

▾ *Scientific Poster Production and Presentation*

Simon Pendleton

INBRE/LIFT Workshop

15 July 2026 | 9-10am

Workshop Agenda

- Brainstorm and review the purpose, goals, and objectives of scientific posters
- Explore poster examples and report back
- Poster basics!
- The poster presentation
- Start your own poster!

FIRST: What is the purpose of a Scientific poster?

- *Turn to the person next to you and brainstorm what you would want your poster to do!*

**Folks online feel free to pop things in the chat or raise your hand when we share out*

- *We will collect the group's ideas:*

FIRST: What is the purpose of a Scientific poster?

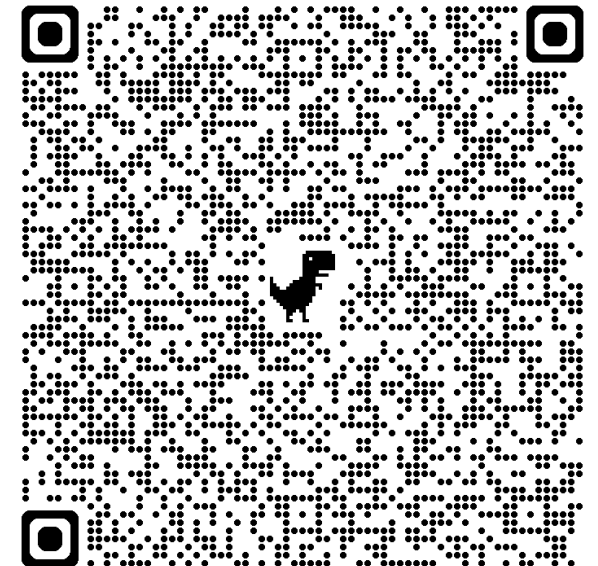
- *Turn to the person next to you and brainstorm what you would want your poster to do!*

**Folks online feel free to pop things in the chat or raise your hand when we share out*

- ***A means of visually summarizing your research in order to efficiently share your findings AND prompt discussions (typically at conferences)***
- **What do you want your poster to accomplish?**
 - Communicate Efficiently AND Effectively
 - Promote interactive engagement and discussion
 - Enable wider dissemination and reach

Activity: Poster Example Review (10 min)

- In this activity you will be reviewing some poster examples and recording:
 - 5 aspects you found effective/engaging and be able to describe why you found them effective
 - 5 aspects that you would do differently and why
- **For those in person:** venture out into the Boyd Hallways and find examples of posters (lots on the 1st and 2nd floors)
- **For those online:** Please look through the folder of example posters I provided to you via the link in the chat, or this QR code:



Activity: Poster Example Review (10 min)

- In this activity you will be reviewing some poster examples and recording:
 - 5 aspects you found effective/engaging and be able to describe why you found them effective
 - 5 aspects that you would do differently and why
- What did you find?:

Scientific Poster: The basic components



Radiocarbon analyses from recently exposed landscapes on Baffin Island reveals heterogeneous and intermittent Holocene glacier fluctuations

Simon Pendleton¹, Gifford Miller², Nicolás Young³, Nathaniel Lifton⁴, John Southon⁵

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Dec 18, 8:30am - 12:00pm
PP41E-1199

