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**

SBM 2021 Annual Meeting and Scientific Sessions
Virtual Meeting Schedule

2021 SBM VIRTUAL MEETING SCHEDULE

	Monday, April 12	Tuesday, April 13	Wednesday, April 14	Thursday, April 15	Friday, April 16
11:00 AM	Pre-Conference Courses (11:00 AM - 1:30 PM)				
12:00 PM		Keynote (12:00 PM - 12:50 PM)	Keynote (12:00 PM - 12:50 PM)	Keynote (12:00 PM - 12:50 PM)	Keynote (12:00 PM - 12:50 PM)
		Break (12:50 PM - 1:00 PM)	Break (12:50 PM - 1:00 PM)	Break (12:50 PM - 1:00 PM)	Break (12:50 PM - 1:00 PM)
1:00 PM		SIG/Council/Committee Sessions (1:00 PM - 1:50 PM)	Networking Sessions (1:00 PM - 1:50 PM)	SIG/Council/Committee Sessions (1:00 PM - 1:50 PM)	Presidential Meet & Greet and Business Meeting (1:00 PM - 1:50 PM)
	Pre-Conference Courses (1:30 AM - 4:00 PM)	Break (1:50 PM - 2:00 PM)	Break (1:50 PM - 2:00 PM)	Break (1:50 PM - 2:00 PM)	Break (1:50 PM - 2:00 PM)
2:00 PM		Master Lecture Debates/Panel Discussions (2:00 PM - 2:50 PM)	Master Lecture Debates/Panel Discussions (2:00 PM - 2:50 PM)	Master Lecture Debates/Panel Discussions (2:00 PM - 2:50 PM)	Master Lecture Debates/Panel Discussions (2:00 PM - 2:50 PM)
		Break (2:50 PM - 3:00 PM)	Break (2:50 PM - 3:00 PM)	Break (2:50 PM - 3:00 PM)	Break (2:50 PM - 3:00 PM)
3:00 PM		Symposia (3:00 PM - 3:50 PM)	Symposia (3:00 PM - 3:50 PM)	Symposia (3:00 PM - 3:50 PM)	Symposia (3:00 PM - 3:50 PM)
		Break (3:50 PM - 4:00 PM)	Break (3:50 PM - 4:00 PM)	Break (3:50 PM - 4:00 PM)	Break (3:50 PM - 4:00 PM)
4:00 PM	Welcome & Breakout Sessions (4:00 PM - 5:50 PM)	Meet the SBM Fellows Networking Sessions (4:00 PM - 4:50 PM)	SIG/Council/Committee Sessions (4:00 PM - 4:50 PM)	Industry Speed Networking Networking Sessions (4:00 PM - 4:50 PM)	Closing Session (4:00 PM - 4:50 PM)
		Break (4:50 PM - 5:00 PM)	Break (4:50 PM - 5:00 PM)	Break (4:50 PM - 5:00 PM)	Break (4:50 PM - 5:00 PM)
5:00 PM	New Member and New Attendee Meet & Greet (5:00 PM - 5:50 PM)	On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)	On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)	On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)	On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)
6:00 PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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)

participant view options

locked meeting indicator

meeting info

Cisco Webex Meetings

Carrie Chambers

Participants (1)

Search

Gracia Ostendorf
Host, me

KL Kelly Lovell

RB Robyn Brown

CC Carrie Chambers

KS Krissy Smith

LH Laura Hicks

meeting participants

Chat

from Gracia Ostendorf to Everyone: 10:06 AM

Welcome everyone! We'll get started once everyone joins. Here are the notes for today: https://docs.google.com/document/d/1QVbyKiUesLfp8XKhTlpYej3jyKmJz6FlTotiNu7HnAw/edit#

meeting chat

participants' videos

Krissy Smith   Laura Hicks   Pruthvi Patel   Robyn Brown   Ruowei Fischer   Zachary Giesting

your video

Send to: Everyone

Enter chat message here

Gracia Ostendorf's Personal Room

Host: Gracia Ostendorf

URL:
https://miamioh.webex.com/meet/goldbegh

Meeting number:
799 686 307

Video address:
goldbegh@miamioh.webex.com

Audio connection:
United States Toll +1-415-655-0002
Show all global call-in numbers

Access code:
799 686 307

mute

share screen

record

view participants

view chat

more options

leave meeting

Notes   Polling

Lock Meeting

Invite and Remind

Copy Meeting Link

Audio Connection

Speaker, Microphone, and Camera

Connect to a Device

https://www.miamioh.edu/regionals/eccoe/news/2020/03/host-record-share-webex-how-to.html

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 **<u>on-demand at any time</u>**, 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.

https://bit.ly/2LdpJ9M

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

➤ 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

https://bit.ly/2LdpJ9M

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SOCIETY OF BEHAVIORAL MEDICINE

SBM branded backgrounds

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SOCIETY OF BEHAVIORAL MEDICINE

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 meting 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**
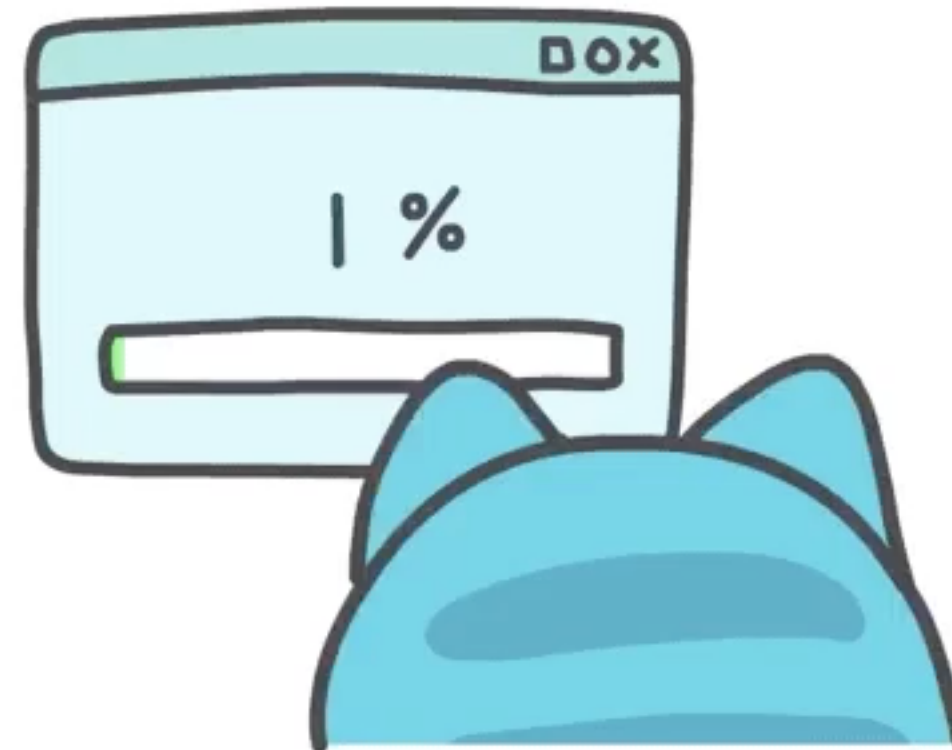
➤ All presenters must register for the Annual Meeting by **March 21**

REGISTRATION

https://sbm2021.expotracker.net/home.aspx

THANK YOU AND QUESTIONS?