Feb 16th, 4:00 PM - 5:00 PM

Conference Poster Tips & Tricks

Michele Gibney
University of the Pacific, mgibney@pacific.edu

POSTER TIPS & TRICKS

MICHELE GIBNEY, UNIVERSITY LIBRARIES

RPC | RESEARCH POSTER COMPETITION

scholarlycommons.pacific.edu/research-showcase/

PACIFIC UNDERGRADUATE

PURCC

RESEARCH AND CREATIVITY CONFERENCE

scholarlycommons.pacific.edu/purcc/

YOUR RPC POSTER MUST INCLUDE

- Title
- Full names of ALL authors
- Include information as submitted in your registration form:
  - Introduction, Purpose, Methods, Results, and Significance
- Clearly communicate research so that it is understandable to someone from another discipline
- **A video of you presenting your poster**

RPC INFO EVENT

Graduate and Professional Student Research Showcase Inf...

Friday, February 26, 2021 12:00pm to 1:00pm

https://grad.pacific.edu/grad/events

About this Event

Virtual Event | View stream information | Add to calendar

Learn more about the Graduate and Professional Student Research and Awards Showcase. The event will feature two competitions the Research Poster Competition (RPC) and 3 Minute Research (3MR). The Research Poster Competition will allow students within multiple disciplines to present their research in a poster format, while being judged by a panel of faculty judges on both the quality of their poster and their explanation. For the Three Minute Research (3MR) competition, students will describe their research in three minutes or less, using only one static slide. All submissions will be in video format.

Join us to learn more about comptetition rules, how to enter, etc. Please see the individual competition pages for more details.

Winners will be announced virtually during the Graduate and Professional Student Research and Awards Showcase on Friday, April 9 at 4 PM.

YOUR PURCC POSTER MUST INCLUDE

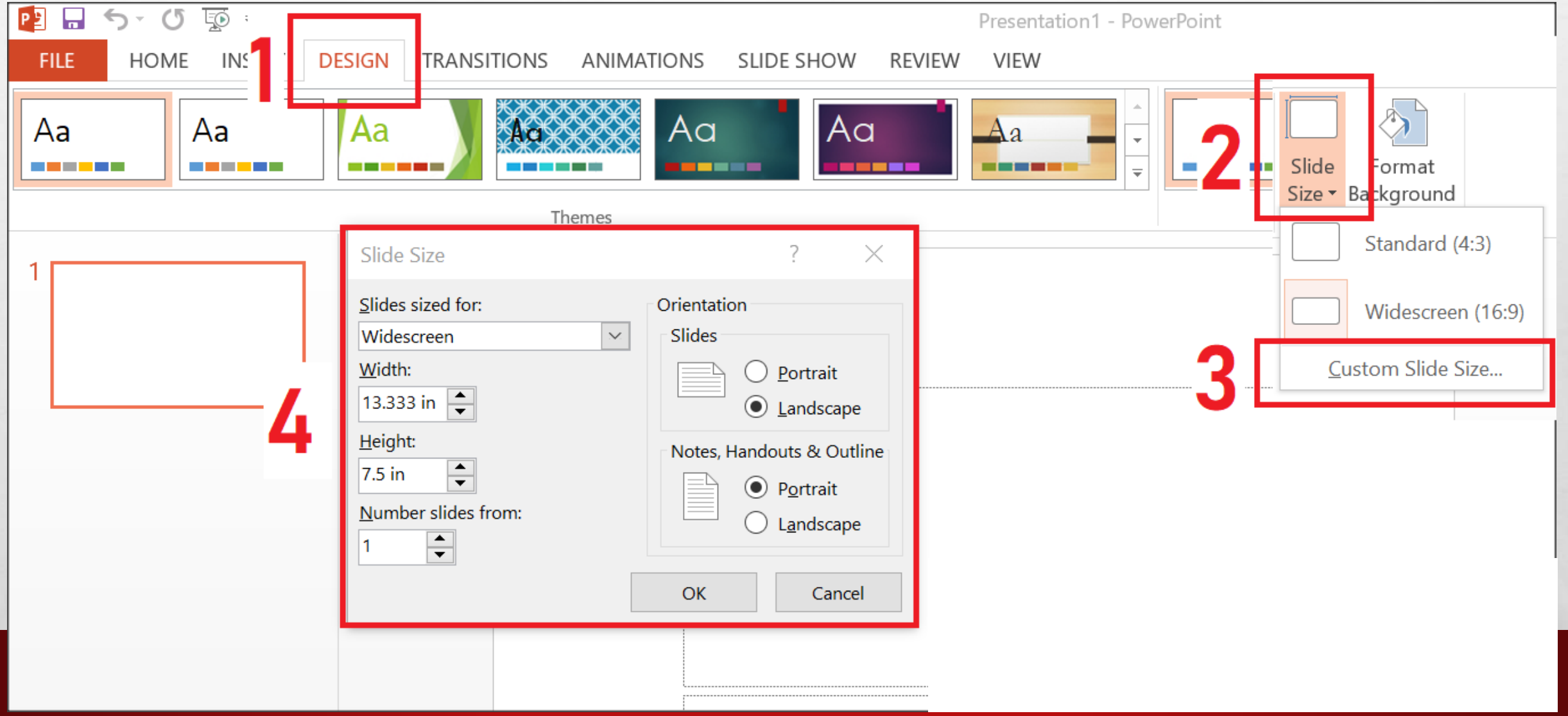
- Title
- Full names, majors and grades of ALL authors
- Full names, emails and departments of faculty mentor(s)
- An abstract or artist statement

