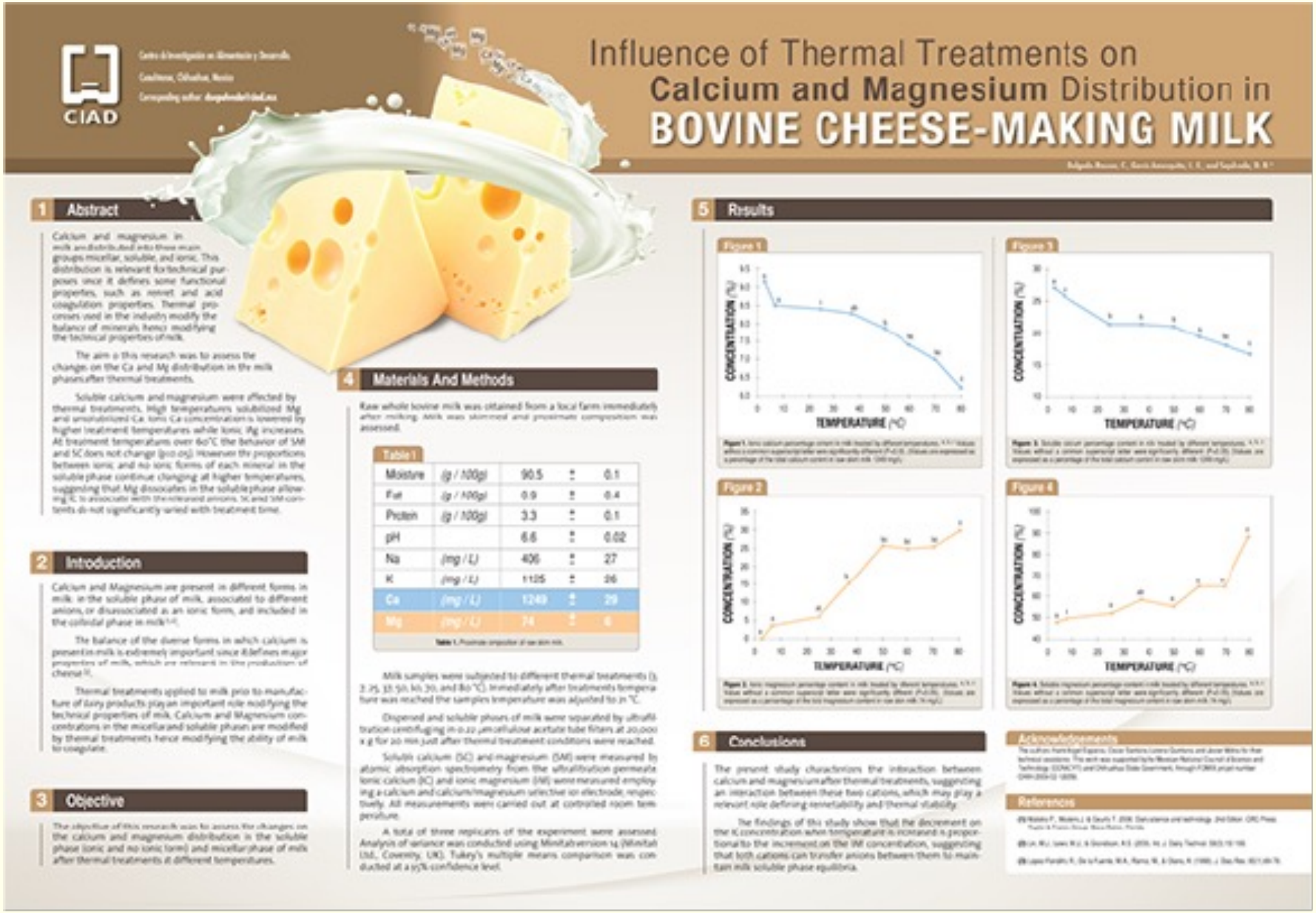
ACKNOWLEDGEMENTS:

I am grateful for generous support from the National Research Foundation, Black Hole Diet Plans, and the High Fructose Sugar Association. Transport flights were funded by SPACE-EXES, the consortium of wives divorced from insanely wealthy space-flight startups. I am also grateful for comments on early drafts by Mañana Athletic Club, Corpus Christi, USA. Finally, sincere thanks to the Cuy Foundation for generously donating animal care after the conclusion of the study.

