

## Getting the Most Out of the NH-INBRE Annual Meeting

### The “N” in INBRE is for “NETWORKING”



This year, 200+ attendees will gather for one and a half days at the beautiful Omni Mt. Washington Resort. Attending a scientific meeting is an excellent career building opportunity. You'll have the chance to introduce yourself and your work to other scientists, network with researchers and you may even meet your future employer.

Ask yourself “How can I get the most out of this experience?”

#### **Before the Meeting:**

The agenda is on the NH-INBRE [homepage](#) under the “2022 NH-INBRE ANNUAL MEETING” tab. Don't arrive unprepared so please check out the schedule of events on the meeting website.

#### **At the Meeting:**

When you arrive, you will receive a nametag and packet containing the following items; the agenda, agenda for the poster sessions, abstracts of the student and faculty oral presentations, list of attendees with their contact information, a map of the hotel and the Evaluation form. The Evaluation form must be completed before you leave the meeting. Your feedback, whether positive or negative, is a valuable piece as we plan for the 2023 Annual Meeting.

#### **Do you know how to network at a conference?**

This is an excellent opportunity for you to meet your colleagues from other institutions. You should consider what you think you want in a career. It is really important to be passionate about what you do for a career. You want to look forward to coming into school or work every day. Ideally, you can't wait to get in in the morning. So, this meeting is a chance to practice your passion.

Think: you may be sitting next to a faculty member from another institution at dinner, what will you talk about? Do you have questions, perhaps about their career, or a graduate or nursing program, ready to ask? There will be breakout sessions on Monday hosted by leaders in NH industry, who will also be available during most of the meeting time if you have questions.

Think: about how you will present your poster. You might practice presenting it to others beforehand. This is really an opportunity to obtain professional interactions and advice. How will you introduce yourself and your research? Have your 60 second elevator pitch ready!

#### **What To Wear: Good clothes, the name badge & your cell phone**

Dress for success! If you want people to regard and treat you as a fellow ‘professional’ then be mindful of your appearance at all times.

Definitely business casual for the poster session and if you are presenting an oral talk.

You should also have your name badge visible at all times. It encourages people to read it, pronounce your name, your home institution and then ask what you do. Remember each institution has a different color.

Cell phone etiquette 101: *It is not other people's responsibility to cope with your cellphone use; it is your responsibility to use your cell phone inoffensively.*

### **Sit with People You Don't Know**

Meeting new people is key to expanding your **network**. This time we ask that you do not sit with fellow students or colleagues from your institution. Don't worry if you forget to mingle the "INBRE-Network Police" will be there to remind you!

Perhaps start with a "May I join you?" it's a good way to strike up a conversation.

### **Ask More, Listen More**

The goal of **networking** is getting people to know you.

Doesn't it feel good when people ask you things and want to know more about you? Doesn't it make you feel a bit important? That you are worth listening to? Guess what? People would like the same from you.

The key is to be genuinely interested in the other person. This means letting the other person do the talking and when he stops, you can keep him talking by asking questions.

### **Have your Elevator Pitch Ready**

Most people will reciprocate and ask things about you. One first thing they will ask is "What you do & what your research is about?"

An elevator pitch is a 30 to 60 second description of your research, it should include what you do, why and how you do it.

***Thank you and have a great 2021 Annual Meeting!***