TIPS FOR PRESENTING YOUR SCIENCE AT THE 2021 VIRTUAL ANNUAL MEETING

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42ND ANNUAL MEETING & SCIENTIFIC SESSIONS
Virtual Conference | April 12-16, 2021
Let’s go all IN: Inclusion » Innovation » Influence
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<th>Time</th>
<th>Monday, April 12</th>
<th>Tuesday, April 13</th>
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**Pre-Conference Courses** (11:00 AM - 1:30 PM)

- **11:00 AM**
  - Welcome & Breakout Sessions
  - New Member and New Attendee Meet & Greet

- **12:00 PM**
  - SIG/Council/Committee Sessions
  - Networking Sessions

- **1:00 PM**
  - Break (12:50 PM - 1:00 PM)
  - SIG/Council/Committee Sessions
  - Networking Sessions

- **2:00 PM**
  - Break (1:50 PM - 2:00 PM)
  - SIG/Council/Committee Sessions
  - Networking Sessions

- **3:00 PM**
  - Symposia
  - Symposia
  - Symposia

- **4:00 PM**
  - Welcome & Breakout Sessions
  - SIG/Council/Committee Sessions
  - Networking Sessions

- **5:00 PM**
  - On-Demand Research Talks/Spotlights

**MONDAY**

- **11:00 AM**
  - Keynote (12:00 PM - 12:50 PM)

- **12:00 PM**
  - Break (12:50 PM - 1:00 PM)

- **1:00 PM**
  - SIG/Council/Committee Sessions (1:00 PM - 1:50 PM)

- **2:00 PM**
  - Break (2:50 PM - 3:00 PM)

- **3:00 PM**
  - Symposia (3:00 PM - 3:50 PM)

- **4:00 PM**
  - Welcome & Breakout Sessions (4:00 PM - 4:50 PM)

- **5:00 PM**
  - On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)

**TUESDAY**

- **11:00 AM**
  - Keynote (12:00 PM - 12:50 PM)

- **12:00 PM**
  - Break (12:50 PM - 1:00 PM)

- **1:00 PM**
  - SIG/Council/Committee Sessions (1:00 PM - 1:50 PM)

- **2:00 PM**
  - Break (2:50 PM - 3:00 PM)

- **3:00 PM**
  - Symposia (3:00 PM - 3:50 PM)

- **4:00 PM**
  - Welcome & Breakout Sessions (4:00 PM - 4:50 PM)

- **5:00 PM**
  - On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)

**WEDNESDAY**

- **11:00 AM**
  - Keynote (12:00 PM - 12:50 PM)

- **12:00 PM**
  - Break (12:50 PM - 1:00 PM)

- **1:00 PM**
  - SIG/Council/Committee Sessions (1:00 PM - 1:50 PM)

- **2:00 PM**
  - Break (2:50 PM - 3:00 PM)

- **3:00 PM**
  - Symposia (3:00 PM - 3:50 PM)

- **4:00 PM**
  - Welcome & Breakout Sessions (4:00 PM - 4:50 PM)

- **5:00 PM**
  - On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)

**THURSDAY**

- **11:00 AM**
  - Keynote (12:00 PM - 12:50 PM)

- **12:00 PM**
  - Break (12:50 PM - 1:00 PM)

- **1:00 PM**
  - SIG/Council/Committee Sessions (1:00 PM - 1:50 PM)

- **2:00 PM**
  - Break (2:50 PM - 3:00 PM)

- **3:00 PM**
  - Symposia (3:00 PM - 3:50 PM)

- **4:00 PM**
  - Welcome & Breakout Sessions (4:00 PM - 4:50 PM)

- **5:00 PM**
  - On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)

**FRIDAY**

- **11:00 AM**
  - Keynote (12:00 PM - 12:50 PM)

- **12:00 PM**
  - Break (12:50 PM - 1:00 PM)

- **1:00 PM**
  - SIG/Council/Committee Sessions (1:00 PM - 1:50 PM)

- **2:00 PM**
  - Break (2:50 PM - 3:00 PM)

- **3:00 PM**
  - Symposia (3:00 PM - 3:50 PM)

- **4:00 PM**
  - Welcome & Breakout Sessions (4:00 PM - 4:50 PM)

- **5:00 PM**
  - On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)
PRESENTATION FORMATS
SESSIONS WITH A LIVE COMPONENT

➤ Pre-conference workshops are all live

➤ Keynotes, master lectures, symposia (50 min)
  ➤ Main portion will be pre-recorded with a live Q&A

➤ Panels and debates (50 min)
  ➤ Can be ALL live if desired or some combination of live/pre-recorded

➤ Networking sessions (50 min)
  ➤ Format up to the moderator - mostly live but can have some pre-recorded elements

(See email with specific requirements for each of these sessions)
RESEARCH TALKS AND SPOTLIGHTS

➤ Research talks
  ➤ 10 min presentation that is pre-recorded (chat function)

➤ Research spotlights
  ➤ 2 min presentation that is pre-recorded (chat function)

➤ These will be available on-demand at any time, but the prime time spot for reviewing these talks is 5:00-5:50pm ET daily.

