

How to...

get the most out of your first conference

So, you're heading to your first conference – what can you do to make sure you have a productive time? Here are some insights and tips from others who have been in the same situation.



Dr Linda B. Oyama
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Have a goal for attending. Is it to learn something new, get answers to pressing questions in your research area, or simply meet people who might be helpful for your future work? Remember to check your progress against this goal as the conference goes on.



Benjamin Johns
PhD student
Cardiff Metropolitan University

Presenting a poster for the first time is nothing to worry about – just don't leave making it until the last minute. On the day, you might be a bit nervous, but talk to people who are browsing the posters; they may have a question that they themselves are too nervous to ask.

Dr Evelyn Doyle
General Secretary
Microbiology Society

As a delegate, engage with people presenting posters, ask them questions about their work and exchange contact details – some of these people may end up being your colleagues in the future.

Enjoy your conference; many of our most esteemed colleagues gave their first presentation at a Microbiology Society conference.



TOP TIPS

- 1 Check the programme beforehand to plan which sessions you'll attend.
- 2 Talk to at least one new person a day – conferences are a great way to expand your network.
- 3 Make sure your contact details are available and up-to-date.
- 4 Ask for feedback on your presentation – this is a great time to improve your skills.
- 5 Go to at least one session outside of your usual area – you may hear about a new approach that is relevant to your own work.

To find out more about Society conferences, see www.microbiologysociety.org/conferences

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