RAD Posters & Preparation Overview

Research Appreciation Day Education Session
January - March 2019
By this point...

December 3  Abstract submissions open.
January 15  Abstract Overview Presentation
February 1  IRB deadline for processing new RAD protocols
February 4  Abstract Overview Presentation
February 13 Abstract submissions close at 11:59 P.M.
February 26 Posters & Prep Overview
March 6  Posters & Prep Overview
March 11  Submit [poster orders](#) to One Stop Printing by 5:00 P.M.
March 28  Poster Peek – poster set-up at event venue from 3:00 – 5:00 P.M.
March 29  RAD 2019

**Note:** Remember to work with your mentor or a faculty you feel comfortable with to discuss your submissions.
Note: The education sessions are tips for success and does not guarantee a winning poster.
Design

Getting Started

Design Elements

Data Visualization
Evaluating Sample

Pigs in Space

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

Poster Explanation
ABSTRACT:
One reported benefit of space travel is a potential elimination of obesity. However, this is a chronic problem 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 reasonably abandon ad libitum feeding and never again gain any weight. A few studies have even shown that weight loss may be desirable. However, many diet schemes start as good theories only to be found in practice to be harmful. Here, we examined predictions with a long-term experiment. In a colony of Guinea pigs (Cavia porcellus), we maintained the International Space Station, using a variety of diet plans. We found that individuals, on average, weight less than zero. In addition, we found that weight appeared to be gained over the duration of the protocol. It appears to be weight-free, and we beginning to think that this is true. We believe that this is a lasting cure and that is crucial to overweight — and those at risk for overweight — out space would be a lasting cure.

INTRODUCTION:
The current obesity epidemic started in the early 1970s with the invention and proliferation of elastane and related stretchy fibers, which released from the rigid constraints of clothes and permitted monthly weight gain without the need to buy new outfits. Indeed, exercise today for hundreds of millions of people involves only the act of wearing stretchy pants in public, presumably because the constraining forces of fat molecules are adopted to allow a more comfortable body shape (Kaiser 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 much less than on Earth. 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 not immediately apparent, but the time travel to space was prohibitively expensive and thus the issue was not seriously pursued. Now, however, multiple companies are developing cheap, extra-terrestrial travel options for affluent consumers, and potential travelers are looking for 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 weighty syndrome consequences quickly and permanently for a large number of humans.

We studied this potential by following weight gains in Guinea pigs, known on Earth as the model for ad libitum feeding. Guinea pigs were long identified to be the ‘Guinea pig’ 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.

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 trials permits, and should have our planned experiment initiated within 60 years, pending expedited review by local and Federal IRB.

ACKNOWLEDGEMENTS:
I am grateful for generous support from the National Research Foundation, Black Hole Diet Plan, the High Fructose Sugar Association. Transport flights were funded by SPACE-EXES, the consortium of micro-waves divorced from insatiable weighty space-flight startups. I am also grateful for comments on early drafts by Marilyn Athletic Club, Corpus Christi, USA. Finally, sincerely thanks to the Cuy Foundation for generously donating animal care after the conclusion of the study.

LITERATURE CITED:
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.
THE QUICK, BROWN FOX JUMPS OVER A LAZY DOG

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

INTRODUCTION

The quick brown fox jumps over a lazy dog. To look twice an MRF in a quick jump, the fox jumps over a lazy dog. Quick white tails move in the Bush quick snow. Quick white tails move in the Bush quick snow. Quick white tails move in the Bush quick snow. Quick white tails move in the Bush quick snow.

RESULTS

The quick brown fox jumps over a lazy dog. To look twice an MRF in a quick jump, the fox jumps over a lazy dog. Quick white tails move in the Bush quick snow. Quick white tails move in the Bush quick snow. Quick white tails move in the Bush quick snow. Quick white tails move in the Bush quick snow.

