

RAD Posters & Preparation Overview

Research Appreciation Day Education Session
February & March 2018

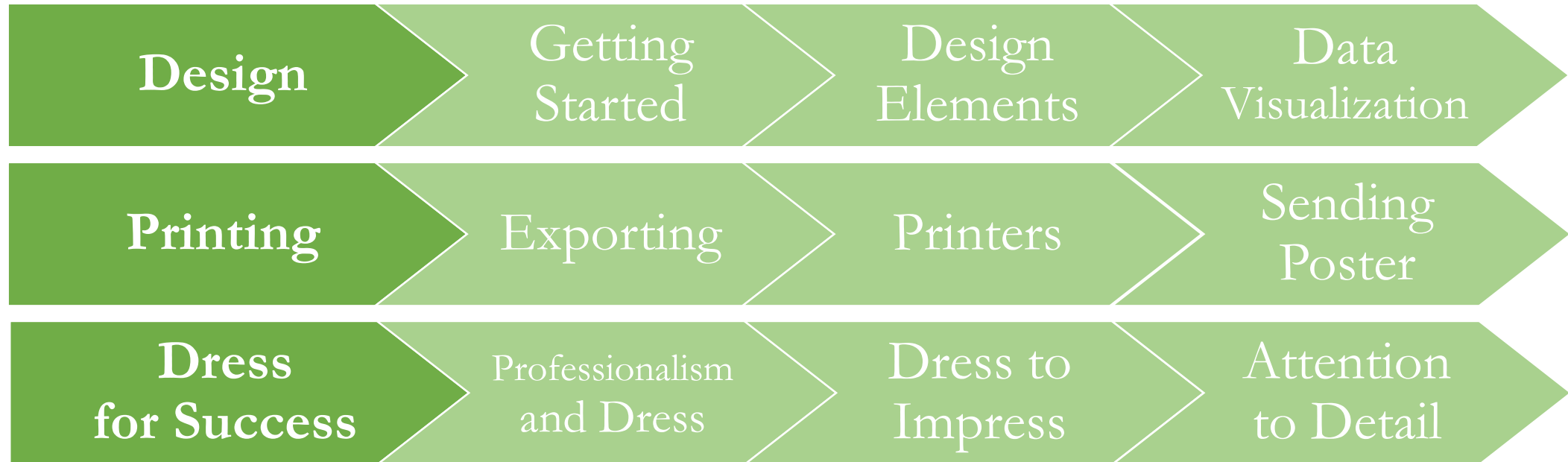


By this point...

December 18	Abstract Submission Open
January 23	Abstract Overview Presentation
February 13	Abstract Overview Presentation
February 22	Abstract Submissions Closed
February 26	Poster & Prep Overview
March 6	Poster & Prep Overview
March 27	Oral Presentation Practice
March 29	Oral Presentation Practice

Note: Throughout this process work with your mentor or a faculty you feel comfortable with to discuss your poster submissions.

Poster & Prep Objectives



Note: The education sessions are tips for success and does not guarantee a winning poster.



