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AWARDEE REPORT FORM

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| NAME | | Lauren Barrett | | |
| TWITTER HANDLE\* *optional* | | @lauren99barrett | | |
| UNIVERSITY | | University College Cork | | |
| NAME OF AWARD | | Barclay-Smith 2023/24 Round 1 | | |
| PURPOSE OF AWARD *conference/event attended/organised (full name) with city and dates.* | | | | |
| Barclay-Smith 2023/24 Round 1 application to present a poster, at the Society’s Winter Meeting, 3rd to 5th January 2024, Liverpool. | | | | |
| REPORT: What were your anticipated benefits?  *Minimum number of words between 200-400. Please write in coherent paragraphs.* | | | | |
| When applying for the Barclay-Smith to attend the society’s winter meeting I was hopeful that I would learn much from the experience. I hoped that attending the conference would give me my first experience of creating an academic poster of my work. This is an excellent skill to learn and will stand to me in the future as I attend more conferences and seminars during my PhD.  I planned on attending this meeting to present a poster on my undergraduate summer vacation research scholarship work. I was excited to have the opportunity to showcase the work that had been completed as a result of receiving this award from the society.  Similarly, I hoped that attending this conference would provide me with the opportunity to meet others who had completed the summer undergraduate research programme and learn about their research. It would allow us to discuss our projects and learn about each other’s work.  Although I have presented my work before, this would be the first time that I would be presenting to people outside of my lab group. I hoped it would pose new questions from an outsider’s viewpoint and help me to develop my explanation of my work.  I anticipated the winter meeting to be an excellent event for networking and getting to meet other researchers from across the anatomy and neuroscience field. As it is an international conference, I was eager to meet researchers from various universities coming from different countries, including the various UK universities, but also those travelling from mainland Europe and the US.  Attending this conference would provide me with exposure to topics that are currently being investigated by members of the society, with most focusing on applied craniofacial anatomy, as per the theme of the conference. These are topics I would have looked at throughout my undergraduate degree but not in as much detail meaning it would be an excellent opportunity to improve my knowledge on the subject.  As I am now an early-career member of the society, I was looking forward to meeting other members and seeing what others are working in across the various universities and lab groups. I hoped to meet other PhD students being funded by the society and speak to them about their journey to gain some insight, and any advice they might have for a new PhD student. | | | | |
| COMMENTS: Describe your experience at the conference / lab visit / course / seminar/ event.  *Minimum number of words between 200-400. Please write in coherent paragraphs.* | | | | |
| The society’s winter meeting was my first experience of a conference outside of my university. It gave me the opportunity to present my own research to people outside of my lab group.  I was presenting a poster of my research titled “*Pre-eclampsia and neuronal development: sFlt-1 Impairs*  *neurite growth and neuronal differentiation in two immortalised human neuronal cell lines*” and explaining  the work to those attending. Prior to this meeting, I have only presented this work to people within  my department, all of whom already had extensive knowledge of the topic, so it was a chance for me to  really develop my in-depth understanding the work to allow me to explain it to those unfamiliar with the subject.  I had the pleasure of meeting various researchers from UK as well as from further afield. I was honoured to meet and speak to Dr Timothy Hines, from the Jackson Lab in the US about his work in peripheral neuropathies, as well as the work of the lab on a wider scale, involving genetics and transgenic animals. Dr Hines was attending on to present his work involving precision mouse models of inherited peripheral neuropathy. His talk was fascinating and an invaluable experience to attend as this work was awarded the prestigious *Journal of Anatomy* best paper prize. He provided me with lots of advice from his experience of doing a PhD and being a young researcher in the field of neuroscience.  Various posters and talks included work with 3D printing were fascinating to learn about as it is not a field that I am particularly familiar with, but is a technology that has a strong future in the field for both teaching and research. The conference’s sponsors also had stands showcasing their work which was interesting to see and speak about with the representatives, including Elsevier and 3D Organon.  With my current research being focused on neuroanatomical changes in Parkinson’s disease, it was also great to see poster abstracts such as that by Miss Bethany Facer looking at changes in the white matter microstructure in newly diagnosed PD.  Overall, this experience was invaluable for me as a young researcher and a new PhD student, to present my work, speak with other researchers, and listen to talks from experienced researchers on a variety of topics across the field. | | | | |
