



A 'how-to' guide for ISDP 2022



Event Types

- **Symposia:** Symposia are collections of short talks related to a common theme. Come prepared to listen to a wide variety of research!
- **Oral Sessions:** Similar to symposia, these are collections of short talks but are not always related to a common theme.
- **Poster Sessions:** ISDP has two poster sessions, one on the first night of the conference and another on the second. You may want to quickly browse the abstracts in the [program online](#) in advance to identify posters you'll want to visit (and note the poster numbers to easily locate them on the day of). Alternatively, the program can feel a bit overwhelming, so you can also plan to walk around the room and look at the poster boards. Once you've found posters you're interested in, go up to the presenters and ask them to "walk you through their poster" to get a quick pitch of the key details!
- **Distinguished Speaker:** A longer format talk by a pre-selected speaker. This year's distinguished speaker is Dr. Norissa Williams, whose session "Diversifying the Pipeline: Addressing Structural Issues with Structural Interventions" will be an important learning opportunity for the society!
- **Meet the Professors:** A networking event where multiple trainees will be paired up with a professor for breakfast. Use this time to learn more about the professor's work, ask them questions about their research, tell them about your interests, ask professional development advice, etc.!



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Tips and Tricks

Use every opportunity to **network!** Introduce yourself to others at the poster sessions and coffee breaks. Practice describing your research (or your 'elevator pitch') in advance! Everyone will be wearing name tags to make introductions easy.



Rest up! Conference days are long and can be draining. While there are breaks in the schedule (lunch + dinner) that you can use to grab a bite and catch up with new friends you've met throughout the day, you can also use this time to decompress or take a nap.

Bring a **pen and notebook.** You never know when inspiration will strike for your next study idea or research question.



Don't be afraid to **ask questions** during symposia or poster sessions. You can also find presenters after their presentations.

Visit posters. Poster sessions contain an abundance of cutting-edge research packed into a tight time frame.



Plan in advance. Because of the intimate nature of ISDP, there are no overlapping sessions (which means you will attend everything)! But, it's impossible to visit every poster, and if you foresee needing a break, make sure you've marked which sessions you don't want to miss. Using the virtual app is a great way to make sure you're on track!



Use the **online platform.** As ISDP 2022 is a hybrid conference, everything will be [posted online](#). Therefore, if you miss anything, you can catch up later that day/week/or month!



Check **Twitter!** Many scholars use the social media platform Twitter to share synopses of talks or interesting findings at the conference using the hashtag #isd2022.



Enjoy yourself - you deserve it! ISDP is a great place to learn new things and meet new friends. Take advantage of all it has to offer (including the weather in San Diego!).

