RAD Posters & Preparation Overview

Research Appreciation Day Education Session

January - March 2020

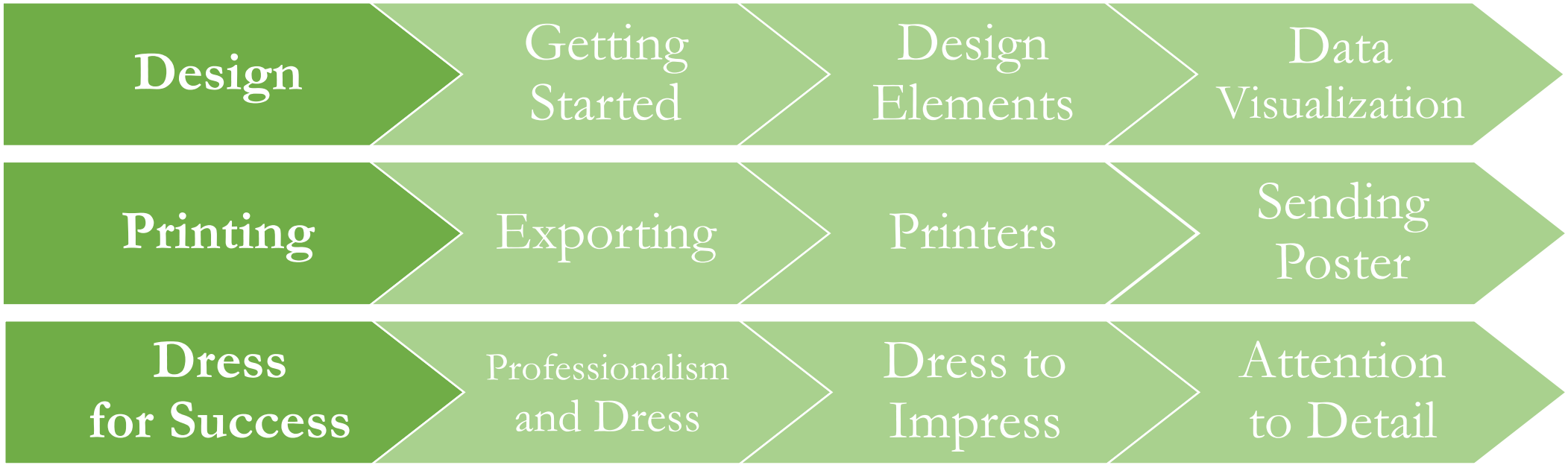
By this point…

December 16	Abstract submissions open.
January 14	Abstract Overview Presentation
January 15	IRB deadline for processing new RAD protocols
February 3	Abstract submissions close at 11:59 P.M.
February 11	Posters & Prep Overview
March 5	Notify all participants of acceptance
March 9	Submit poster orders to One Stop Printing by 5:00 P.M.
March 26	Poster Peek – poster set-up at event venue from 3:00 – 5:00 P.M.
	Faculty reception from 5:300 – 7:00 P.M.
March 27	RAD 2019