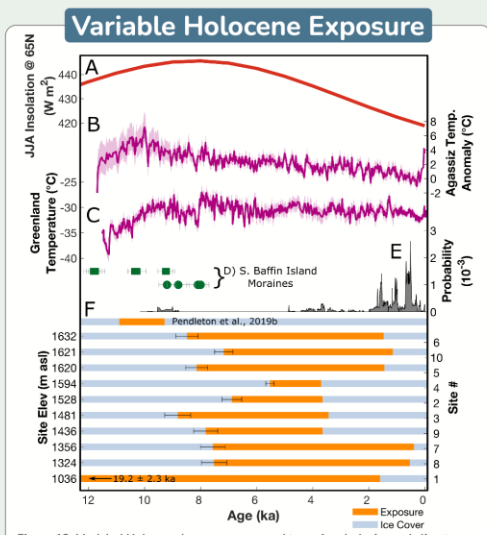
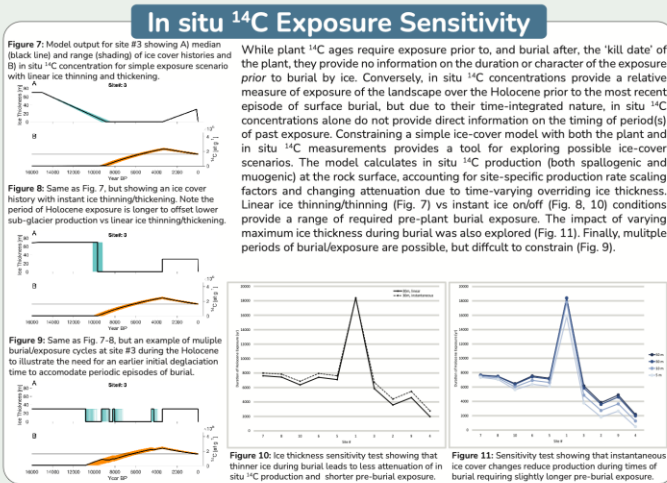
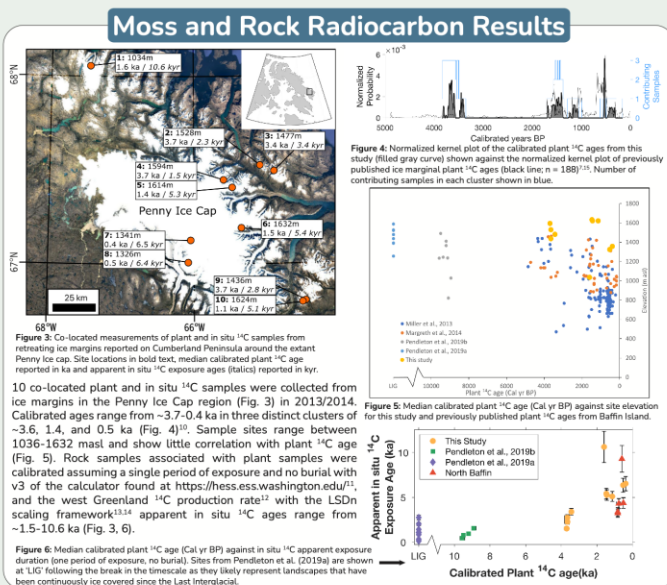
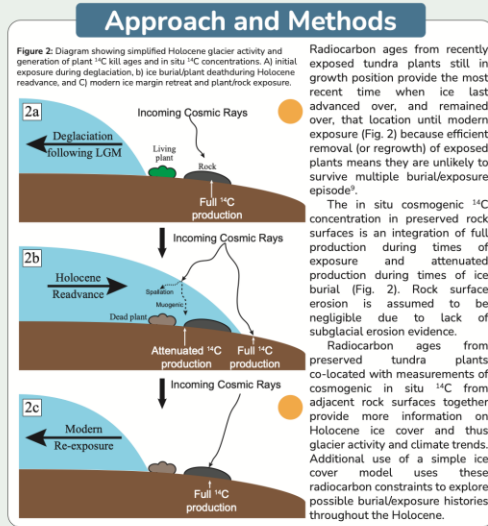
Introduction