ALL POSTERS SHOULD FOLLOW THESE

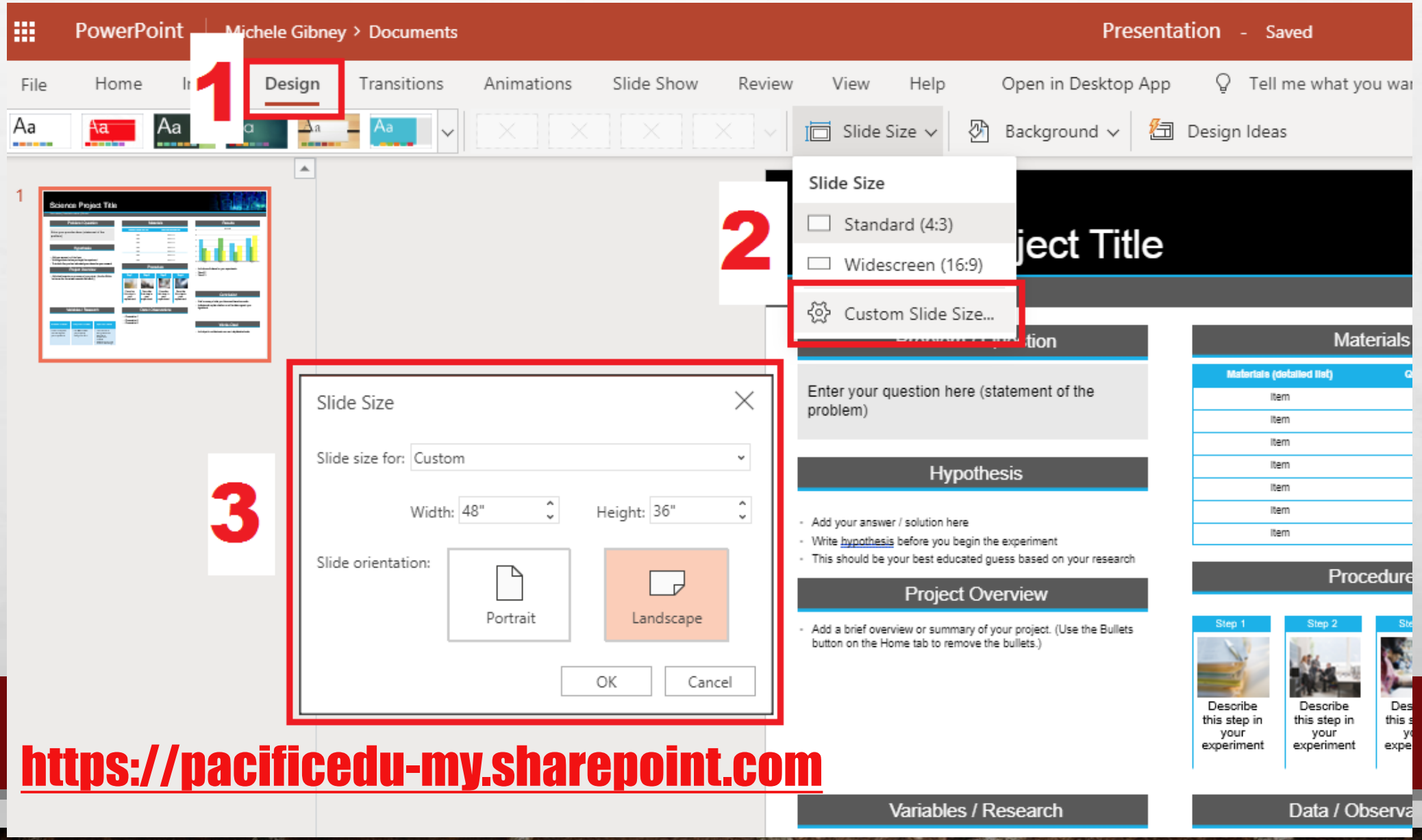
- Important information should be readable from about 10 feet away
- Title is short and draws interest
- Word count of about 300 to 800 words
- Text is clear and to the point
- Use of bullets, numbering, and headlines make it easy to read
- Effective use of graphics, color and fonts
- Consistent and clean layout
- Includes acknowledgments, your name and institutional affiliation

