



# A 'how-to' guide for ISDP 2023



**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 [online program](#) is a great way to make sure you're on track!

## *Event Types*

- **Symposia:** Collections of short talks related to a common theme. Come prepared to listen to a wide variety of animal and human research!
- **Oral Sessions:** Similar to symposia, these are collections of short talks but are not always related to a common theme.
- **Poster Sessions:** There are 3 poster sessions (1st night of conference, during lunch on the 2nd day, and during lunch on the 3rd day). You may want to quickly browse the abstracts in the [online program](#) in advance to identify posters you'll want to visit (and note the poster numbers to easily locate them). Alternatively, the program can feel a bit overwhelming, so you can just plan to walk around the room and look at the posters. Once you've found one you're interested in, go up to the presenters and ask them to "walk me through their poster" to get a quick pitch of the key details!
- **Affinity groups:** Informal groups for social support and community building for people who hold a particular minoritized or marginalized identity. This year, we plan to host 3 affinity group meetings for ISDP members who identify as first generation, LGBTQIA+, or of Asian descent. Affinity groups are scheduled to meet Wednesday morning before the first session.
- **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*



**Confirm your travel plans.** The conference will take place at the Crowne Plaza Utrecht - Central Station Hotel. There is a direct train from the Amsterdam Schiphol Airport to Utrecht Central Station; the train takes about 35 minutes and costs 6-8 euros each way)

Use every opportunity to **network!** Introduce yourself at the poster sessions, coffee breaks, and practice describing your research (or your 'elevator pitch') in advance! Everyone will be wearing name tags to make introductions easy. At ISDP, there is only one session at a time, so everyone is in the same room and hears the same talks. This makes it easier to start up conversations about what you just heard.



**Rest up!** Conference days are long and can be draining. While there are breaks in the schedule 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. Be sure to browse the ePoster versions before during and after the sessions.



Check **Twitter!** Many scholars use the social media platform Twitter to share synopses of talks or interesting findings at the conference using the hashtag **#isd2023**.

**Enjoy yourself - you deserve it!** ISDP is a great place to learn new things and meet new friends and potential mentors. Take advantage of all it has to offer (including the beautiful setting of Utrecht!).