With recent average global temperatures among the hottest on record¹ and continued reductions in ice sheet and glacier dimensions worldwide², the need to understand our changing cryosphere is more pressing than ever. Glacier recession is especially strong on Baffin Island in the Eastern Canadian Arctic³⁻⁶. Contemporary retreat of cold-based ice caps and glaciers in the region is exposing preserved landscapes that host dead plants still in growth position and rock surfaces that have been protected, rather than eroded, by ice cover. These newly exposed landscapes provide insight into ice cap and glacier behavior that pre-dates the last few centuries. Here, we utilize organic radiocarbon (¹⁴C) measurements of preserved tundra plants and in situ cosmogenic radiocarbon (hereafter in situ ¹⁴C) in co-located rock surfaces to better reconstruct glacier expansion and recession during the Holocene. We also constrain a simple ice cover model with plant and in situ ¹⁴C measurements to provide a more complete picture of likely Holocene ice-cover fluctuations across Baffin Island, millennial climate trends, and to highlight the importance of sampling approach to fully capture past ice fluctuations.

Study Area - SE Baffin Island

Here we capitalize on the presence of cold-based ice caps and glaciers on southeastern Baffin Island, particularly along the margin of the Penny Ice Cap and the surrounding region (Fig. 3). Previous work has shown the low-relief uplands promote cold-based glacier conditions, leading to a high degree of landscape preservation⁷ (Fig. 1). Ancient tundra plants killed and preserved in growth position are now being revealed as ice margins retreat. Rock surfaces alongside preserved plants show signs of subaerial erosion, but no evidence of glacial abrasion or movement.





Conclusions

- Radiocarbon ages of recently exposed preserved tundra plants reveal that the most recent episode of glacier and ice cap expansion at 10 locations across the Cumberland Peninsula on Baffin Island occurred between 3.7 and 0.4 ka.
- Model simulations show that a range of exposure burial scenarios during the Holocene are possible. Limited constraints still prevent more precise constraint of the probable burial/exposure and glacier activity during the Holocene.
- Denser, repeat sampling of both plant and in situ ¹⁴C at the ice cap scale as they continue to retreat and reveal older landscapes would provide additional constraints on past ice cap fluctuation. Additionally, depth profiles in bedrock of in situ ¹⁴C may help constrain past ice cover more than surface samples alone.

Acknowledgements/References

We acknowledge that this work occurred on the unceded lands of the Inuit First Nation peoples. Thanks to Nicolás Young and Kurt Refsnider for assistance in the field. This project was supported by NSF-OPP Award # 1204096.

References:
1. Solomon, S. & Solomon, S. (2015). Rapid warming of the Arctic region. *Science*, 347, 1226-1229.
2. Cook, E. J., & Woodwell, G. M. (2010). The retreat of glaciers and ice sheets. *Journal of Glaciology*, 46, 1-10.
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13. GISP2. (2013). *Greenland Ice Sheet Project 2*. University of Colorado, Boulder, CO.
14. Cook, E. J., & Woodwell, G. M. (2010). The retreat of glaciers and ice sheets. *Journal of Glaciology*, 46, 1-10.
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16. Cook, E. J., & Woodwell, G. M. (2010). The retreat of glaciers and ice sheets. *Journal of Glaciology*, 46, 1-10.
20. Cook, E. J., & Woodwell, G. M. (2010). The retreat of glaciers and ice sheets. *Journal of Glaciology*, 46, 1-10.
21. Cook, E. J., & Woodwell, G. M. (2010). The retreat of glaciers and ice sheets. *Journal of Glaciology*, 46, 1-10.

Wait! Before you start your poster!

Before you start

Check the poster guidelines from your institution or conference:



FONT



DIMENSIONS



COLORS



LOGO USAGE

Also consider...



The submission date. Prepare at least a few weeks in advance. Think about how much time it takes to design the poster, ask for feedback, and print. A good tip to ensure enough time is to work backwards from the due date.