Design

Getting
Started

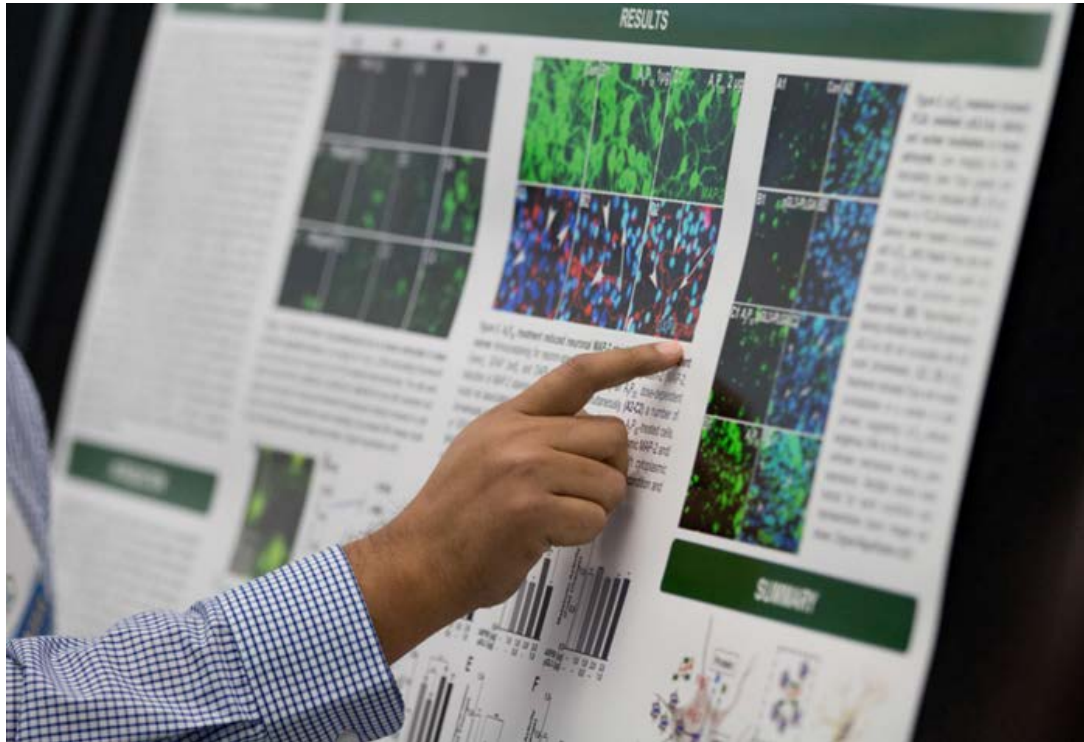
Design
Elements

Data
Visualization

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SCIENCE CENTER

GIBSON D. LEWIS HEALTH SCIENCE LIBRARY

Evaluating Sample



Pigs in Space

- What is unsuccessful about the example?
- What is successful about the example?

Poster Explanation



BLACK
HOLE
DIET PLANS

PIGS IN SPACE: EFFECT OF ZERO GRAVITY AND AD LIBITUM FEEDING ON WEIGHT GAIN IN CAVIA PORCELLUS



SPACEEXES

ABSTRACT:

One ignored benefit of space travel is a potential elimination of obesity, a chronic problem for a growing majority in many parts of the world. In theory, when an individual is in a condition of zero gravity, weight is eliminated. Indeed, in space one could conceivably follow ad libitum feeding and never even gain an gram, and the only side effect would be the need to upgrade one's stretchy pants("exercise pants"). But because many diet schemes start as very good theories only to be found to be rather harmful, we tested our predictions with a long-term experiment. In a colony of Guinea pigs (*Cavia porcellus*) maintained on the International Space Station. Individuals were housed separately and given unlimited amounts of high-calorie food pellets. Fresh fruits and vegetables were not available in space so were not offered. Every 30 days, each Guinea pig was weighed. After 5 years, we found that individuals, on average, weighed nothing. In addition to weighing nothing, no weight appeared to be gained over the duration of the protocol. If space continues to be gravity-free, and we believe that assumption is sound, we believe that sending the overweight — and those at risk for overweight — to space would be a lasting cure.

Colin B. Purrington

6673 College Avenue, Swarthmore, PA 19081 USA

INTRODUCTION:

The current obesity epidemic started in the early 1960s with the invention and proliferation of elastane and related stretchy fibers, which released wearers from the rigid constraints of clothes and permitted monthly weight gain without the need to buy new outfits. Indeed, exercise today for hundreds of million people involve only the act of wearing stretchy pants in public, presumably because the constrictive pressure forces fat molecules to adopt a more compact tertiary structure (Xavier 1965).

Luckily, at the same time that fabrics became stretchy, the race to the moon between the United States and Russia yielded a useful fact: gravity in outer space is minimal to nonexistent. When gravity is zero, objects cease to have weight. Indeed, early astronauts and cosmonauts had to secure themselves to their ships with seat belts and sticky boots. The potential application to weight loss was noted immediately, but at the time travel to space was prohibitively expensive and thus the issue was not seriously pursued. Now, however, multiple companies are developing cheap extra-orbital travel options for normal consumers, and potential travelers are also creating news ways to pay for products and services that they cannot actually afford. Together, these factors open the possibility that moving to space could cure overweight syndrome quickly and permanently for a large number of humans.

We studied this potential by following weight gain in Guinea pigs, known on Earth as fond of ad libitum feeding. Guinea pigs were long envisioned to be the "Guinea pigs" of space research, too, so they seemed like the obvious choice. Studies on humans are of course desirable, but we feel this current study will be critical in acquiring the attention of granting agencies.

MATERIALS AND METHODS:

One hundred male and one hundred female Guinea pigs (*Cavia porcellus*) were transported to the International Space Laboratory in 2010. Each pig was housed separately and deprived of exercise wheels and fresh fruits and vegetables for 48 months. Each month, pigs were individually weighed by duct-taping them to an electronic balance sensitive to 0.0001 grams. Back on Earth, an identical cohort was similarly maintained and weighed. Data was analyzed by statistics.