POSTER SIZING IN PPT

MAXIMUM: 58” W X 42” H / REC. 48”W X 36” H



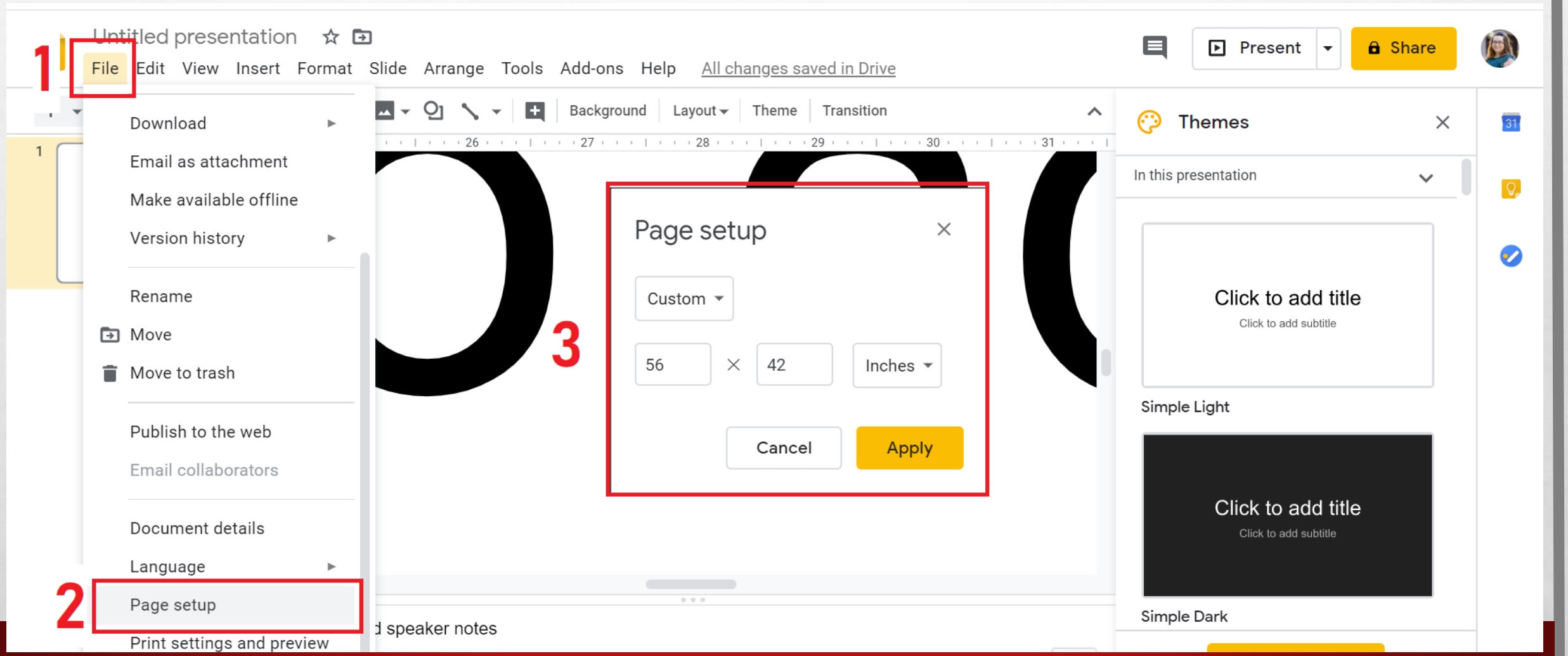
POSTER SIZING IN SHAREPOINT PPT MAXIMUM: 58” W X 42” H / REC. 48”W X 36” H



https://pacificedu-my.sharepoint.com

POSTER SIZING IN GOOGLE SLIDES

MAXIMUM: 58” W X 42” H / REC. 48”W X 36” H



TEMPLATES


If you can read this you must be nocturnal...
Abstract
Introduction
Questions
Hypothesis
Results
Methods & Materials
Results
Methods & Materials
Discussion
Conclusion
References
Acknowledgements


I Can See!!!
Your name here, and names of others
Place the name of your institution here
Abstract
Introduction
Questions
Hypothesis
Results
Methods & Materials
Results
Methods & Materials
Discussion
Conclusion
References
Acknowledgements