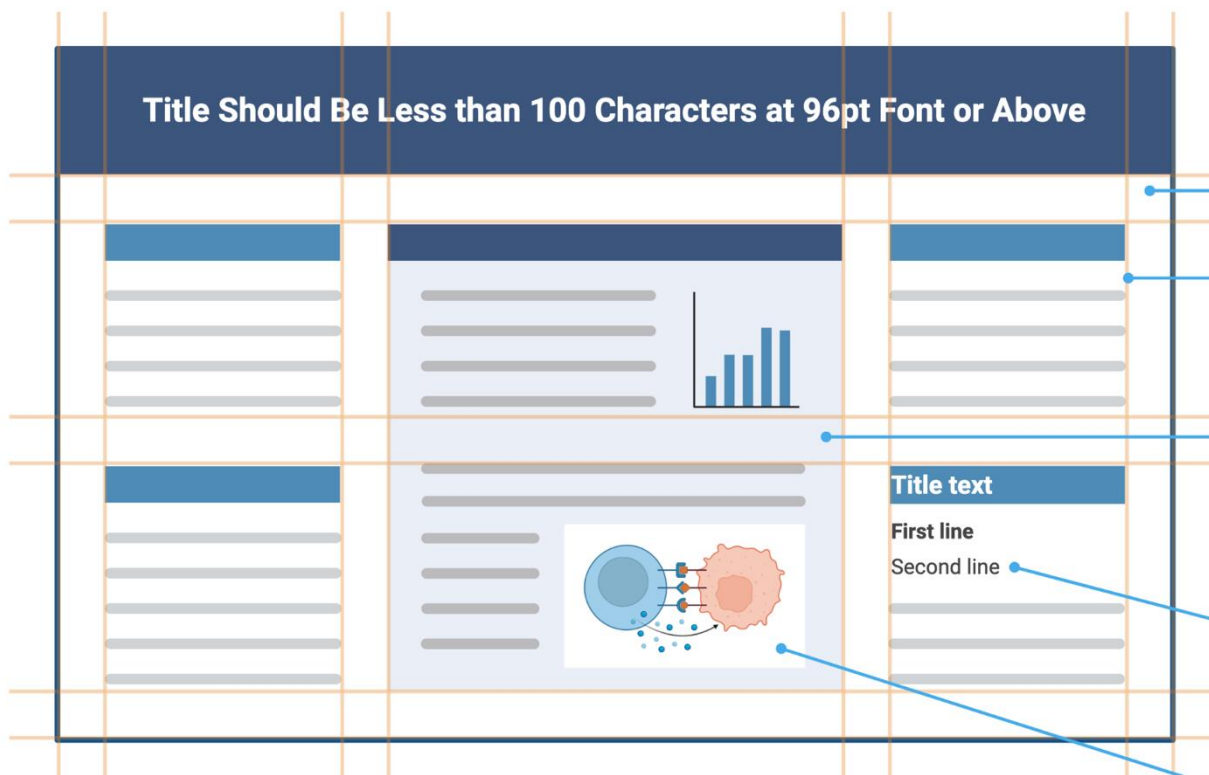
Your audience. Who will be looking at your poster? How much do they know about your topic? Pick the aspect of your research that is most relevant and comprehensible for your audience.



Your research. What information do you want to include? What is the key topic or result that you want to highlight?



Top Tips for Poster Design



1

Keep margins/padding consistent

Equal spacing between sections helps reduce clutter and improve readability of the content.

2

Arrange sections in a grid

Grid organization helps the audience quickly locate information on a poster. Information should flow from left to right, top to bottom.

3

Pick 1 section to highlight (TL;DR format)

What is one key area of your research that you want the audience to focus on? Draw attention to that section by giving it a different colored background or section header.

4

Apply text hierarchy

Highlight section titles or key information by bolding or increasing the font size. Ensure the text is large enough to read at a distance.

5

Format figures specifically for posters

Look at all figures as a whole; the colors, labels, arrows should all be consistent from one figure to another. Make sure the figures are high resolution so they look nice and clear when printed.



There are many different layout options for posters (portrait, landscape, square, or billboard style), pick one that works best for you and your research!