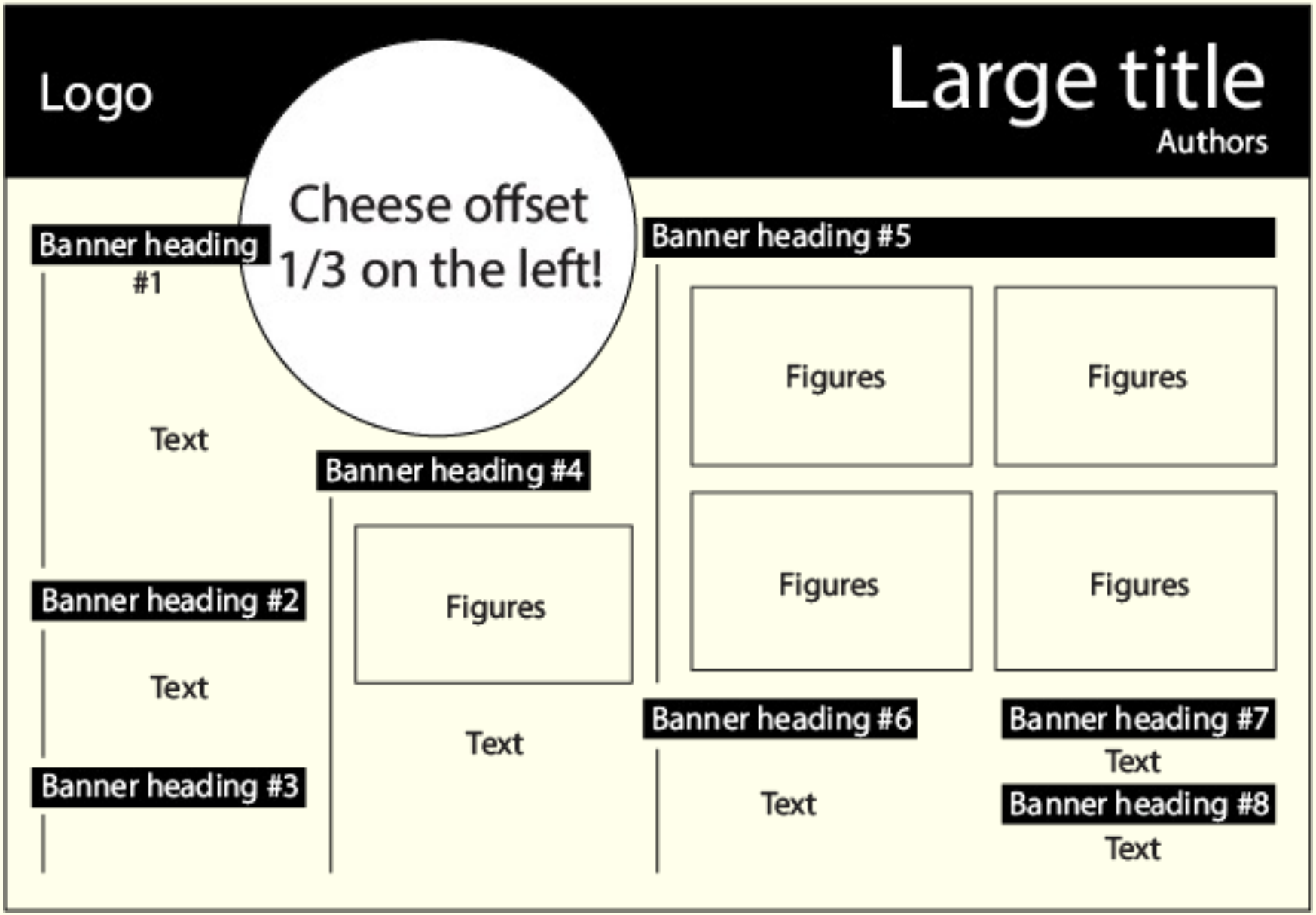
LITERATURE CITED:

NASA. 1982. Project STS-XX: Guinea Pigs. Leaked internal memo.
Sekulić, S.R., D. D. Lukač, and N. M. Naumović. 2005. The Fetus Cannot Exercise Like An Astronaut: Gravity Loading Is Necessary For The Physiological Development During Second Half Of Pregnancy. Medical Hypotheses. 64:221-228
Xavier, M. 1965. Elastane Purchases Accelerate Weight Gain In Case-control Study. Journal of Obesity. 2:23-40.

Source: https://colinpurrington.com



Source: https://www.animateyour.science/post



Source: https://www.animateyour.science/post

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Typical structure for scientific research poster

IMRAD

- Introduction
- Methods
- Results
- Analysis
- Discussion

Other common types of structures

Thematic

Groups sections by theme

Narrative

Tell a story about your topic

Questions & answers

Research questions and how you answered them

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Poster presentation: What's the purpose?

A way of promoting and communicating ideas at a conference

Think about the **content** of your poster

- Focus on the **necessary** information
- **How much** information do you need to include?

Note down a long list

Then make a short list

…and the **layout**

- How will you get people **interested** in your poster?
- What is the **optimal** way of displaying your information?