TEMPLATES


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.
SPACE-EXES
THE HIGH FRUCTOSE SUGAR ASSOCIATION
BLACK HOLE DIET PLANS
NRF
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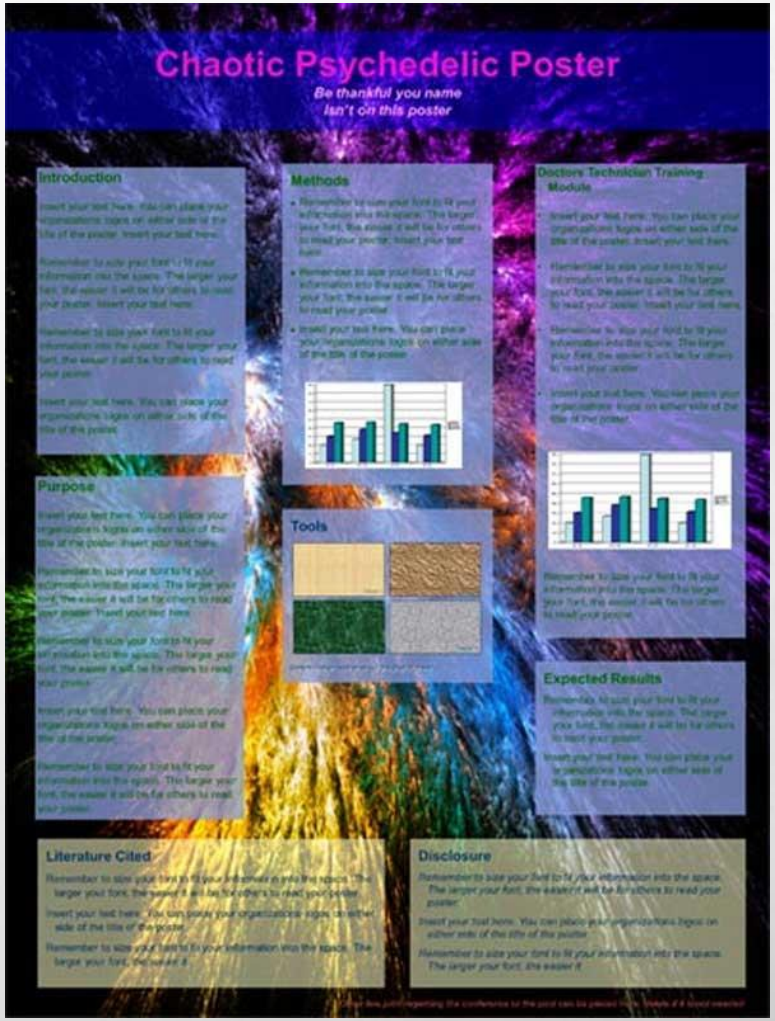
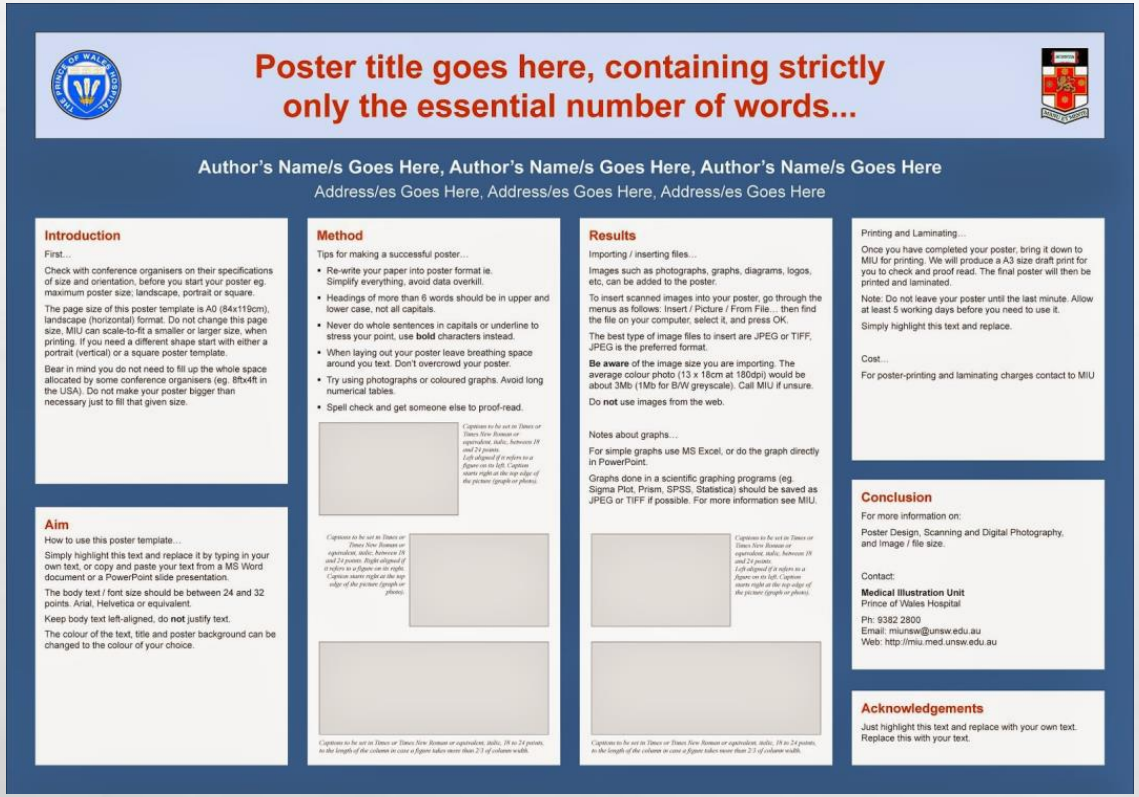
http://colinpurrington.com/tips/academic/posterdesign


Chaotic Psychedelic Poster
Be thankful you name isn't on this poster
Introduction
Methods
Doctors Technician Training Module
Purpose
Tools
Expected Results
Literature Cited
Disclosure

TEMPLATES



Poster title goes here, containing strictly only the essential number of words...

Author's Name/s Goes Here, Author's Name/s Goes Here, Author's Name/s Goes Here

Address/es Goes Here, Address/es Goes Here, Address/es Goes Here

Introduction

First...

Check with conference organisers on their specifications of size and orientation, before you start your poster eg. maximum poster size; landscape, portrait or square.

The page size of this poster template is A0 (84x119cm), landscape (horizontal) format. Do not change this page size, MIU can scale-to-fit a smaller or larger size, when printing. If you need a different shape start with either a portrait (vertical) or a square poster template.

Bear in mind you do not need to fill up the whole space allocated by some conference organisers (eg. 8ftx4ft in the USA). Do not make your poster bigger than necessary just to fill that given size.

Aim

How to use this poster template...

Simply highlight this text and replace it by typing in your own text, or copy and paste your text from a MS Word document or a PowerPoint slide presentation.

The body text / font size should be between 24 and 32 points. Arial, Helvetica or equivalent.

Keep body text left-aligned, do **not** justify text.

The colour of the text, title and poster background can be changed to the colour of your choice.

Method

Tips for making a successful poster...

- Re-write your paper into poster format ie. Simplify everything, avoid data overkill.
- Headings of more than 6 words should be in upper and lower case, not all capitals.
- Never do whole sentences in capitals or underline to stress your point, use **bold** characters instead.
- When laying out your poster leave breathing space around you text. Don't overcrowd your poster.
- Try using photographs or coloured graphs. Avoid long numerical tables.
- Spell check and get someone else to proof-read.

Results

Importing / inserting files...

Images such as photographs, graphs, diagrams, logos, etc, can be added to the poster.

To insert scanned images into your poster, go through the menus as follows: Insert / Picture / From File... then find the file on your computer, select it, and press OK.

The best type of image files to insert are JPEG or TIFF, JPEG is the preferred format.

Be aware of the image size you are importing. The average colour photo (13 x 18cm at 180dpi) would be about 3Mb (1Mb for B/W greyscale). Call MIU if unsure.

Do **not** use images from the web.