RESULTS:

Mean weight of pigs in space was 0.0000 ± 0.0002 g. Some individuals weighed less than zero, some more, but these variations were due to reaction to the duct tape, we believe, which caused them to be alarmed push briefly against the force plate in the balance. Individuals on the Earth, the control cohort, gained about 240 g/month ($p = 0.0002$). Males and females gained a similar amount of weight on Earth (no main effect of sex), and size at any point during the study was related to starting size (which was used as a covariate in the ANCOVA). Both Earth and space pigs developed substantial dewlaps (double chins) and were lethargic at the conclusion of the study.

CONCLUSIONS:

Our view that weight and weight gain would be zero in space was confirmed. Although we have not replicated this experiment on larger animals or primates, we are confident that our result would be mirrored in other model organisms. We are currently in the process of obtaining necessary human trial permissions, and should have our planned experiment initiated within 80 years, pending expedited review by local and Federal IRBs.

ACKNOWLEDGEMENTS:

I am grateful for generous support from the National Research Foundation, Black Hole Diet Plans, and the High Fructose Sugar Association. Transport flights were funded by SPACE-EXES, the consortium of wives divorced from insanely wealthy space-flight startups. I am also grateful for comments on early drafts by Mañana Athletic Club, Corpus Christi, USA. Finally, sincere thanks to the Cuy Foundation for generously donating animal care after the conclusion of the study.

LITERATURE CITED:

- NASA. 1982. Project STS-XX: Guinea Pigs. Leaked internal memo.
Sekulić, S.R., D. D. Lukač, and N. M. Naumović. 2005. The Fetus Cannot Exercise Like An Astronaut: Gravity Loading Is Necessary For The Physiological Development During Second Half Of Pregnancy. *Medical Hypotheses*. 64:221-228
Xavier, M. 1965. Elastane Purchases Accelerate Weight Gain In Case-control Study. *Journal of Obesity*. 2:23-40.





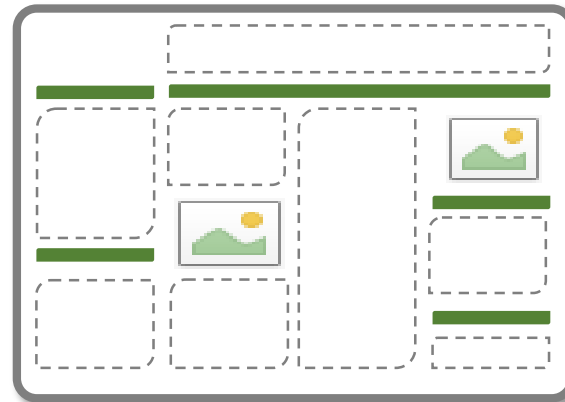
**Recommended
Program:**

PowerPoint



From Scratch:

- 1) Open New Presentation
- 2) File/Page Setup...
Width 56 inches
Height 36 inches
- 3) Home/Layout – Blank layout



From Poster Template:

- 1) Go to: Research Appreciation Day Posters
<http://tinyurl.com/rad-posters>
Click: “Basic Poster Template”

Note: All posters must be **56x36 inches**. Do not submit posters smaller or bigger than these dimensions.

CLICK TO EDIT MASTER TITLE STYLE

HEADER

Click to add text

HEADER

Click to add text

HEADER

Click to add text

HEADER

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Click icon to add chart



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Click icon to add chart



HEADER

THE QUICK, BROWN FOX JUMPS OVER A LAZY DOG

Names

Department of Pharmacology & Neuroscience
UNT Health Science Center at Fort Worth, TX 76107

PURPOSE

The quick, brown fox jumps over a lazy dog. Djs flock by when MTV ax quiz prog. Junk MTV quiz graced by fox whelps. Bawds jog, flick quartz, vex nymphs. Waltz, bad nymph, for quick jigs vex! Fox nymphs grab quick-jived waltz. Brisk quiz whangs jumpy veldt fox. Bright vikens jump, dozy fowl quack. Quick waffing zephyrs vex bold Jim. Quick zephyrs blow, veering daff Jim. Sex-charged fop blew my junk TV quiz. How quickly daff jumping zebras vex. Two driven jocks help fax my big quiz. Quick, Baz, get my woven flax jodhpurs! "Now fax quiz Jack!" my brave ghost pled. Five quacking zephyrs jolt my wax bed. Flummoxed by job, kvetching W. zaps Iraq. Cozy sphinx waves quart jug of bad milk. A very bad quack might jinx zippy fowls. Few quips galvanized the mock jury box. Quick brown dogs jump over the lazy fox.

