

Getting the Most Out of the NH-INBRE Annual Meeting

The “N” in INBRE is for “NETWORKING”



This year, more than 250 attendees will gather for a one-and-a-half-day event at the beautiful Omni Mt. Washington Resort. Attending a scientific meeting is an excellent opportunity for career building. 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 “2024 NH-INBRE ANNUAL MEETING” tab. Don't arrive unprepared so please check out the schedule of events on the meeting website.

At the Meeting:

Upon arrival, you will receive a nametag and a meeting program containing the following items: the agenda, the agenda for the poster sessions, abstracts of the student and faculty oral presentations, a list of attendees with their contact information, a map of the hotel, and a QR code for the meeting evaluation survey.

Please take a moment to complete the evaluation survey while the meeting is still fresh in your memory. Your feedback, whether positive or negative, is valuable as we plan for the 2025 Annual Meeting.

Do you know how to network at a conference?

Please keep in mind the following text:

"This is a great opportunity for you to meet colleagues from other institutions. Take some time to think about what you want in a career. It's important to be passionate about your career. You should look forward to going to school or work every day. Ideally, you should be excited to start your day in the morning. This meeting is an opportunity to explore your passion.

Imagine this: you might find yourself sitting next to a faculty member from another institution at dinner - what would you talk about? Do you have any questions about their career, graduate or nursing programs that you're ready to ask? There will be breakout sessions on Monday led by INBRE Alumni leaders who will also be available for most of the meeting if you have any questions.

Consider how you will present your poster. It might be helpful to practice presenting it to others beforehand. This is a great opportunity to gain 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 to be seen and treated as a fellow professional, always be mindful of your appearance. Business casual attire is appropriate for the poster session and for giving an oral presentation. Make sure to keep your name badge visible at all times. This encourages people to read it, pronounce your name, learn about your home institution, and ask about your work.

When it comes to cell phone use, remember that it's your responsibility to use your phone in a considerate manner. It's not up to others to deal with any distractions caused by your phone.

Sit with People You Don't Know

Meeting new people is important for expanding your network. This time, we request that you do not sit with people from your own institution. If you forget to mingle, the “INBRE-Network Police” will be there to remind you. You could start by asking "May I join you?" as a good way to start a conversation.

Ask More, Listen More

The objective of networking is to make people familiar with you. Doesn't it feel great when others show interest in you and want to learn more about you? It makes you feel valued and important, right? Well, the same goes for others. The key is to genuinely show interest in the other person. This involves letting the other person do most of the talking and keeping the conversation going by asking questions when they stop.

Have your Elevator Pitch Ready

Sure, here is the revised text:

"Most people will reciprocate and ask things about you. One of the first things they will ask is, "What do you do and what is your research about?" An elevator pitch is a 30 to 60-second description of your research. It should include what you do, why you do it, and how you do it."

Thank you and have a great 2024 Annual Meeting!