Sketch out a few different versions

Creating an Effective Conference Poster

Things to consider

Ask someone else to read it through

Does it communicate as you want it to?

- Correct grammar, spelling and syntax (word order)
- Be sure visuals are clear and labelled

Titles or description
Sources of images

- Not text heavy – no one will read everything

Short paragraphs
Bullet points

- Use colour to emphasise the sections

Harmonious colours or contrasting?

- Keep the design clear and simple

But try to find ways to make it stand out

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https://summerconferencemdx.wordpress.com

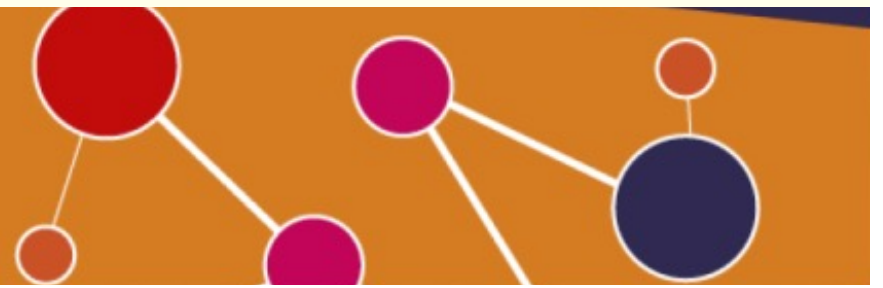
Guidelines for poster presenters (1)

What poster can I submit?

PowerPoint is good for this

- Create a digital poster
- A1 size, 300dpi resolution
- Orientation can be portrait or landscape.
- Not very text-heavy and the font is large enough to be legible on a full screen.
- Convert your poster to PDF before you send it.

KNOWLEDGE IN ACTION



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Guidelines for poster presenters (2)

Send poster pdfs to:

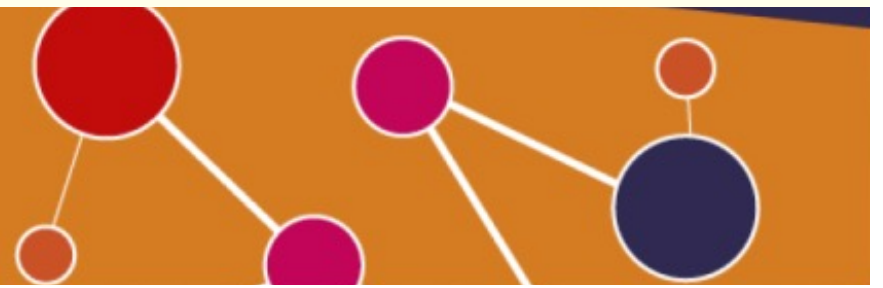
- Nicola Skinner n.skinner@mdx.ac.uk
- by Monday the 13th June 2022

Label the pdf document with:

- your name
- 22nd June or 23rd June

The day you signed up for on EasyChair with your Abstract

KNOWLEDGE IN ACTION



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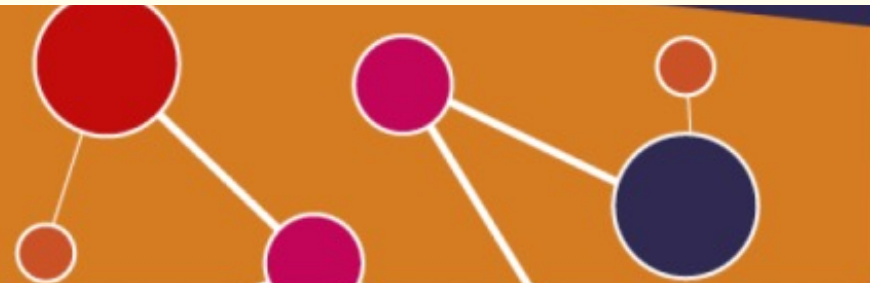
Guidelines for poster presenters (3)

On campus in Hendon on 23rd June

Printing

For the 'in person' posters, the University can print your poster for free through the University services.

KNOWLEDGE IN ACTION



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Guidelines for poster presenters (4)

Poster: layout / content

- Poster title – submitted Abstract title
- White boarder
- Include your name
- Do not print white text on black backgrounds or Green text on red background (or vice versa)

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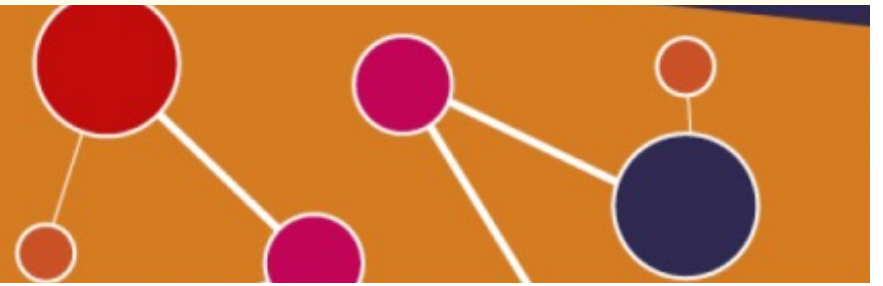
Guidelines for poster presenters (5)

Poster: Middlesex Logo

- Use one of the Middlesex logos attached to email from RSSC admin.
- Place at the top left hand side of the poster.
- Do not change the aspect ratio of the image and distort the logo.