One	Two	Three	Four
A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T

INTRODUCTION

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The jay, pig, fox, zebra, and my wolves quack! Blowzy red vikens fight for a quick jump. Joaquin Phoenix was gazed by MTV for luck. A wizard's job is to vex chumps quickly in fog. Watch "Jeopardy!", Alex Trebek's fun TV quiz game. Woven silk pyjamas exchanged for blue quartz. Brawny gods just flocked up to quiz and vex him. Adjusting quiver and bow, Zompyd[1] killed the fox. My taxed joke won a pager in the cable TV quiz show.

Amazingly few discotheques provide jukeboxes. My girl wove six dozen plaid jackets before she quit. Six big devils from Japan quickly forgot how to waltz. Big July earthquakes confound zany experimental vow. Foxy persons quiz and cajole the lovably dim wiki-girl. Have a pick: twenty six letters - no forcing a jumbled quid! Crazy Fredericka bought many very exquisite opal jewels.

Sixty zippers were quickly picked from the woven jute bag. A quick movement of the enemy will jeopardize six gunboats. All questions asked by five watch experts amazed the judge. Jack quickly moved up front and seized the big ball of wax. The quick, brown fox jumps over a lazy dog. Djs flock by when MTV ax quiz prog. Junk MTV quiz graced by fox whelps. Bawds jog, flick quartz, vex nymphs. Waltz, bad nymph, for quick jigs vex! Amazingly few discotheques provide jukeboxes. My girl wove six dozen plaid jackets before she quit. Six big devils from Japan quickly forgot how to waltz. Big July earthquakes confound zany experimental vow. Foxy persons quiz and cajole the lovably dim wiki-girl. Have a pick: twenty six letters - no forcing a jumbled quid! Crazy Fredericka bought many very exquisite opal jewels.

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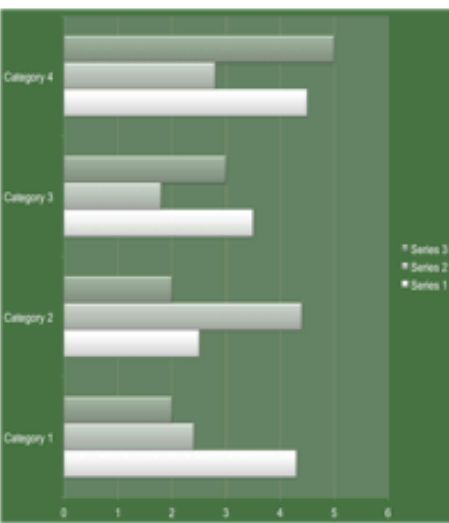


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RESULTS



CONCLUSIONS

How quickly daff jumping zebras vex. Two driven jocks help fax my big quiz. Quick, Baz, get my woven flax jodhpurs! "Now fax quiz Jack!" my brave ghost pled. Five quacking zephyrs jolt my wax bed. Flummoxed by job, kvetching W. zaps Iraq. Cozy sphinx waves quart jug of bad milk. A very bad quack might jinx zippy fowls. Few quips galvanized the mock jury box. Quick brown dogs jump over the lazy fox.

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Title

Sub-Title

Body Text

Image

Graphics

Table

TYPOGRAPHY



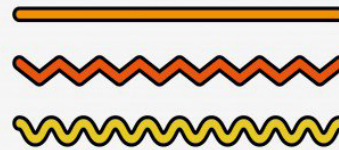
Match your typography choices to your design's tone/concept

BALANCE



Balance ensures no one element overpowers the others

LINE



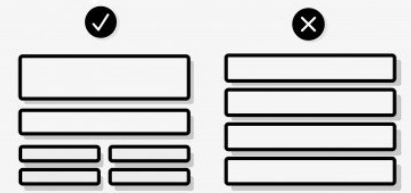
Lines help to enhance, direct and create movement

SYMMETRY



Symmetry is attractive, and creates a sense of harmony

HIERARCHY



Hierarchy helps signal the importance of each element

COLOR



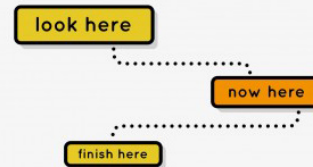
A strong colour palette makes for a strong design