Notes about graphs...

For simple graphs use MS Excel, or do the graph directly in PowerPoint.

Graphs done in a scientific graphing programs (eg. Sigma Plot, Prism, SPSS, Statistica) should be saved as JPEG or TIFF if possible. For more information see MIU.

Printing and Laminating...

Once you have completed your poster, bring it down to MIU for printing. We will produce a A3 size draft print for you to check and proof read. The final poster will then be printed and laminated.

Note: Do not leave your poster until the last minute. Allow at least 5 working days before you need to use it.

Simply highlight this text and replace.

Cost...

For poster-printing and laminating charges contact to MIU

Conclusion

For more information on:

Poster Design, Scanning and Digital Photography, and Image / file size.

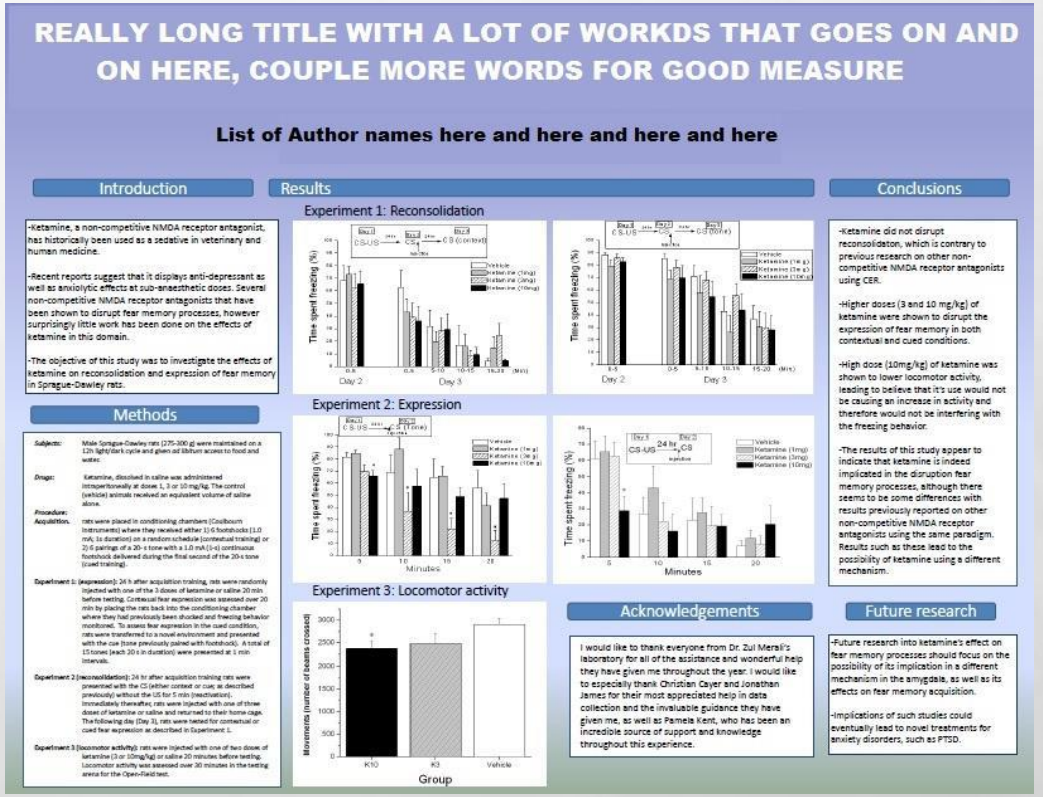
Contact:

Medical Illustration Unit
Prince of Wales Hospital

Ph: 9382 2800
Email: miunsw@unsw.edu.au
Web: http://miu.med.unsw.edu.au

Acknowledgements

Just highlight this text and replace with your own text. Replace this with your text.



REALLY LONG TITLE WITH A LOT OF WORKDS THAT GOES ON AND ON HERE, COUPLE MORE WORDS FOR GOOD MEASURE

List of Author names here and here and here and here

Introduction

-Ketamine, a non-competitive NMDA receptor antagonist, has historically been used as a sedative in veterinary and human medicine.

-Recent reports suggest that it displays anti-depressant as well as anxiolytic effects at sub-anaesthetic doses. Several non-competitive NMDA receptor antagonists that have been shown to disrupt fear memory processes, however surprisingly little work has been done on the effects of ketamine in this domain.

-The objective of this study was to investigate the effects of ketamine on reconsolidation and expression of fear memory in Sprague-Dawley rats.

Methods

Subjects: Male Sprague-Dawley rats (275-300 g) were maintained on a 12h light/dark cycle and given ad libitum access to food and water.

Drugs: Ketamine, dissolved in saline was administered intraperitoneally at doses 1, 3 or 10 mg/kg. The control (vehicle) animals received an equivalent volume of saline alone.

Procedure: Acquisition. rats were placed in conditioning chambers (Coulbourn Instruments) where they received either 1) 6 footshocks (1.0 mA; 1s duration) on a random schedule (contextual training) or 2) 6 pairings of a 20-s tone with a 1.0 mA (1-s) continuous footshock delivered during the final second of the 20-s tone (cued training).

Experiment 1: (expression): 24 h after acquisition training, rats were randomly injected with one of the 3 doses of ketamine or saline 20 min before testing. Contextual fear expression was assessed over 20 min by placing the rats back into the conditioning chamber where they had previously been shocked and freezing behavior monitored. To assess fear expression in the cued condition, rats were transferred to a novel environment and presented with the cue (tone previously paired with footshock). A total of 15 tones (each 20 s in duration) were presented at 1 min intervals.