REFERENCE

The quick brown fox jumps over a lazy dog. To look twice an MRF in a quick jump, the fox jumps over a lazy dog. Quick white tails move in the Bush quick snow. Quick white tails move in the Bush quick snow. Quick white tails move in the Bush quick snow. Quick white tails move in the Bush quick snow.
Note: Be intentional with your design choices! How do the poster’s visual elements help convey your content?
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.
# Font Requirements

<table>
<thead>
<tr>
<th>Title</th>
<th>Sub-Title</th>
<th>Body Text</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Font Size:</strong></td>
<td><strong>Font Size:</strong></td>
<td><strong>Font Size:</strong></td>
</tr>
<tr>
<td>should be <em>at</em></td>
<td>should be <em>at</em></td>
<td>should be 24-32 points, including</td>
</tr>
<tr>
<td>least 48 points</td>
<td>least 48 points</td>
<td>captions</td>
</tr>
<tr>
<td><strong>Type title:</strong></td>
<td><strong>Type sub-title:</strong></td>
<td><strong>Type body:</strong></td>
</tr>
<tr>
<td>in ALL CAPS</td>
<td>in ALL CAPS</td>
<td>in sentence style.</td>
</tr>
<tr>
<td><strong>Type authors:</strong></td>
<td><strong>Type sub-title:</strong></td>
<td></td>
</tr>
<tr>
<td>in Upper And Lower Case</td>
<td>in ALL CAPS</td>
<td></td>
</tr>
</tbody>
</table>

**POSTER TITLE**
Author Name

**SUB-TITLE**

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 overcrowd poster with information.
• Make sure all elements work harmoniously.

Margins

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

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.

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

2904 Cullen St.
Fort Worth, TX 76107
Off University going North

Recommended Printer:
One Stop Printing

Cost: $65
Before March 11th

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:
• Email ginnie@onestopprinting.com
• Attach a PDF of your poster
• Fill out and attach RAD Poster Order Form
• Include “RAD 2019 Poster Order” in the subject line
• Consider sending your poster after approval

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.

http://tinyurl.com/rad-posters
Dress for Success

Professionalism and Dress

Dress to Impress

Attention to Detail
Professionalism and Dress
What to Wear to Your Job Interview

**Interview Attire for Men:**

- Clean shaven face or neatly trimmed beard
- Two-piece suit
  - Cleaned and pressed
  - Conservative colors like navy and dark gray
- Long-sleeve shirt, even in summer
  - White or light blue solid color
- Empty pockets to eliminate bulges
- Conservative tie
- Belt matching color of shoes
- Leather shoes, black or cordovan
  - Polish night before
- No earrings
- Clean, trimmed fingernails

**Tips**

1. Lay out your interview outfit the evening before and check for stains, tears or missing buttons.
2. Make sure your interview clothing is clean and well pressed.
3. Except for women’s earrings, avoid body-piercing jewelry.
4. Avoid perfume, cologne, and aftershave.
5. Men should be clean-shaven. A carefully trimmed beard or moustache is also acceptable. Avoid stubble that looks like a few days of growth.
6. If possible, cover your tattoos.
7. Wear clothes that fit.
8. Do not wear flashy jewelry or watches.

**Interview Attire for Women:**

- Two-piece, matched suit
  - Skirt should cover thighs when seated
  - Navy, black, gray or dark brown
- Tailored blouse, shell or knit top
  - Do not show cleavage
  - Avoid gaping at chest
- Leather Shoes
  - No stilettos or platforms
- Carry only one bag or tote
- Avoid perfume
- Avoid heavy makeup
- Clean, trimmed fingernails

---

You only get one chance to make a good first impression with a potential employer. The clothes you wear are the first part of that first impression, so dress to impress. A business suit says you mean business, even though it may make you feel overdressed and uncomfortable. It shows that you care about making a good first impression. Thousands of people are eliminated as job candidates every week merely because they were not dressed appropriately for the interview, but a business suit is always appropriate.
Attention To Detail

Reminder: Check with your mentor or a faculty you feel comfortable with to discuss recommend dress for RAD.
Poster Peek, the Career Center, & the Library

March 28
3:00 – 5:00 P.M.
Lewis Library

Features
• Poster set-up
• Preview posters
• Free food
• Free coat steaming