COMPOSITION



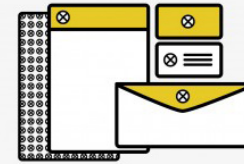
Composition is your design's arrangement/scale/hierarchy

DIRECTION



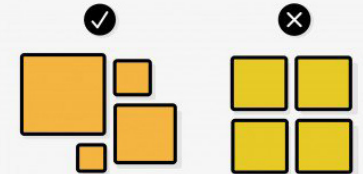
Direction gives your viewers' eyes a path to follow

REPETITION



Repetition helps to tie individual elements together

SCALE



Scale creates emphasis, drama and aids hierarchy

photo credit: designschool.canva.com

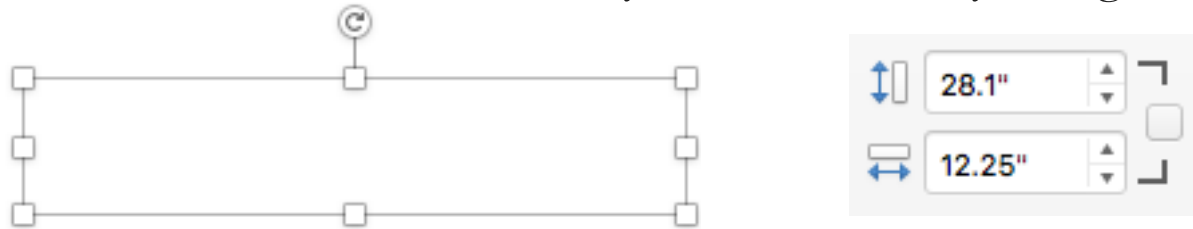
Note: Be intentional with your design choices! How do the poster's visual elements help convey your content?

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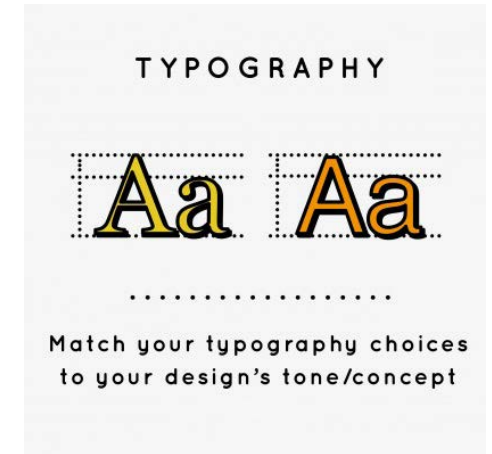
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Typography

- Use textboxes to insert text into your poster layout. Be sure to be consistent with the width of your columns, by using the format panel.



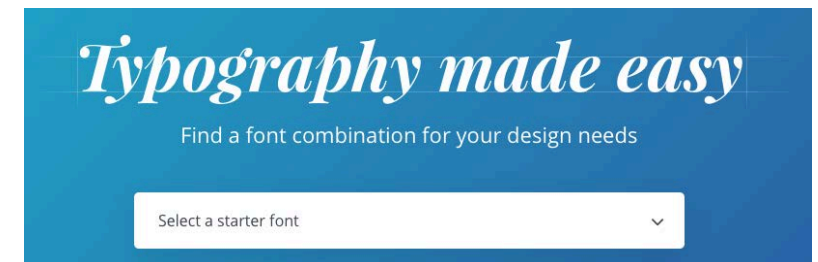
- When selecting a font you can't go wrong with the classics: **Arial**, **Times New Roman** or **Helvetica**.
- Keep it simple, no more than two fonts—generally one for the titles and one for the body text.
- If you are adventurous, use tools such as Canva Font Combination tool or Google Fonts to find fresh font combinations.



Open Sans
Steve Matteson (10 styles)



Almost before we knew it, we had left the ground.



Font Requirements

Title

- **Font Size:** should be *at least* 48 points or greater
- **Type title:** in ALL CAPS
- **Type authors:** in Upper And Lower Case

POSTER TITLE

Author Name

Sub-Title

- **Font Size:** should be *at least* 48 points
- **Type sub-title:** in ALL CAPS

SUB-TITLE

Body Text

- **Font Size:** should be 24-32 points, including captions
- **Type body:** in sentence style.

The quick, brown fox jumps
over a lazy dog.

Note: Readability is the most important consideration when choosing a fonts. Avoid making fonts too small, or too distracting.

Balance

- Your poster should be more than just words.
- Where possible include images and graphs to create balance and to communicate your content in a different way.

