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 AWARDEE REPORT FORM

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| NAME | Diana Vezeleva |
| TWITTER HANDLE\* *optional* |  |
| UNIVERSITY | The Royal Veterinary College |
| NAME OF AWARD | Barclay Smith Award |
| PURPOSE OF AWARD *conference/event attended/organised (full name) with city and dates.* |
| Conference - Anatomical Society Winter Meeting Jan 3-5th |
| REPORT: What were your anticipated benefits?*Minimum number of words between 200-400. Please write in coherent paragraphs.* |
| As this was my first time attending a conference, one of my goals was to interact with new people. I was attending this conference on my own and didn't know anybody there, so I thought of this experience as an opportunity to open myself to the possibility of meeting many amazing people in the fields of anatomy, research, and medicine. I hoped to do some networking as well as learning about other researchers’ projects/posters. I love meeting new people and talking about other people’s interests (as well as sharing my own) and its nice to be in an environment where everyone is interested in similar topics, which makes socializing much easier. Another goal I had was to become more comfortable presenting in a public space, and I was truly looking forward to being able to present my poster to small groups of interested people, which is a lot less pressure than presenting to a larger group while everyone is staring at you. I suffer from nervousness with public speaking, so presenting a poster and answering questions is a great way to practice for bigger speaking events for the future. Lastly, and most importantly, I also had the goal of learning new things and gaining new insights. I hoped to learn new information and inspire myself for the future. I am always excited to hear about new ideas from people who are experts in their field, and felt lucky to be able to do in such a focused environment. |
| COMMENTS: Describe your experience at the conference / lab visit / course / seminar/ event.*Minimum number of words between 200-400. Please write in coherent paragraphs.* |
| My experience at the conference was absolutely wonderful! I had a great time from start to finish and feel that I fulfilled all the anticipated goals and expectations I had before attending. I met so many great people and was able to interact with many other researchers presenting posters along with myself. Everyone I spoke with was so nice and super interested in what I was presenting, which made me feel confident and made public speaking much easier. I learned so much from other people’s posters as well and have so much new information that I can now carry forth with me and apply to my own learning.I really enjoyed the lectures that I was able to attend as they were both engaging and informative! I particularly enjoyed the lecture with Timothy Hines about Autonomic Neuropathy (CMT disease) and the lecture with Clare Kimock about facial musculature. I walked away from both of these lectures feeling like I learned a lot of cool, new information and felt really excited about the knowledge which I gained. I also really enjoyed the environment as a whole. The coffee and drinks were always available, the food for lunch was delicious, and everyone was very willing to chat and socialize (which I appreciated as I was there solo!). I ended up meeting so many new people and now feel like I have new colleagues/friends in different fields than my own that I can stay in touch with and hopefully see at other conferences in the future! I am looking forward to attending another event like this again.  |
| 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.* |
| I feel that I gained many different skills during this conference! Being able to present a poster, teach others about my research, as well as engage with other people’s questions taught so many skills which I will carry forward with me into many other experiences. For example, I learned presentation and listening skills, as well as how to network and socialize. I also learned how to ask valuable questions, particularly during the time I spent going around to other posters to look at other researchers’ presentations. I also feel that I gained general professional experience in attending the conference as I now know how it generally works and how to set up and present a poster. This was my first time attending an event like this, so its nice to know how everything works for any future conferences I may attend. I also learned that I would like to bring a notebook with me in the future to write down information from the lectures, contact info of people I meet, as well as other notes/information for myself. Another important thing I gained during this experience was confidence! I now feel like I can do so much more than I ever thought I could in terms of presentation/socialization, so I feel a lot more confident in attending these types of events on my own if I need to again in the future.  |
| 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.* |
| This learning experience will greatly serve me in the future in so many ways! I loved going to this conference and I suspect that in my career I will be attending many more, so having this type of experience early on makes me feel like I am very ready for attending this type of event again. I feel much more confident about public speaking, socializing, and what to expect from presenting a poster and I am now more excited (than overwhelmed, which I was previously) to do it again. I feel much more confident about my position as a young researcher and now that I have been to a conference and had a good experience presenting I feel like I am really excited to do it again in the future! I really enjoyed attending the lectures and feel like when I attend another conference I will be able to interact with the presentations in a much more active way. In the future, I will be able to use what I learned from the lectures I attended during the conference to supplement and enhance my learning and I am so excited to follow up on some of the research projects in progress to see where they go.Overall this experience has made me excited for the future and I am so looking forward to attending another conference like this again, with all the new skills and knowledge that I have gained! |
| 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 | Diana Vezeleva | DATE | Jan 6, 2023 |

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

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