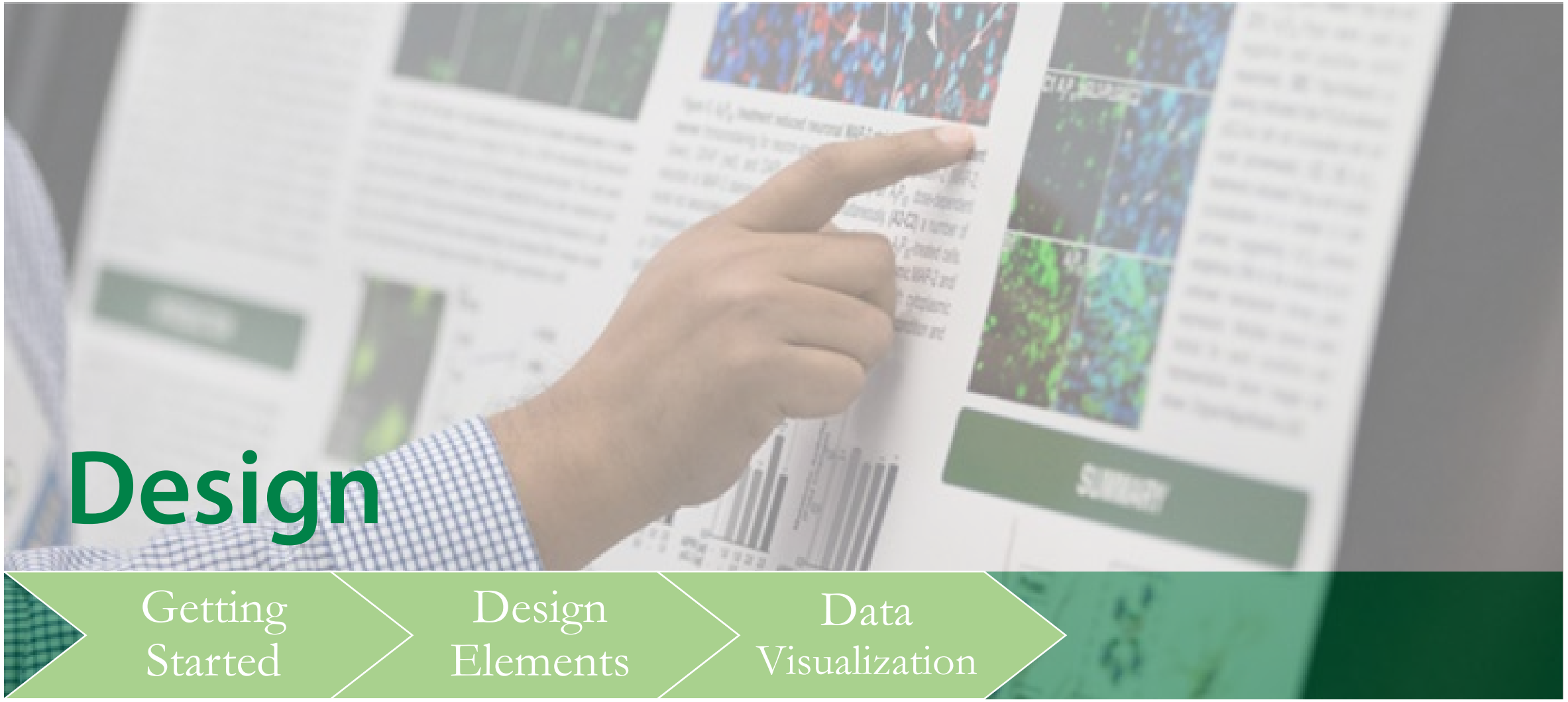
RAD
Research Appreciation Day

Note: Remember to work with your mentor or a faculty you feel comfortable with to discuss your submissions.

Poster & Prep Objectives



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



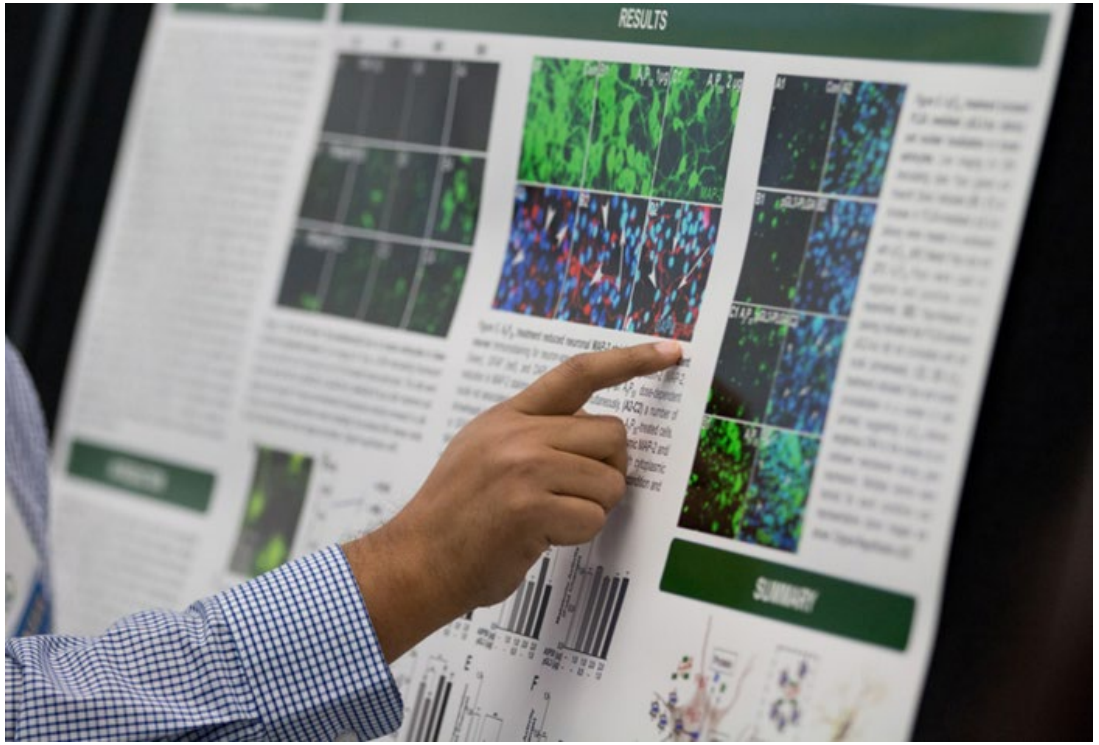
Design

Getting Started

Design Elements

Data Visualization

Evaluating Sample



Pigs in Space

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

Poster Explanation

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

Colin B. Purrington
6673 College Avenue, Swarthmore, PA 19081 USA

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.