How to add an image:

- Insert/Picture/Picture from file...
- Hold *Shift* while resizing to avoid distortion.

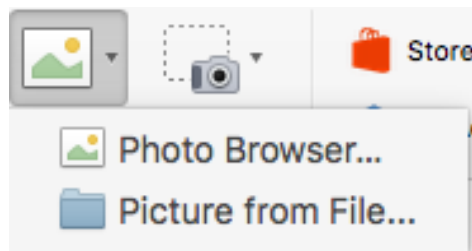


Image Requirement:

- Importing images into PowerPoint should be **jpg** or **png** format
- **300 dpi** (better for printing large scale)
- or 72 dpi with larger dimensions (i.e. 1920px x 1280px)



UNT Logo

- Every poster is required to have the UNT logo.



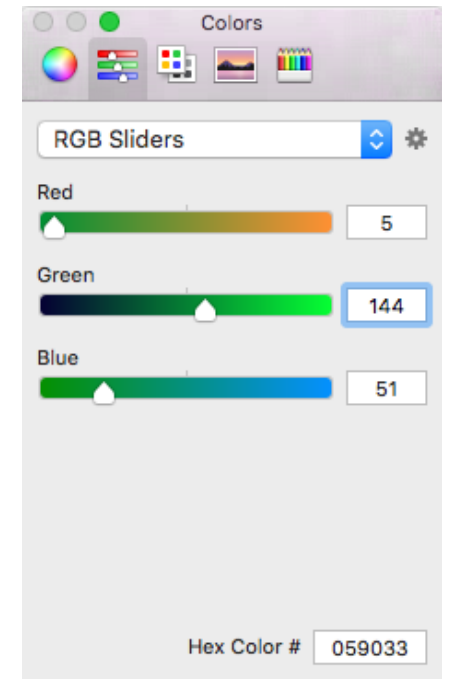
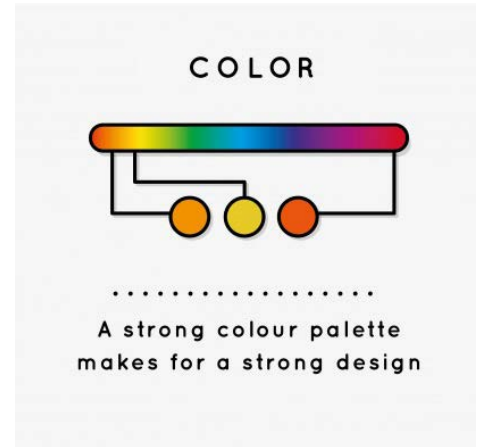
Branding Guidelines

- The wordmark cannot be altered from its original form and cannot be smaller than 1 1/4 inches in width on printed materials.
- The wordmark can not be stretched, rearranged or altered in any way other than proportional scaling and appropriate use of color. the mark must maintain a ratio of 6:1 (width: height). to check this, divide the length by the height.
- The wordmark should always appear in UNT green, white or black and when possible should appear over UNT green, white, black or shades of those colors.
- An area of clear space surrounding the wordmark should be used to maintain visual impact and legibility. -UNT Marketing and Identity Guide