Experiment 2 (reconsolidation): 24 hr after acquisition training rats were presented with the CS (either context or cue, as described previously) without the US for 5 min (reactivation). Immediately thereafter, rats were injected with one of three doses of ketamine or saline and returned to their home cage. The following day (Day 3), rats were tested for contextual or cued fear expression as described in Experiment 1.

Experiment 3 (locomotor activity): rats were injected with one of two doses of ketamine (3 or 10mg/kg) or saline 20 minutes before testing. Locomotor activity was assessed over 30 minutes in the testing arena for the Open-field test.

Results

Experiment 1: Reconsolidation

Experiment 2: Expression

Experiment 3: Locomotor activity

Conclusions

-Ketamine did not disrupt reconsolidation, which is contrary to previous research on other non-competitive NMDA receptor antagonists using CER.

-Higher doses (3 and 10 mg/kg) of ketamine were shown to disrupt the expression of fear memory in both contextual and cued conditions.

-High dose (10mg/kg) of ketamine was shown to lower locomotor activity, leading to believe that it's use would not be causing an increase in activity and therefore would not be interfering with the freezing behavior.

-The results of this study appear to indicate that ketamine is indeed implicated in the disruption fear memory processes, although there seems to be some differences with results previously reported on other non-competitive NMDA receptor antagonists using the same paradigm. Results such as these lead to the possibility of ketamine using a different mechanism.

Acknowledgements

I would like to thank everyone from Dr. Zul Merali's laboratory for all of the assistance and wonderful help they have given me throughout the year. I would like to especially thank Christian Cayer and Jonathan James for their most appreciated help in data collection and the invaluable guidance they have given me, as well as Pamela Kent, who has been an incredible source of support and knowledge throughout this experience.

Future research

-Future research into ketamine's effect on fear memory processes should focus on the possibility of its implication in a different mechanism in the amygdala, as well as its effects on fear memory acquisition.

-Implications of such studies could eventually lead to novel treatments for anxiety disorders, such as PTSD.

TEMPLATES

templates.office.com/en-us/posters

Science Project Title

Your name | Teacher's name | School

Problem / Question

Enter your question here (statement of the problem)

Hypothesis

- Add your answer / solution here
- Write hypothesis before you begin the experiment
- This should be your best educated guess based on your research

Project Overview

- Add a brief overview or summary of your project. (Use the Bullets button on the Home tab to remove the bullets.)

Variables / Research

Controlled variables	Independent variable	Dependent variable
• These are kept the same throughout your experiments	• The **one** variable you purposely change and test	• The measure of change observed because of independent variable • Decide how you will measure the change

Materials

Materials (detailed list)	Quantity (be specific)
Item	Amount
Item	Amount
Item	Amount
Item	Amount
Item	Amount
Item	Amount
Item	Amount

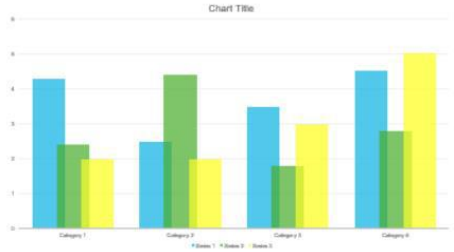
Procedure

Step 1	Step 2	Step 3	Step 4
			
Describe this step in your experiment	Describe this step in your experiment	Describe this step in your experiment	Describe this step in your experiment