KNOWLEDGE IN ACTION



https://summerconferencemdx.wordpress.com

Guidelines for poster presenters (6)

Poster: Font

- Arial, Times New Roman, or Calibri
- Keep font size variations to a minimum.
- The font must be visible from 1 metre away.

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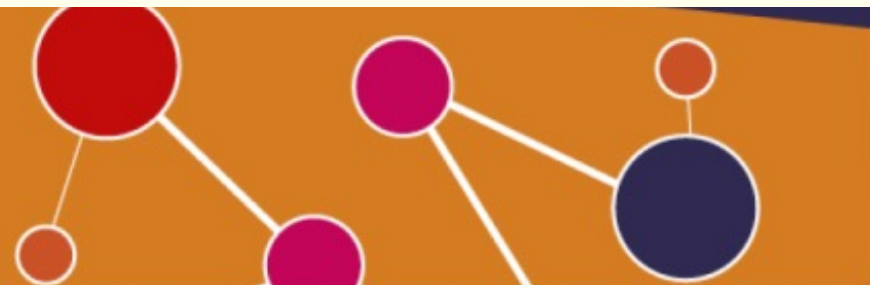
Guidelines for poster presenters (7)

summarise your poster

Recordings

- Record a 2-3 minute video or audio presentation.
- These will be made available on the conference website, along with your digital poster.
- Delegates can watch the videos during the conference week.
- A dedicated Q&A session happens on the 23rd of June for interaction with poster presenters

KNOWLEDGE IN ACTION



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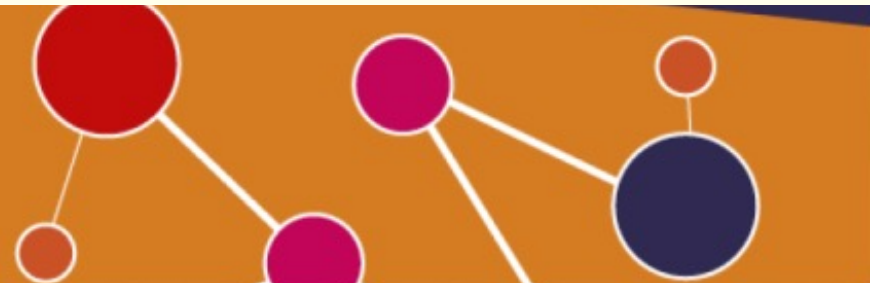
Guidelines for poster presenters (8)

What kind of video/audio can I submit?

- A narrated PowerPoint (the PowerPoint should ideally be the poster)
- A video of yourself speaking
- An audio of yourself speaking

KNOWLEDGE IN ACTION



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Guidelines for poster presenters (9)

How long should my recording be?

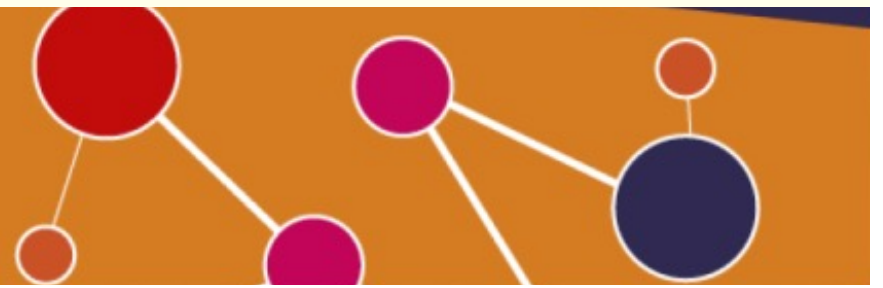
- 2-3 minutes long.

Do I need any special software for video recording?

- You can use **PowerPoint**,
- any lecture software (e.g. **Zoom**, **Panopto**),
- an audio recording device (including your phone).

online guides are available

KNOWLEDGE IN ACTION



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…and many others available online

Poster templates

https://ugs.utexas.edu/our/poster/templates

Examples of Posters

https://ugs.utexas.edu/our/poster/samples

Analysis of successful (science) posters

https://www.animateyour.science/post/best-examples-of-scientific-posters

Youtube tutorial on designing a poster in PowerPoint

https://youtu.be/_WnhoIbfcoM

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