Avoid these:



Rounded corners to box sections



Gradients or patterns as background



Using too many fonts (try to limit to ≤ 2 fonts)



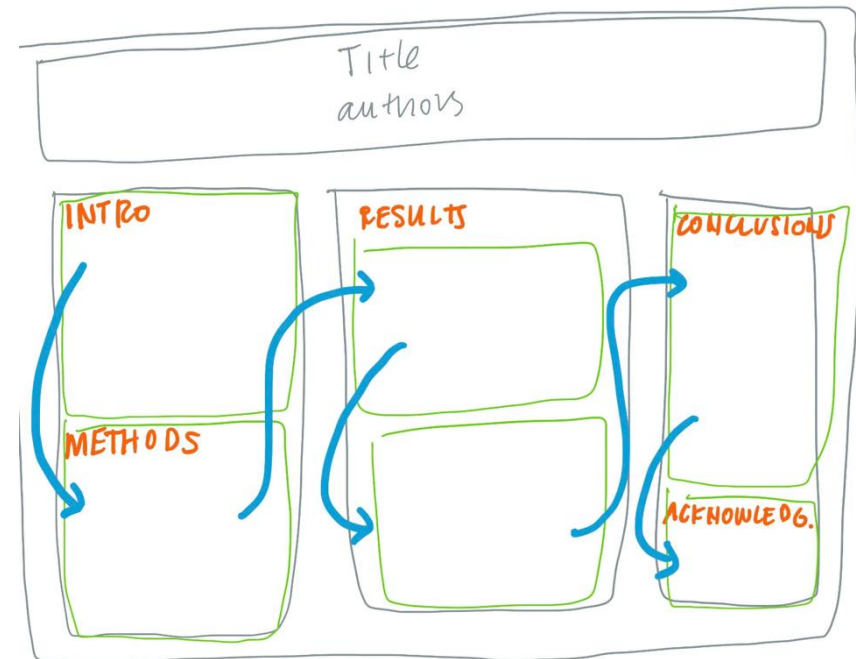
Drop shadows and word art



Logos with non-transparent background or poor contrast with backdrop

Layout

- ***Check the size and any formatting requirements of your conference first and make sure you set up your poster to the correct size. A common poster size is 36x48in (landscape orientation)*
- 2-4 columns is common, with 3 being the most. However, this should not dissuade you from exploring other layouts; use whatever fits your content, narrative, and logical flow!

