

Tips for Presenting a Poster

So You're Presenting a Poster!

Presenting a poster is a valuable exercise for personal, professional, and academic development and can offer numerous benefits, including:

- Interacting with peers, developing collaboration prospects, and obtaining feedback and diverse viewpoints.
- Showcasing your work and establishing your presence in the field for increased recognition and potential citations.
- Enhancing your ability to explain complex information succinctly and clearly to a diverse audience.

Poster Development Tips:

- Your poster should cover the same material as the abstract you submitted.
- Place the title of your poster prominently at the top, with author names and contact information beneath.
- We recommend also including an email address so people can contact you if they have questions.
- Highlight the poster title and subheading with colors or colored lines.
- Headings and subheadings should be at least 25% larger than the main copy.
- Don't crowd too much information on the poster. Concentrate on 2-3 main points.
- Minimize complete sentences and paragraphs.
- Prepare all diagrams or charts neatly and legibly in a size sufficient to be read at a distance of six feet.
- Paragraph and figure caption text should be at least 24-point font (0.9 cm height) and headers at least 36-point font (1.2 cm height).
- Use squares, rectangles, circles, etc. to group like ideas. Don't clutter your poster with too much text.
- A serif font (e.g. Times) is often easier for reading main text, and a non-serif font (e.g. Arial or Helvetica) is suggested for headers and labels.

Poster Presenter Best Practices:

- Follow instructions regarding setup and teardown times.
- Be at your poster during designated poster sessions.
- Dress to impress! Ensure your name tag is visible.
- Keep contact information handy to share with viewers.
- Plan to spend some time at your poster during breaks.
- Anticipate surprises and be flexible while presenting.
- Greet viewers as they arrive at your poster.
- Give viewers time to take in your material.
- Speak to your audience, not the poster.
- Be brief, and do not read from your poster.
- Pause mid-presentation to welcome new viewers.
- Thank viewers for visiting your poster.

[View this video](#) for tips on preparing a better research poster.

[Read this short article](#) to find out 7 Tips for Preparing a Winning Scientific Poster Presentation.

Additional Considerations:

- Always pay attention to poster sizes and display specifications as communicated by the organizers.
- If you have special placement requests, be sure to email the conference coordinator well in advance, but generally no later than 60-days prior to the conference.