Data / Observations

- Observation 1
- Observation 2
- Observation 3

Results



- Include results based on your experiments
- Result 2
- Result 3

Conclusion

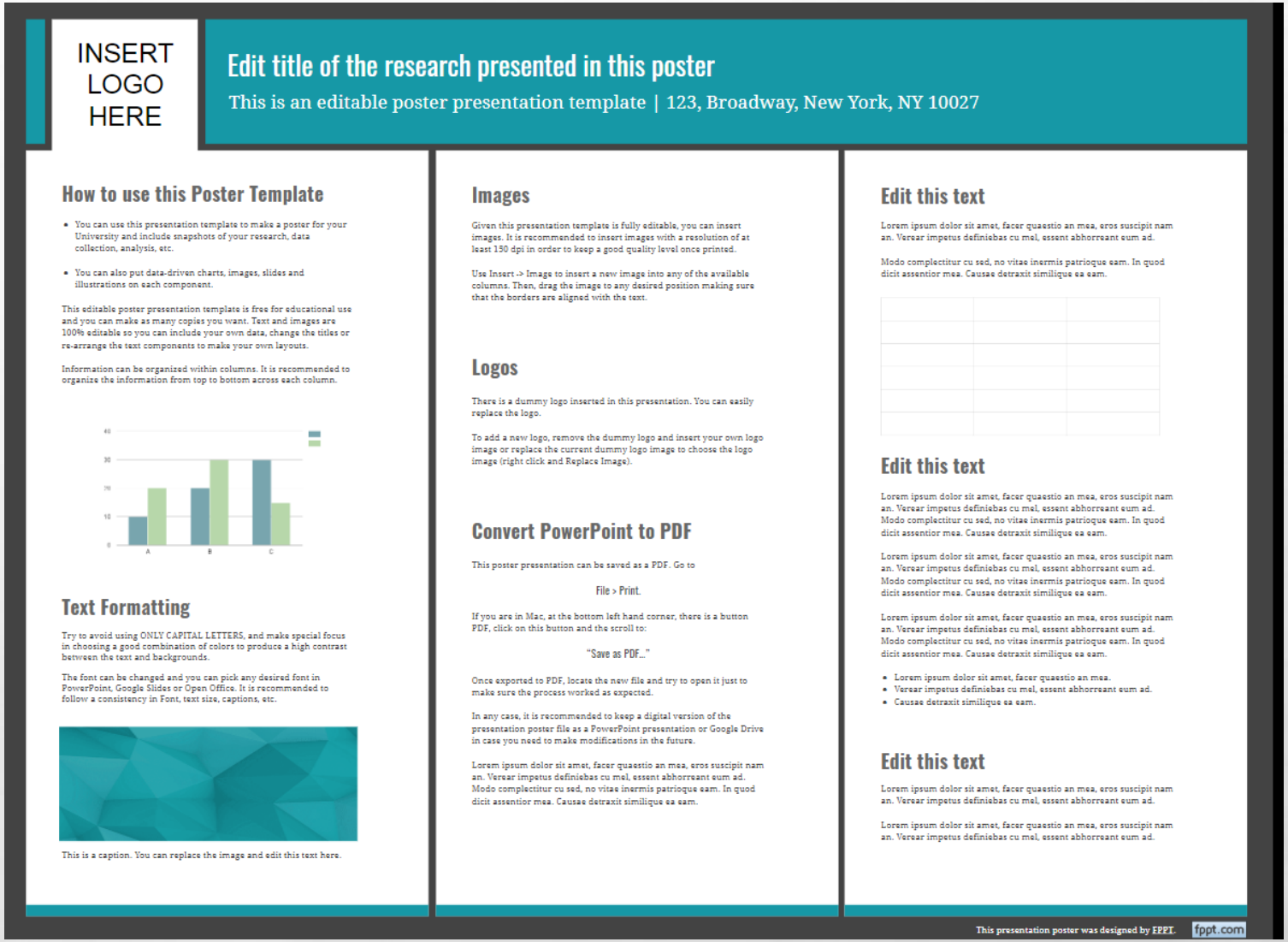
- Brief summary of what you discovered based on results
- Indicate and explain whether or not the data supports your hypothesis