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 of 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.

Why this is a terrible poster

https://colinpurrington.com/2012/02/example-of-bad-scientific-poster/

1. Too much text (I've been on mission to push for 800 words).
2. Background image is distracting (distracts from illustrations).
3. Text box backgrounds are dark, which makes text really hard to read.
4. Text box backgrounds are all different colors, for no reason (distracting).
5. Text boxes are different widths (distracting, hard to follow flow of poster).
6. Some text boxes too wide (aim for 45-65 characters per line).
7. Text boxes not separated from each other by pleasing "white" space.
8. Text box edges not aligned (distracting).
9. Text justified, which causes bad inter-word spacing. Also makes reading harder (brain *uses* jaggedness of left-justified text).
10. Logos are distracting, useless, crowd title.
11. Title word art distracting, hard to read, juvenile.
12. Title is in all caps, which is harder to read *and* obscures Latin name.
13. Title is italicized, which *also* obscures Latin name style conventions.
14. Author font and color is annoying (comic sans should be reserved for comic books).
15. Author font color is too loud relative to other text.
16. Results are presented in sentences instead of visually with charts.
17. Section headers have too much formatting (big font, bolded, italicized, underlined, *and* colored — ack!). Choose one.
18. Terrible graphic of Guinea pig on scale. Need one of the actual set up (pigs eating while weightless, for example).
19. Inclusion of an Abstract consumes space needlessly. Abstract section should be banned from posters. Posters ARE an abstract.
20. Plus the science is terrible! (Bad science is correlated with bad graphic design, by the way.)

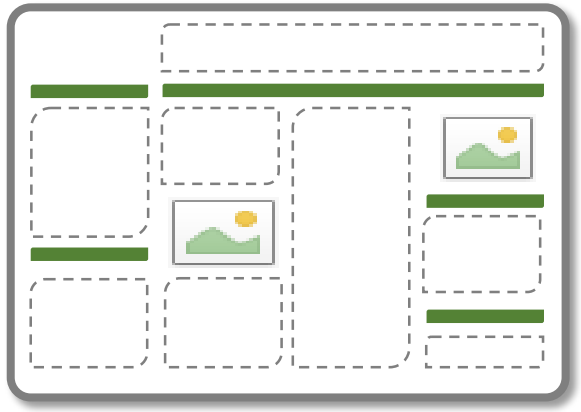
Recommended Program:

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

Click icon to add chart

HEADER

Click to add text

HEADER

Click to add text

HEADER

UNT HEALTH SCIENCE CENTER

CLICK TO EDIT MASTER TITLE STYLE

HEADER

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UNT HEALTH SCIENCE CENTER

UNT HEALTH SCIENCE CENTER

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. Brick quiz whangs jumpy veldt fox. Bright vixens jump; dozy fowl quack. Quick wafting zephyrs vex bold Jim. Quick zephyrs blow, vexing daft Jim. Sex-charged fop blew my junk TV quiz.
How quickly daft 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. zags 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

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. Brick quiz whangs jumpy veldt fox. Bright vixens jump; dozy fowl quack. Quick wafting zephyrs vex bold Jim. Quick zephyrs blow, vexing daft Jim. Sex-charged fop blew my junk TV quiz.
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The jay, pig, fox, zebra, and my wolves quack! Blowzy red vixens 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, Zompyc[1] killed the fox. My faxed 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 parsons quiz and cajole the lowably dim wiki-girl. Have a pick: twenty six letters - no forcing a jumbled quiz! 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 quietly 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!

RESULTS

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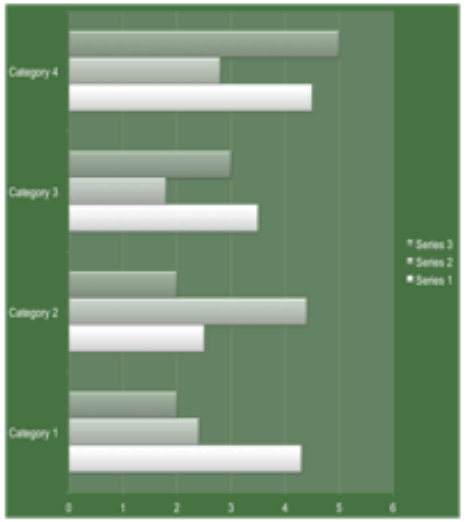