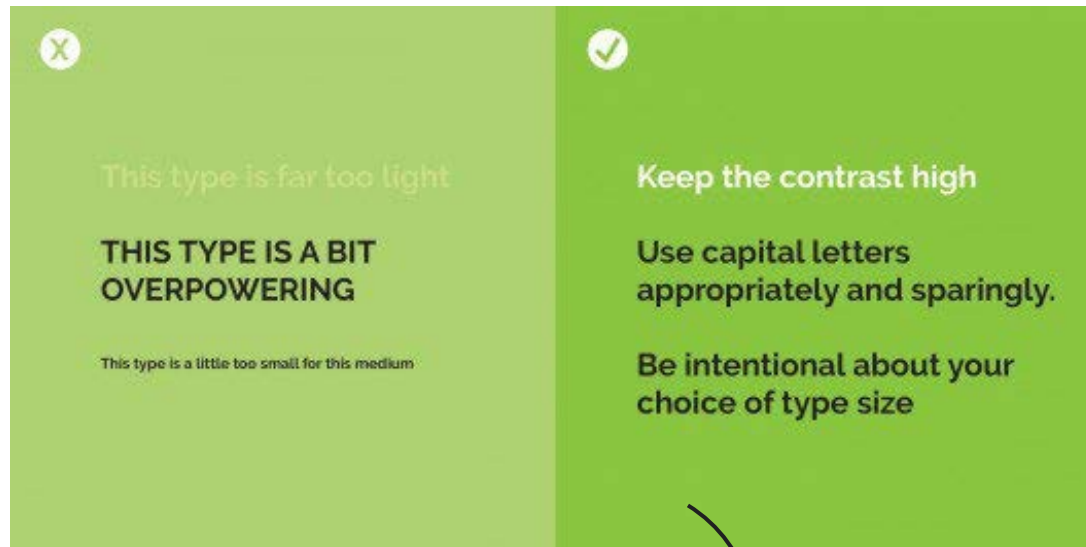


Color

- Your poster scheme should be UNT green. Just remember it should be professional.
- If you would like to match the UNT colors the official green is:
 - hex color for UNT green: #059033
 - HSL color model for UNT green: hue 93, Sat 224, Lume 70
 - RGB color model for UNT green: red 5, Green 144, Blue 51
- Avoid large areas of black or extremely dark colors. Dense areas of ink can make the paper weak and takes a long time to dry.
- Consider matching your color palette with your imagery.



Composition



Legibility

- Do not over crowd poster with information.
- Make sure all elements work harmoniously.

Margins



COMPOSITION



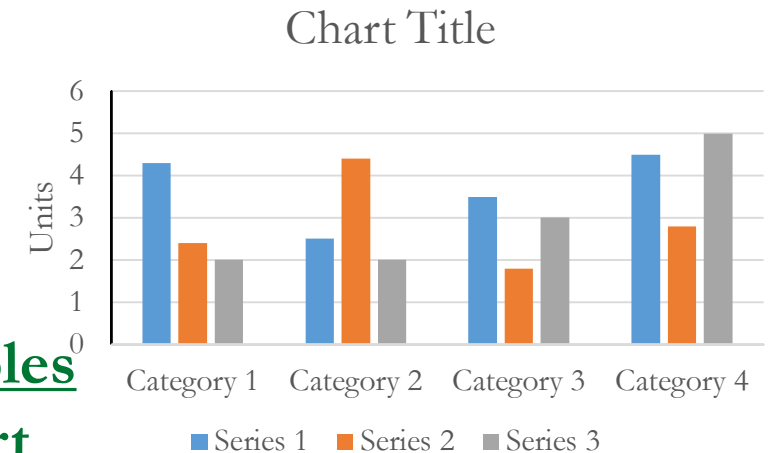
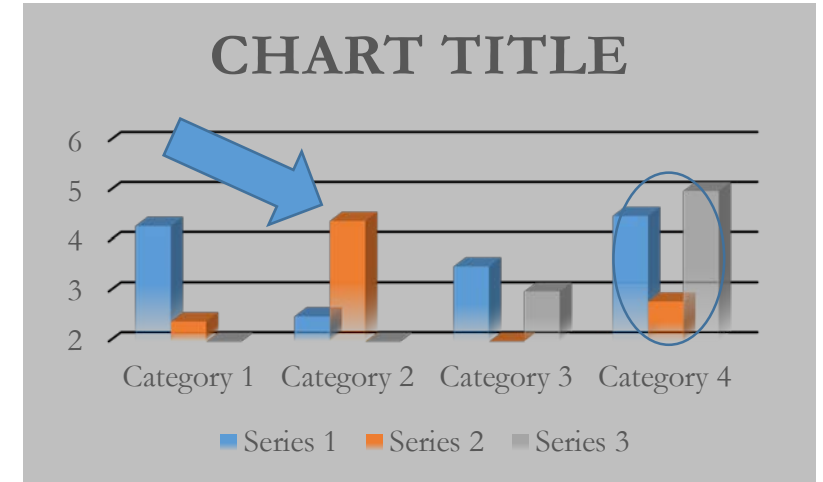
Composition is your design's arrangement/scale/hierarchy

- Be conscious of the margins
- Information too close to the edge may be cut off

photo credit: designschool.canva.com

Data Visualization Basics

- Represent as much relevant data as possible/if not full range
- Clear data over artful design
 - Appropriate labels & units specified
- Effect shown in graphic = effect in data
- Avoid 3D (unless necessary or definite benefit)
- Can it be resized /reproduced without distortion?
- Avoid graphic clutter & “chartjunk”(Tufte, 1983)
 - Does it aid comprehension? Is it necessary?
 - Using grid lines? Make them gray not black.