Works Cited

- Include print and electronic sources in alphabetical order

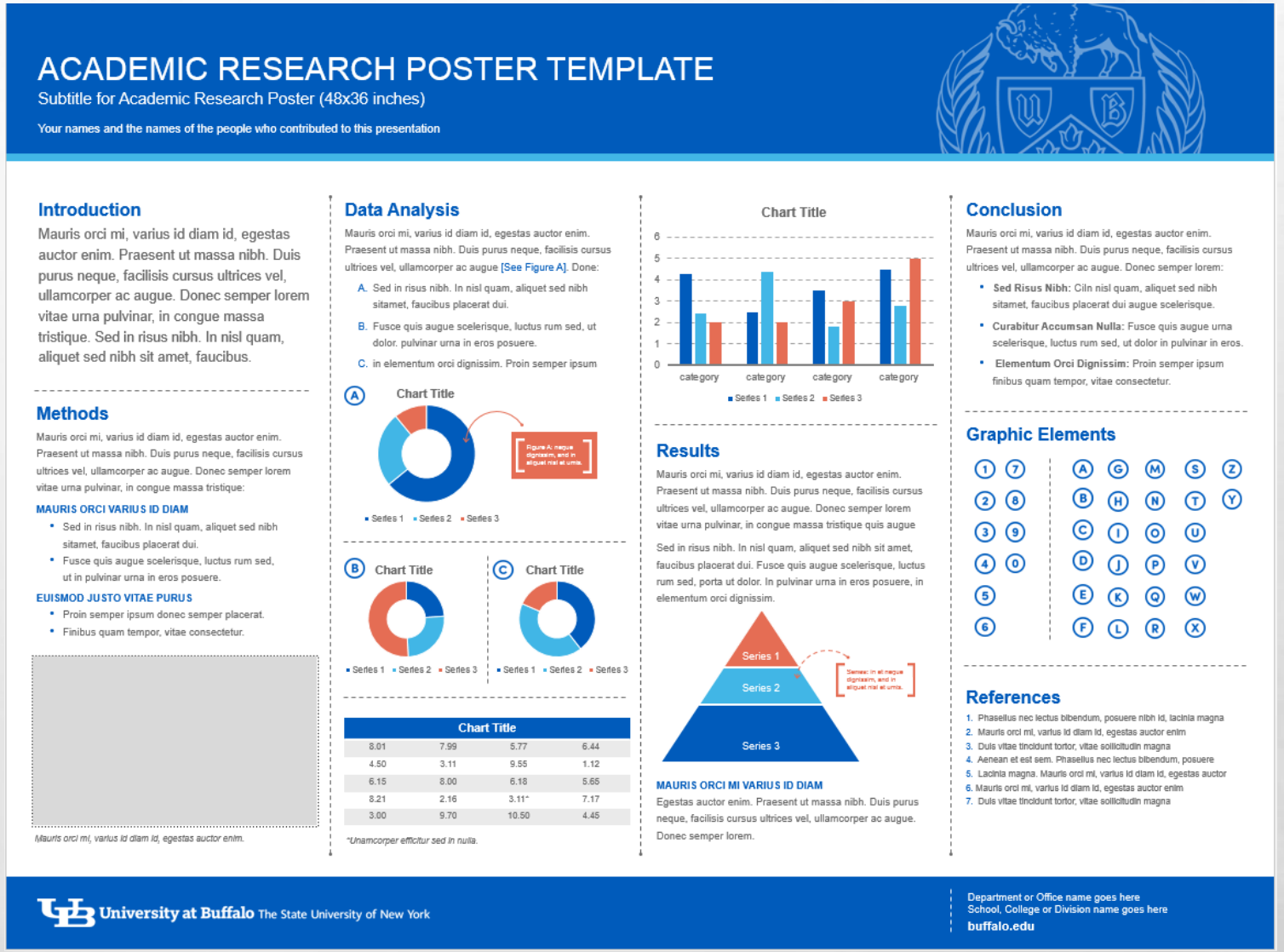
TEMPLATES

free-power-point-templates.com/presentation-poster-templates



TEMPLATES

ed.buffalo.edu/faculty-staff/tools/templates/research-posters.html



INFOGRAPHICS

PIKTOCHART

https://piktochart.com

CANVA

https://canva.com

DATA VISUALIZATIONS

RAWGRAPHS

https://rawgraphs.io

EXCEL

https://pacificedu-my.sharepoint.com

PRO TIPS

Zoom to 100% periodically to check how things will look full size

Always remember to use Spell Check

Export your file in PPT and PDF for printing

PRINTING YOUR POSTER

Not necessary this year due to virtual events but…

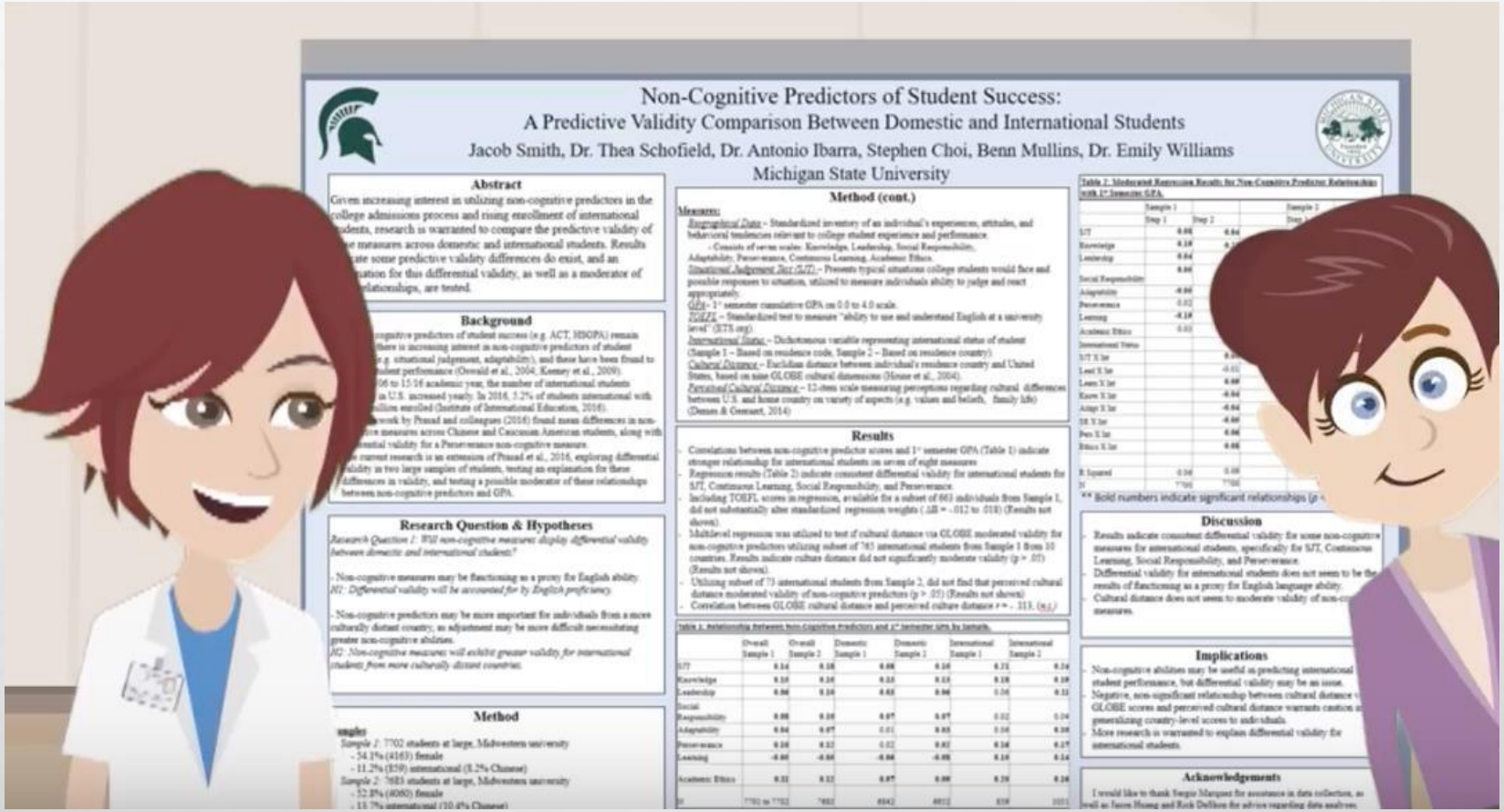
The Stockton Campus Library offers large format printing in the CUBE

Contact cube@pacific.edu

Cost: $1sq.ft black & white / $2sq.ft. color

Est. Cost: $12 B&W / $24 color (48”W x 36”H)

CONFERENCE POSTER SESSIONS



Check out the tips here: https://colinpurrington.com/tips/poster-design/

QUESTIONS?

MICHELE GIBNEY – mgibney@pacific.edu

SLIDES LOCATED AT: bit.ly/poster-tips