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| NAME | Andrew McIntosh |
| UNIVERSITY | Hull York Medical School, University of Hull |
| NAME OF AWARD | The Symington Bequest Award  |
| PURPOSE OF AWARD *conference attended (full name) with city and dates* |
| AAA annual conference@ Experimental Biology 2015, Boston, 28th March-1st April  |
| REPORT: What were your anticipated benefits? |
| As this was a very large confererence (with over 13000 attendees), my main aim was to have the opportunity to showcase my research to other scientists in a similar field to my own. There were also organised symposia by the Antomical Society and International Society for Vertebrate Morphology, and so there was no shortage of potentially fantastic presentations. As I had never been to the states before, I was also rather keen to talk to my US equivalents at PhD level to understand the differences and similarites of our educational systems.  |
| COMMENTS: Describe your experience at the conference / lab visit / course / seminar. |
| Overall, my experience at this conference was very positive. Due to the quality and aptness of the talks, I found myself generating ideas that I could apply to my own research. During my poster presentation, I was surprised at how many researchers were interested in my own work and I was able to have many fruitful discussions that will certainly drive my research forward. Another positive aspect of the conference was being able to talk to professors in the field and finding out the potential opportunities post PhD in laboratories around the world. And so, being able to talk to my student peers and superiors at this conference has given me advantages for not only my research, but my future career.  |
| REPORT: In relation to skills, what were the most important things you gained? *(does not apply to equipment grant)* |
| I feel that although doing an oral presentation is itself a very useful skill to have, I found that presenting a poster requires a different style of presentation skill and can be equally, if not more, rewarding than giving an oral presentation. For instance, gaining the skills to produce a poster that describes all your work in a succinct and understandable manner is very important, as many researchers look at your poster when you are absent. However, I had some very enlightening discussions when I was presenting my poster; and I feel that being able to present one on one is more beneficial as I was able to go into much deeper detail about my work without the constraint of time of an oral presentation.  |
| REPORT: How do you think you will put this learning experience into practice in the future? |
| Overall the experience I gained at Boston has allowed me to appreciate the importance of poster presentations as I have been able to garner new ideas that will certainly improve my research. I would just like to take this opportunity to thank the Anatomical Society for their very generous grant as without it, I would not have been able to participate at this very prestigious conference. |
| SIGNATURE | A.F. McIntosh | DATE | 4/04/15 |

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