Additional Tips & Examples

Selecting the Right Chart

NNLM Data Visualization Resources

Graph Files - Best Practice

- *Use PowerPoint-native graphs whenever possible.*
 - If this is not possible, export **jpg** files from your graphing program.
 - You may try to copy and paste your graphs directly into your PowerPoint, but this can create a conflict and the pasted graphic may not print correctly.
DO NOT copy from Graphing Program to Word to PowerPoint.
- If your graphing program *will not* let you save as a **jpg** file then print, scan, and save them as **jpg** files
- Keep jpg files at 300 dpi.
- *Save your originals.*

Reminder: Throughout this process work with your mentor or a faculty you feel comfortable with to discuss your poster submissions...including your charts & visuals.



Printing

Exporting

Printers

Sending
Poster

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Exporting File for Printer

Exporting from PowerPoint:

- File/Save as...
- File Format: (select)PDF

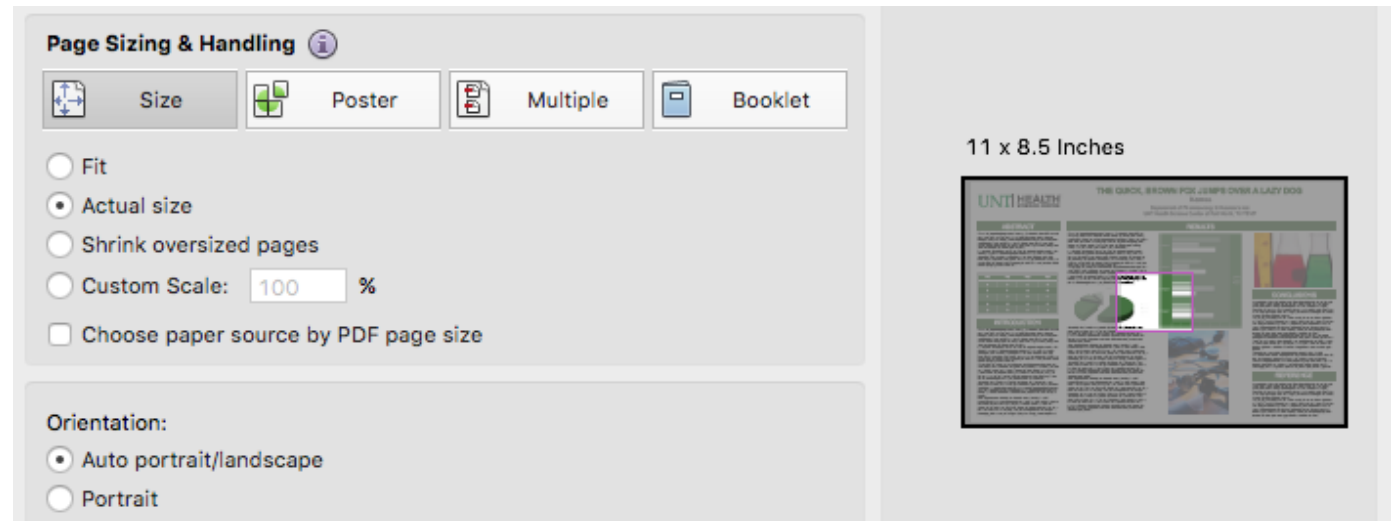
Note: PDFs maintain fonts and composition. They also have good quality for printing.

A **PDF** will be the final file you will send to the printers, not the PowerPoint.

Proof before Printing:

- Open PDF in Adobe Acrobat
- Print – Actual size

This will allow you to see a sample section of your poster to know if the font is legible and the images are not pixelated.



Printers



**Recommended
Printer:**

One Stop
Printing

2904 Cullen St.
Fort Worth, TX 76107

Off University going North

Cost: \$57
Before March 20th

Cost: \$108
After March 20th



Approximate
Cost : \$100-130



Approximate
Cost : \$100-130



Does not offer
prints larger
than 24x36

Sending Poster

What to send:

- Attach a PDF of your poster
- Fill out and attach RAD Poster Order Form
- Include “RAD 2018 Poster Order” in the subject line
- Consider sending your poster after approval - March 12

<http://tinyurl.com/rad-posters>

Payment

- If you plan to have your poster printed elsewhere, you will need to verify cost and deadline information with the vendor.
- Check with your principle investigator or mentor to discuss how payment will be arranged.



Dress for Success

Professionalism
and Dress

Dress to
Impress

Attention to
Detail

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GIBSON D. LEWIS HEALTH SCIENCE LIBRARY

Professionalism and Dress



Dress To Impress



Attention To Detail

Reminder: Check with your mentor or a faculty you feel comfortable with to discuss recommend dress for RAD.