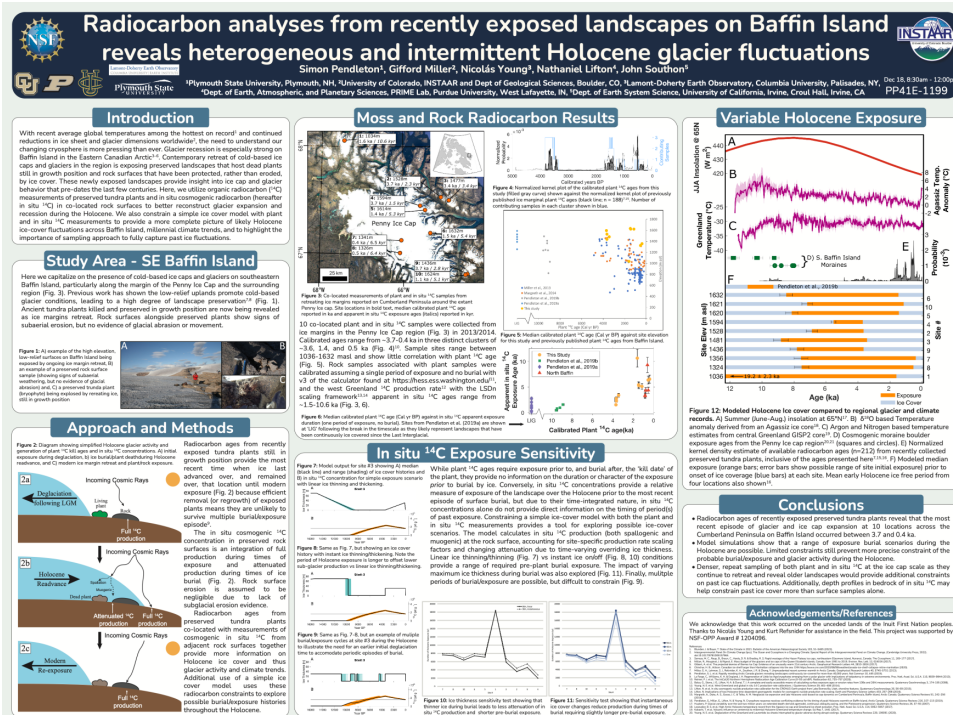


Design

- Simple is good
- Make important information stand out
- Line things up
- Don't make it crowded

Background

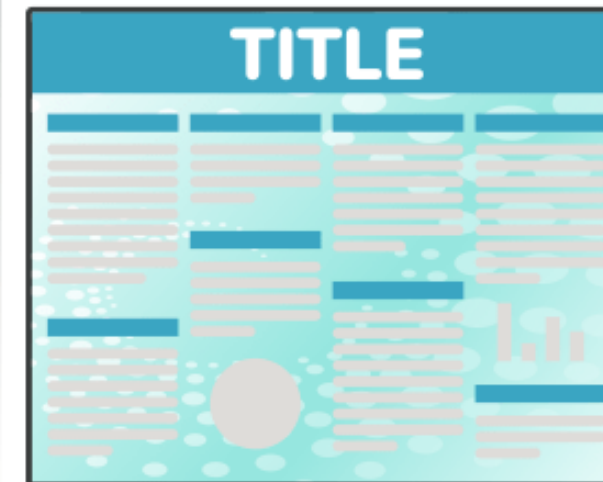
- Keep it non-distracting!
- White, or a solid color that doesn't command your audience's eyes
- Avoid gradients, photos, patterns



Good Background



Bad Background



Titles, Fonts, and Font Size

- Generally no hard and fast rules except to make your fonts/text easy to read!
- Can make title and heading text one font and body text another (see examples to the right)
- Also no rules about font size except you want it easily readable from a normal distance (a few feet away)
- Line spacing of 1.25-1.5 makes the text more comfortable to read



Title/Headings: **Bree Serif**
Body Text: Open Sans

Title/Headings: **Montserrat**
Body Text: Domine

Title/Headings: **Amaranth**
Body Text: Titillium Web

Title/Headings: **Libre Baskerville**
Body Text: Montserrat

Title/Headings: **Quattrocento**
Body Text: Quattrocento Sans

Title/Headings: **Nunito**
Body Text: Open Sans

Colors

- Color is Incredibly important!
- Use it improve audience comprehension AND make your work accessible to individuals with color blindness/deficiency

Choose colors from opposing sides of the color wheel for a color blind audience



Hue



Saturation (0 - 100)



Lightness (0 - 100)

Using saturation and lightness to create contrast

Don't do this →

Do this ↙



	Main Color RGB: 180, 30, 30 Accent Color 1 RGB: 255, 50, 50 Accent Color 2 RGB: 185, 215, 220		Main Color RGB: 35, 80, 120 Accent Color 1 RGB: 20, 130, 165 Accent Color 2 RGB: 200, 225, 200
	Main Color RGB: 115, 165, 20 Accent Color 1 RGB: 140, 210, 60 Accent Color 2 RGB: 185, 185, 185		Main Color RGB: 75, 75, 75 Accent Color 1 RGB: 200, 200, 200 Accent Color 2 RGB: 225, 180, 180
	Main Color RGB: 160, 190, 200 Accent Color 1 RGB: 245, 150, 150 Accent Color 2 RGB: 220, 220, 220		Main Color RGB: 45, 60, 80 Accent Color 1 RGB: 230, 75, 60 Accent Color 2 RGB: 200, 200, 200

Testing for color accessibility

- The "Viz Palette" (<https://projects.susielu.com/viz-palette>) can check your color palette for color accessibility:

The image shows the 'VIZ PALETTE' tool interface, designed by Elijah Meeks & Susie Lu. The interface is split into two main sections: a control panel on the left and two visualization panels on the right.