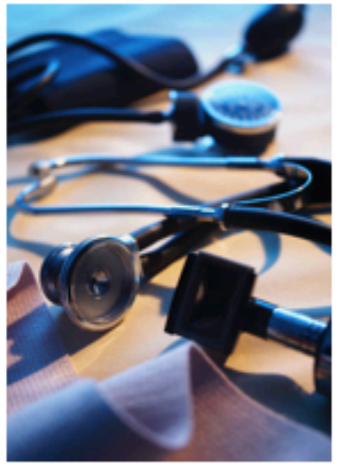

CONCLUSIONS

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Title

Sub-Title

Body Text

Image

Graphics

Table

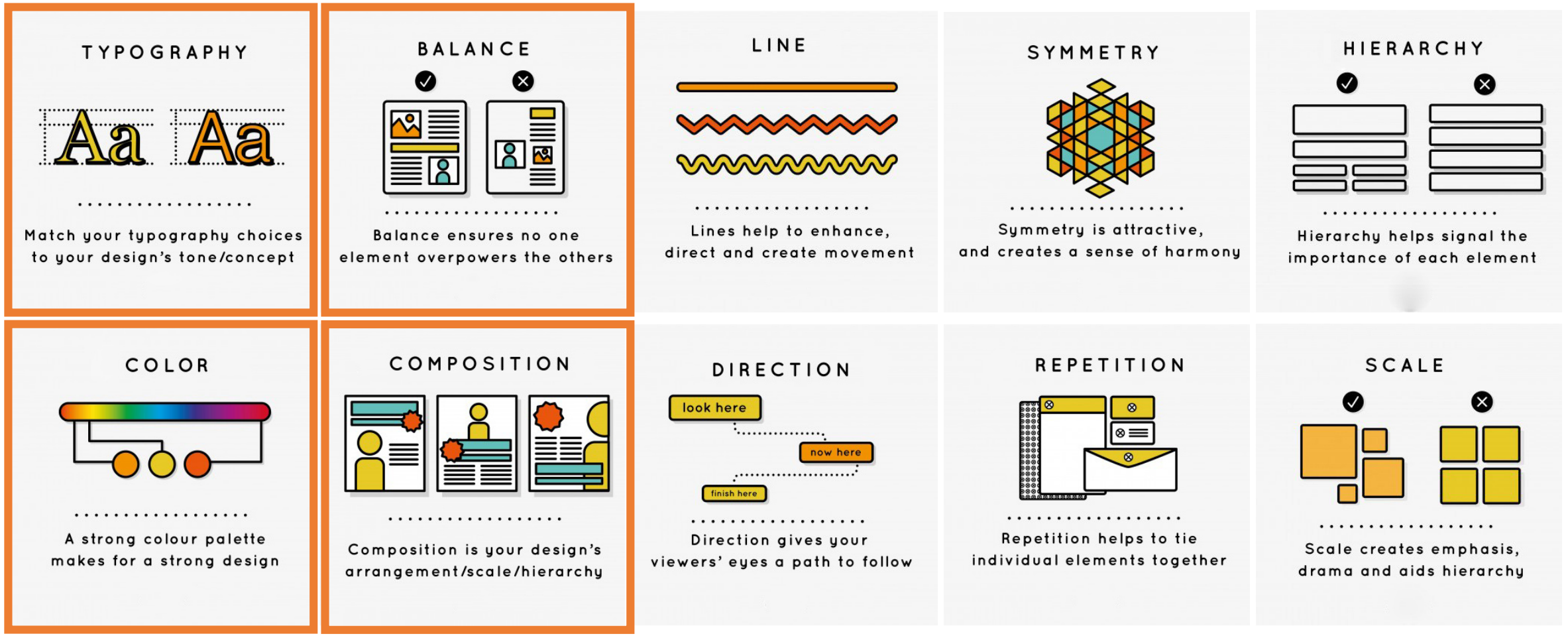
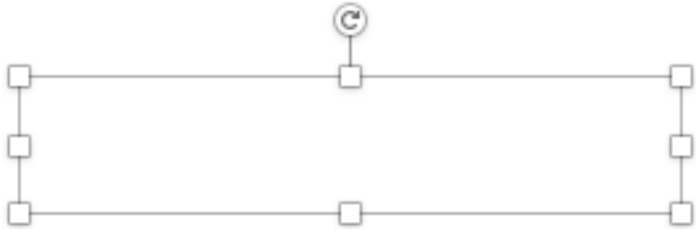


