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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 | Symington Bequest |
| PURPOSE OF AWARD *conference/event attended/organised (full name) with city and dates.* |
| To attend and give a presentation at the European Federation for Experimental Morphology (EFEM) IV Student Symposium on Anatomical Research, University of Salamanca, Salamanca, Spain, 02.09.25. |
| REPORT: What were your anticipated benefits?*Minimum number of words between 200-400. Please write in coherent paragraphs.* |
| Being given the opportunity to attend the EFEM Student Symposium, I anticipated several key benefits. I expected to meet many other young anatomical researchers & have some good discussions with them. As I would be giving an oral presentation, I had the chance to create a slide deck and practice my presentation skills to a different audience. It would be especially beneficial for me to present to people who are not as familiar with my project as the people in my lab group are. This helps me to develop my presenting and explaining skills.I expected to broaden my knowledge of current advances in anatomical research, particularly in emerging methodologies and technologies. I also recognised the event as an excellent opportunity to develop my professional skills by engaging with presentations and workshops designed for early-career researchers. Networking was another important goal, as I hoped to connect with peers and established experts to exchange ideas and explore potential collaborations. Finally, I anticipated that the conference would provide inspiration and new perspectives that could strengthen my own research direction and future career development. This, I hoped, would be of huge benefit to me as I continue to finish my PhD project over the next year or so. |
| 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 EFEM Student Symposium was the highlight of my PhD conferences so far! Attending the conference proved to be highly rewarding and met, as well as exceeded, many of my expectations. I had a great time meeting the other researchers and hearing about the other projects. I gained a lot of experience and confidence in my presentation skills and developed a better understanding of my work and its impact, from the questions asked by the audience and judges.I gained valuable insights into the latest research trends in anatomy, through both the keynote lectures and the presentations that highlighted innovative methodologies. Networking opportunities were especially beneficial, as I was able to engage in meaningful discussions with fellow early-career researchers and establish connections that may lead to future collaborations across Europe. Beyond these tangible outcomes, the conference was a source of motivation and inspiration, reinforcing my commitment to advancing my research and contributing to the broader field of anatomy.I am honoured to have been awarded the prize for best presentation in my category which was a huge achievement for me. My attendance at EFEM Student Symposium on Anatomy Research has given me a huge confidence boost and undoubtably provided me with increased motivation for the rest of my project, and research career in general. |
| 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.* |
| One of the most important outcomes of attending the EFEM symposium, was the development of new skills relevant to my research and professional growth. On a technical level, I gained exposure to advanced anatomical teaching and visualization techniques, as well as innovative approaches to data analysis, which will enhance the scope of my own work in the future. Equally valuable were the professional skills I strengthened through active participation in discussions, presentations, Q&As, and the networking events. These interactions improved my confidence in communicating complex topics to different audiences and improved my ability to evaluate and explain my research findings. This was only the second time that I have given a formal oral presentation, so this experience taught me a lot. I have gained a lot of confidence in my presentation and discussion skills from this opportunity with bot the presentation itself but also from the questions portion. Going forward, I feel better equipped to handle formal talks and question posed to me from the audience and judges.Together, these skills have not only broadened my current capabilities but also equipped me with tools that will support both my PhD work, but also, my long-term career development as an anatomy researcher. |
| 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.* |
| Both the knowledge and the skills that I gained from the conference will be directly applicable to both my current research and my broader professional development. I plan to incorporate the new methodologies highlighted by others into the design and analysis of my own projects, which will help improve the quality and impact of my work. The feedback and ideas exchanged during discussions will guide me in refining my research questions and exploring new directions. I also intend to maintain contact with peers and mentors I met at the event, fostering collaborations that might hopefully lead to something in the future. In this academic year, I plan to give some lectures to undergraduate students, so I will definitely be using the skills and techniques that I have learned from the EFEM symposium to improve my teaching style. I hope that this experience will stand to me as I move further into my career as a scientific researcher, but also importantly, in my ability to make science and scientific research open and accessible to people at all career stages and from all backgrounds.More broadly, this experience has enhanced my confidence in presenting and communicating scientific findings, which will be invaluable for future conferences, teaching opportunities, and career advancement. |
| 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 | 9/9/25 |

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

*File: AS-Award-Report-Form-171023 – International Conference*

*File: SBF 202425 R5 Lauren Barrett Report website version uploaded 250925*