| REPORT: In relation to skills, what were the most important things you gained? *(does not apply to equipment grant.* For public engagement/outreach awards what did your audience gain and how did you evaluate success?  *Minimum number of words between 200-400. Please write in coherent paragraphs.* | | | | |
| Attending the society’s winter meeting provided me the opportunity to learn many new skills and improve on others that I have not had as much experience with previously.  Firstly, I had never created a poster for a conference before. I now feel much more confident in this skill and with how to lay things out for when it is oriented on a large scale such as A0. It was also interesting to see how other people chose to design and organise their data on the posters. Something I would include in future would be a QR code linking to a resource that would be beneficial for the reader, as I noticed this on other posters and found it to be a very helpful addition.  Standing by my poster and having people come up and ask questions showed me what parts of the poster could be better explained as some questions were repeated. I believe that it is very important to make science accessible to the public and so this gave me the chance to really understand my work well enough to explain it to people with little to no experience in the field of developmental neurobiology.  Public speaking is a vital skill for explaining research. Throughout my research career, it is important for me to explain my research succinctly and to all types of audiences, so the meeting allowed me to try to do this.  This experience allowed me to speak to people that I hadn’t met before, with confidence about the work that I had conducted. I now feel more relaxed in speaking to groups about my research at future events.  It also gave me the opportunity to approach others and ask questions about their research and learn about new topics. | | | | |
| REPORT: How do you think you will put this learning experience into practice in the future? For public engagement/outreach awards how with the materials/knowledge generated by this activity be used in the future?  *Minimum number of words between 200-400. Please write in coherent paragraphs.* | | | | |
| Following the conference, I have reflected on all that I have learned, so that I can now put it into practise to better my research.  As this was my first time creating a poster, I can now see what worked well and what can be improved for next time from both my own poster, but also from looking at the other posters at the session. The presentation of my work is very important as it must convey all of the important points while remaining easy to read and process.  This experience showed me the importance of explaining my research succinctly and to all types of audiences so that my work is interpreted correctly. This is a huge skill that I hope to continue developing throughout my career as a researcher. It is important for conferences and seminars but also for teaching, which I hope to begin in the next year.  As I have received a society funded PhD studentship, I will get the opportunity to attend a conference every year throughout my tenure of my award. I hope to continue building on my skillset throughout the course of my PhD by attending these conferences and getting to develop relationships with other society members.  I have already learned so much from attending the winter meeting that I look forward to using to improve my presentation for the summer meeting. | | | | |
| Data Protection/GDPR: I consent to the data included in this submission being collected, processed and stored by the Anatomical Society. Answer YES or NO in the Box below | | | | |
| Yes | | | | |
| Graphical Images: If you include graphical images you must obtain consent from people appearing in any photos and confirm that you have consent. A consent statement from you must accompany each report if relevant. A short narrative should accompany the image. Answer N/A not applicable, YES or NO in the box below | | | | |
| YES | | | | |
| Copyright: If you submit images you must either own the copyright to the image or have gained the explicit permission of the copyright holder for the image to be submitted as part of the report for upload to the Society’s website, Newsletter, social media and so forth. A copyright statement must accompany each report if relevant. Answer N/A not applicable, YES or NO in the box below | | | | |
| YES | | | | |
| SIGNATURE | Lauren Barrett | | DATE | 23/01/2023 |

*If submitted electronically, a type-written name is acceptable in place of a hand-written signature*

*File: AS-Award-Report-Form-171023*