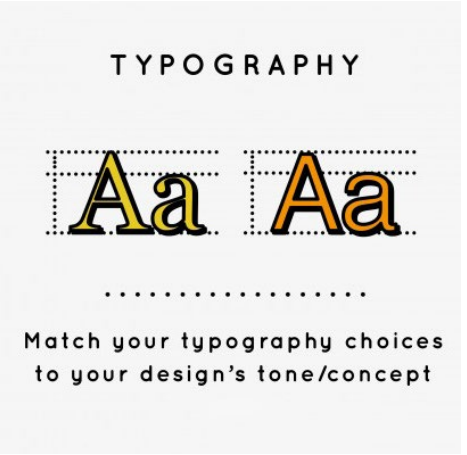
photo credit: designschool.canva.com

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

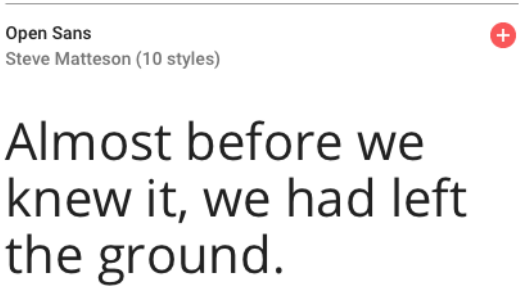
Typography

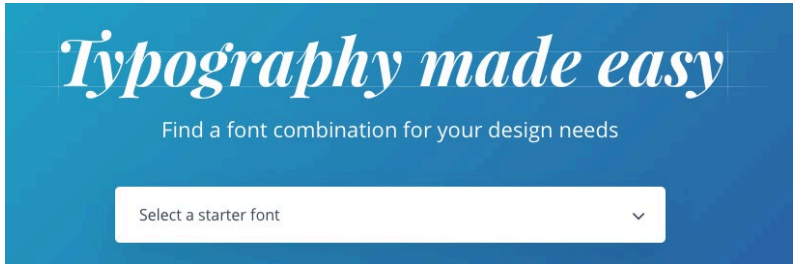
- Use textboxes to insert text into your poster layout. Be sure to be consistent with the width of your columns, by using the format panel.





- 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

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 that 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.

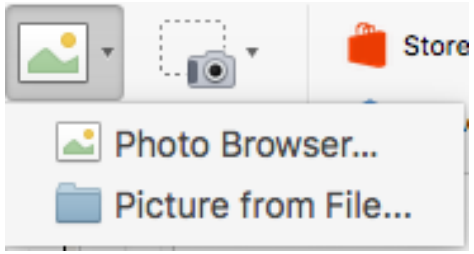


Image Requirement:

- 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)

Balance - Images

- Remember not to use copyright materials on your poster – unless cited
- *Always* give credit to the photographer or cite the source

Generic Stock Images

- Unsplash - https://unsplash.com
- Stocksy – https://www.stocksy.com
- Death to Stock - https://deathtothestockphoto.com

Medical Images

- Open-I - https://openi.nlm.nih.gov
- Library databases with image content - https://guides.library.hsc.unt.edu/az.php?t=2779
  **Remember these will require citations*

UNT Logo

- Every poster is required to have the UNT logo.

Branding Guidelines

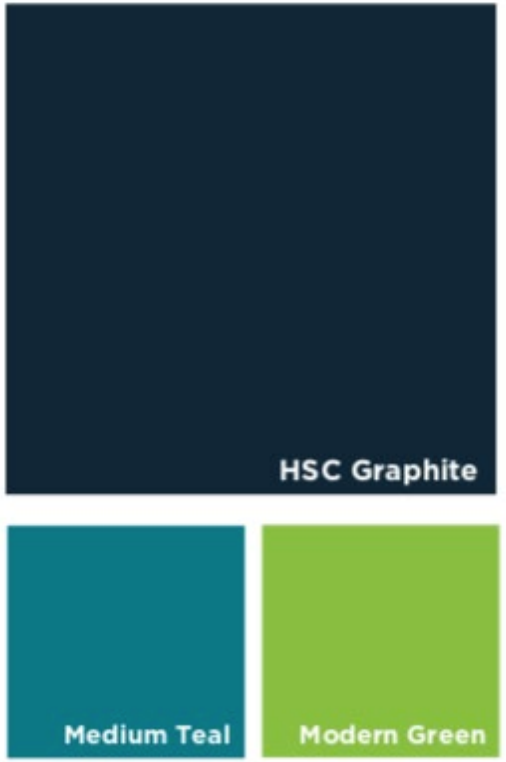
- The wordmark cannot be altered from its original form and cannot be smaller than 1 1⁄4 inches in width on printed materials.
- The wordmark can not be stretched, rearranged or altered in any way other than proportional scaling and appropriate use of color. the mark must maintain a ratio of 6:1 (width: 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

UNT New Logo

- On February 19th UNTHSC will get a new logo.

