



Science Atlantic | Science Atlantique

How to Make the Most of a Virtual Student Conference

Follow these steps to put yourself in the right mindset to focus, engage, and absorb information at the online sessions you attend.



Put it in Your Calendar

Forgetting you registered for an event is much more likely with online events. Add a virtual conference to your calendar as soon as you sign up and set alerts for a day or two in advance.



Look Your Best

A virtual conference may be less formal than an in-person educational session, but you should still dress appropriately – business casual.



Prepare Your Device

Take the time to research what internet browser is recommended by the conference organizers to ensure that your experience is optimized. Be sure to download and/or update all conference related applications required for the event before the event starts.



Arrive Early

Avoid technical delays by logging in 5-10 minutes early. This gives you time to adjust the camera, eliminate background distractions, and settle in while the conference begins.



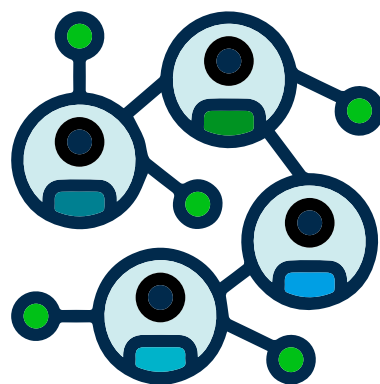
Know Your Tech

It's best to attend virtual conferences on a computer. Familiarize yourself with the software before the conference. Some conference platforms include interactive features, like chat, Q&A sessions, and polls. Take advantage of them to stay engaged.



Turn Off Distractions

It's easy to get distracted by notifications. To stay focused during online presentations, turn off your phone and disable pop ups on your computer. When at home, eliminate distractions by setting up in a quiet space away from others and wearing a headset.



Be Social

Before attending the conference, make a goal of meeting one new person. Virtual events still provide opportunities to get to know other participants. If available, read profiles of other attendees and fill out your own profile.

Adapted from:

Sitar, Dana. "How to Make the Most of Attending Online Virtual Conferences." *Money Crashers*. 1 May 2020, <https://www.moneycrashers.com/online-virtual-conferences-pros-cons/>

Tyner, Samantha. "Ten Tips for Making the Most of a Virtual Conference." *StatTr@k*. 1 August 2020, <https://www.ems1.com/ems-products/technology/articles/10-ways-to-get-the-most-out-of-a-virtual-conference-ECupFp8fDtWMAtwD/>