➤ Chat feature will be available for Q&A. Anticipate more chats during the 5:00-5:50pm ET time slot.
HOW TO PRESENT VIRTUALLY
FIRST TIP . . . MAKE SURE ALL FILTERS ARE OFF
GREAT RESOURCE WITH LOTS OF TIPS - UCONN VIDEO

UCONN CENTER FOR MHEALTH AND SOCIAL MEDIA

HOW TO TURN YOUR SCIENCE INTO A SHORT VIDEO
Presenters: Matthew Schroeder & Laurie Groshon

THE ROAD MAP OF CREATING A SUCCESSFUL SCIENTIFIC VIDEO

1. Storyboarding
   Lays out most important parts of your research

2. Scriptwriting
   Gives you a draft of what you want to say and prepares you for the video.

3. Software Selection
   Selecting the best app/software that makes sense for your video.

4. Filming the Video
   Make sure timing is good and speech is clear.

HOW TO RECORD YOUR PRESENTATION

➤ Powerpoint, keynote, google slides
➤ Zoom, Webex
➤ Mediasite (if your institution has this available)
➤ Prezi,*Canva*
➤ Whiteboard video or other animated video
  ➤ Recommended vendors*: Vyond, powtoon, moovly

*Free trial available

BE CREATIVE & USE WHAT YOU PREFER
TIPS FOR EFFECTIVELY COMMUNICATING YOUR SCIENCE

➤ Be creative
  ➤ Animated video, Tiktok, Sock puppets, etc…
  ➤ You don’t have to “be” in the video (particularly for spotlights) - but you can be…
➤ Limit words on slides with 2-4 bullet points each
➤ Engagement is key!
  ➤ We will give out awards for the most viewed research talks and research spotlights
RESEARCH SPOTLIGHT TIPS FROM UCONN VIDEO

For a 2-minute video...

- **Background and Introduction:** 15% of video
- **Methods:** 30-40% of video
- **Results:** 30-40% of video
- **Conclusion:** 15% of video

46% Depicted or promoted energy balance of healthy eating during pregnancy

478 Public Instagram posts about exercise during pregnancy

142% had a safety disclaimer

Avoid/Modify
Symptom Warnings
Check with your doctor

https://www.youtube.com/playlist?
list=PLw4DidAEGLSzSWKCuMdNEv1eqFGaJB6m
SBM branded backgrounds

https://www.sbm.org/meetings/2021/virtual-presentation-resources
VIRTUAL PRESENTATION TIPS

➤ Use as quiet an area as possible and avoid areas that have echo. The best spaces are small rooms with carpeting, and furniture to dampen the sound.

➤ If possible, avoid using the built-in microphone on your computer. You’ll get better sound quality by using a microphone close to your mouth.

➤ Consider your lighting: Have your light be behind your webcam/camera.

➤ Look into the camera as much as possible to connect with your audience.

➤ Dress for success - stripes, busy patterns and neon colors can create a blurred effect on video that makes you appear fuzzy to viewers.

➤ Check your Wi-Fi connection before you start recording. If it’s spotty, try connecting to the internet via an ethernet cable.

➤ Do a test recording of a couple of minutes and review the sound and picture quality before recording the entire presentation.
WAYS TO IMPROVE ENGAGEMENT

➤ Start by asking attendees to turn off notifications and emails

➤ Let colleagues know you'll be participating in a virtual meeting and unreachable unless it's an emergency

➤ When using the chat feature ask for short prompts
  ➤ e.g., "Share the first word that come to mind when you hear…"

➤ Encourage people to use the chat to “agree or disagree” with points in the presentation

➤ If you ask a question, embrace silence
INCLUSIVITY AND ACCESSIBILITY

➤ Consider who is represented in your photos

➤ Use person-first language (e.g., people with diabetes vs diabetics)

➤ Moderators should use preferred pronouns when introducing speakers

➤ If possible, consider using closed captioning for those with hearing challenges (Zoom has CC as an option in settings)

➤ If using lots of graphics or other visuals, describe the slides briefly for those with visual impairments
LOGISTICS
**IMPORTANT ACTIONS**

➤ Late February/early March presenters will receive an email from SBM with instructions on how to upload their presentation file to the virtual meeting platform

➤ You will be required to upload **one file** per presentation (no links)

➤ The file should be the final, edited version

➤ You will not be able to make edits to the file once it is uploaded

➤ If you are having technical issues uploading your presentation please contact SBM
IMPORTANT DATES

➤ The deadline to upload your presentation is **March 22**

➤ All presenters must register for the Annual Meeting by **March 21**
https://sbm2021.expotracker.net/home.aspx
THANK YOU AND QUESTIONS?