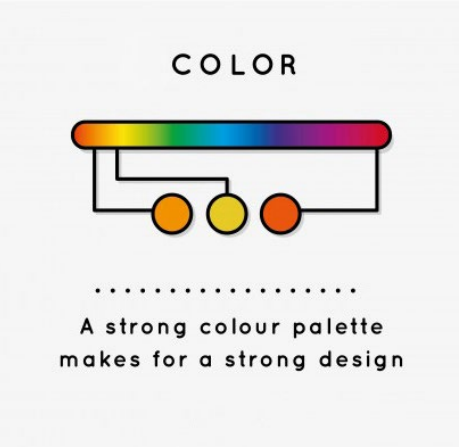
Directions for RAD

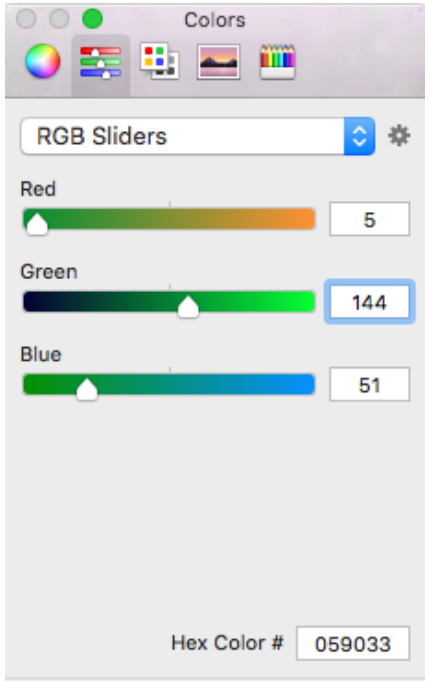
- Use the green templates!



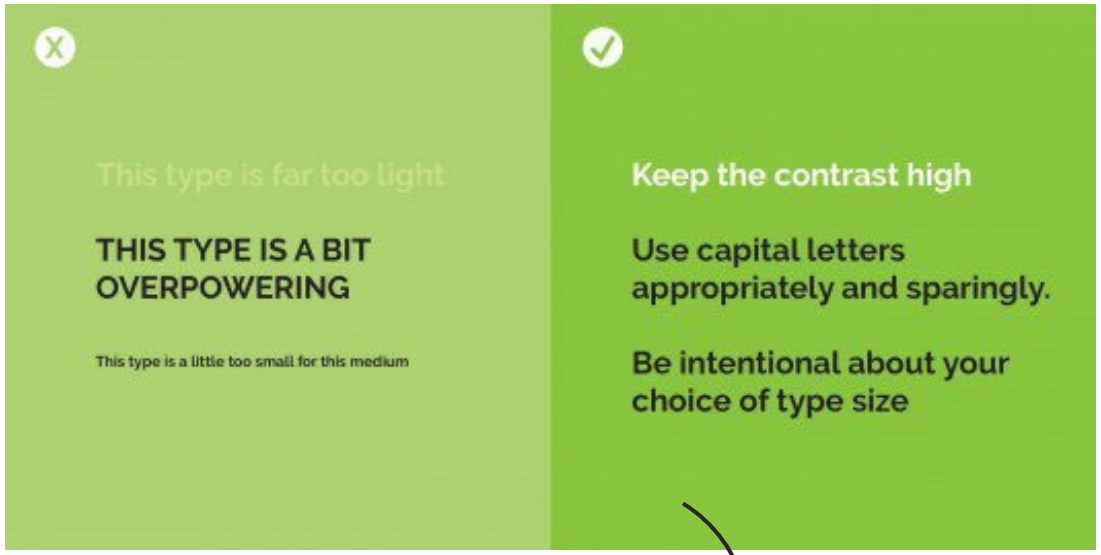
Color

- Your poster scheme should be UNT green or the new HSC graphite. 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

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

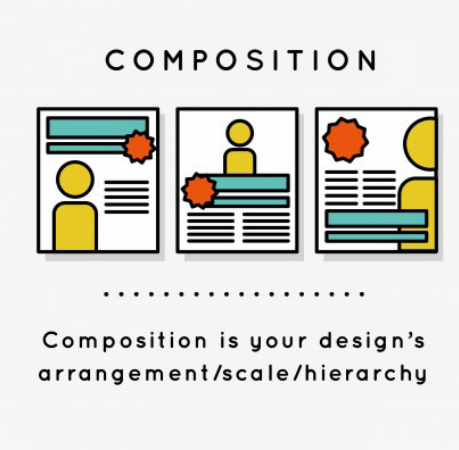
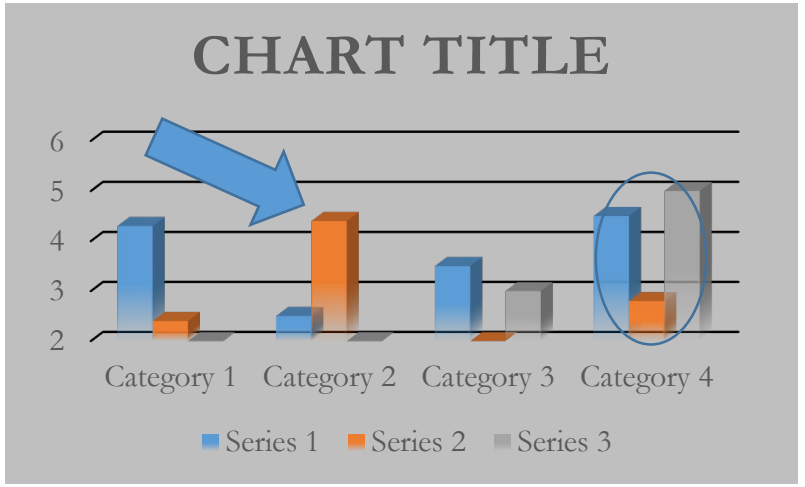
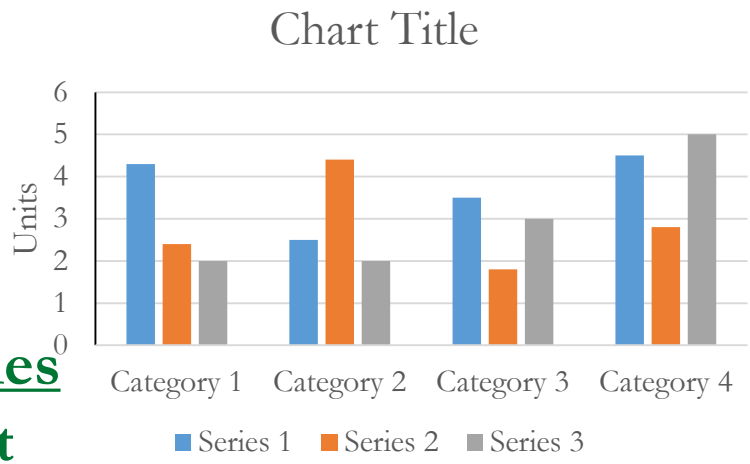


photo credit: designschool.canva.com

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

Reference: Tufte, E. R. (1983). *The visual display of quantitative information*. Cheshire, Conn.: Graphics Press.

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

Exporting File for Printer

Exporting from PowerPoint:

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

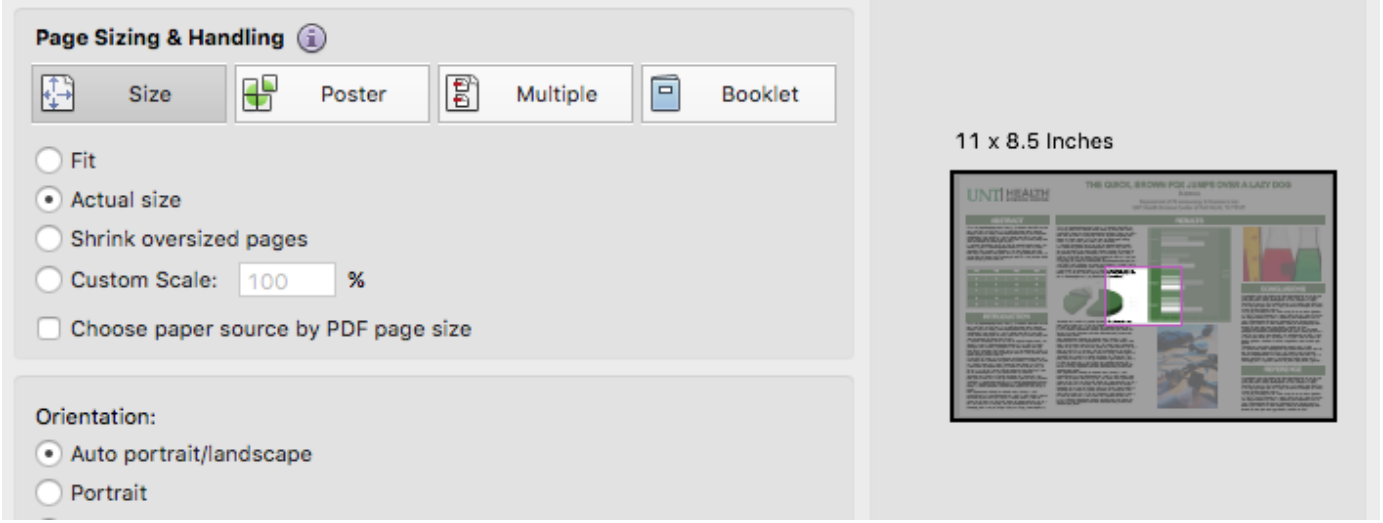
Note: PDFs maintain fonts and composition. They also have good quality for printing.

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 they font is legible and the images are not pixelated.



Printers

2904 Cullen St.
Fort Worth, TX 76107

Off University going North

Recommended Printer:

One Stop Printing

Cost: $65
Before March 9th

Cost: $108
Cut off-date March 20th

alphagraphics

Approximate Cost : $100-130

FedEx Office

Approximate Cost : $100-130

Office DEPOT
OfficeMax

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 2020 Poster Order" in the subject line
- Consider sending your poster after approval

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

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

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

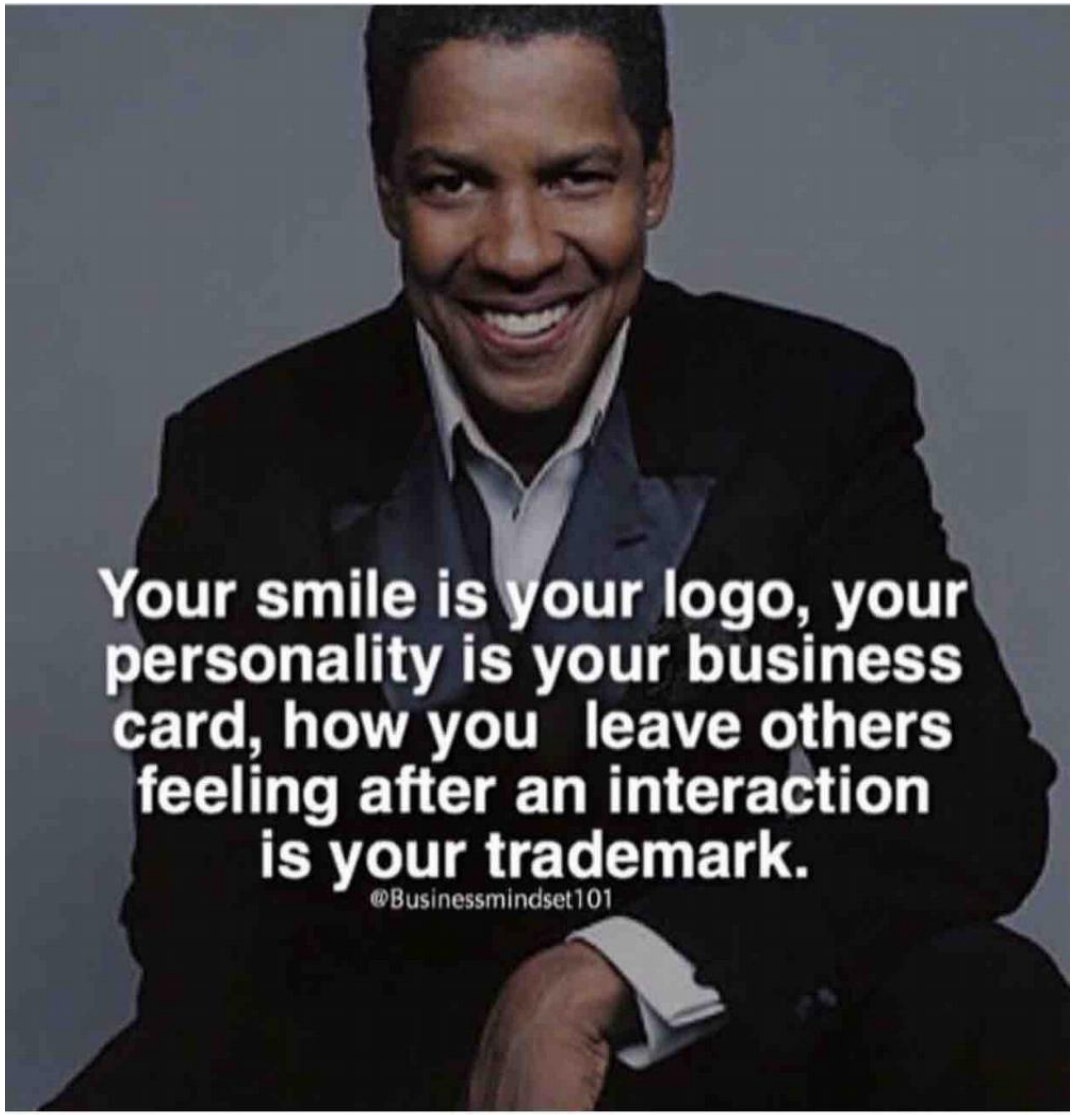
Interview Attire for Women:

- 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.



JCPenney

SUIT-UP EVENT

SHOP CAREER DRESS APPAREL
Shop everything you need to finish your look for that next career fair, interview or new job. Check out **new items** added, including men's khakis, men's basics, fashion jewelry, handbags, luggage & more.

SEPHORA INSIDE JCPENNEY
Stop by for a **FREE** mini makeover and sample.

SALON
Enjoy a **FREE** hair consultation or schedule your next appointment.

PORTRAIT STUDIO
Get professional headshots starting at just $29.99. Stop by or book online.

JCPENNEY MOBILE APP
Download ahead of time and start earning **$10 Rewards**!

UP TO **60% OFF***
select men's & women's career dress apparel, shoes & accessories

*When you use the extra 30% off Suit-Up Coupon available at event. Student ID required.

97.99
JF J. Ferrar suit jacket & pants
sale $139.99
reg. $280

52.49
Worthington suit jacket & pants
sale $74.99
reg. $114

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careercenter@unthsc.edu

SUNDAY, FEB. 16 | 4:00 PM - 7:00 PM

JCPENNEY @ ALLIANCE TOWN CENTER
3001 TEXAS SAGE TRAIL, FORT WORTH, TX 76177

Poster Peek, the Career Center, & the Library

March 26

3:00 – 5:00 P.M.

Lewis Library

Features

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