Control Panel (Left):

- VIZ PALETTE** By: Elijah Meeks & Susie Lu
- PICK** section: Includes buttons for 'Use Chroma.js', 'Use Colorgorical', and 'Use ColorBrewer'. There is an 'Add' button and a 'Replace' button.
- EDIT** section: Shows a list of 5 colors with their hex codes and a small color swatch. Below the list are radio buttons for '#hex' (selected) and 'rgb', and a checkbox for 'hs1'.
- GET** section: Includes a checkbox for 'String quotes' and a checkbox for 'Object with metadata'. Below these are radio buttons for '#hex' (selected) and 'rgb', and a checkbox for 'hs1'.

Visualization Panels (Right):

The two panels are titled 'No Color Deficiency' and 'Red/Green Color Deficiency'. Both panels show a 'Color Population' bar at the top with the following data:

Color Population:	No Color Deficiency - 96%	Deuteranomaly - 2.7%	Protanomaly - 0.66%	Protanopia - 0.59%	Deuteranopia - 0.56%
Greyscale					

Below the population bar, each panel displays a series of visualizations: 'Sample font', 'Randomize Data', and 'Stroke: Dark None'. The 'No Color Deficiency' panel shows a vibrant color palette with red, blue, yellow, and green. The 'Red/Green Color Deficiency' panel shows the same visualizations but with colors adjusted for red-green deficiency, resulting in a more muted, brownish-yellow palette. The bottom of each panel shows a 'word' and 'mot' (motif) with a small icon.

Alignment and Whitespace

- The human eye picks up on unaligned objects immediately – align your poster content (Tip: use the ‘align’ tool in PowerPoint or Illustrator)
- You can also lock objects in place, so you don’t accidentally move them as you construct your poster
- You want enough space between poster content...but not too much. Each poster is different and you will need to place with the spacing to find what fits yours

Good Alignment



Bad Alignment



Let's Review!



Radiocarbon analyses from recently exposed landscapes on Baffin Island reveals heterogeneous and intermittent Holocene glacier fluctuations

Simon Pendleton¹, Gifford Miller², Nicolás Young³, Nathaniel Lifton⁴, John Southon⁵

¹Plymouth State University, Plymouth, NH, ²University of Colorado, INSTAAR and Dept of Geological Sciences, Boulder, CO, ³Lamont-Doherty Earth Observatory, Columbia University, Palisades, NY, ⁴Dept. of Earth, Atmospheric, and Planetary Sciences, PRIME Lab, Purdue University, West Lafayette, IN, ⁵Dept. of Earth System Science, University of California, Irvine, Crout Hall, Irvine, CA

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Introduction

With recent average global temperatures among the hottest on record¹ and continued reductions in ice sheet and glacier dimensions worldwide², the need to understand our changing cryosphere is more pressing than ever. Glacier recession is especially strong on Baffin Island in the Eastern Canadian Arctic³⁻⁶. Contemporary retreat of cold-based ice caps and glaciers in the region is exposing preserved landscapes that host dead plants still in growth position and rock surfaces that have been protected, rather than eroded, by ice cover. These newly exposed landscapes provide insight into ice cap and glacier behavior that pre-dates the last few centuries. Here, we utilize organic radiocarbon (¹⁴C) measurements of preserved tundra plants and in situ cosmogenic radiocarbon (hereafter in situ ¹⁴C) in co-located rock surfaces to better reconstruct glacier expansion and recession during the Holocene. We also constrain a simple ice cover model with plant and in situ ¹⁴C measurements to provide a more complete picture of likely Holocene ice-cover fluctuations across Baffin Island, millennial climate trends, and to highlight the importance of sampling approach to fully capture past ice fluctuations.

Study Area - SE Baffin Island

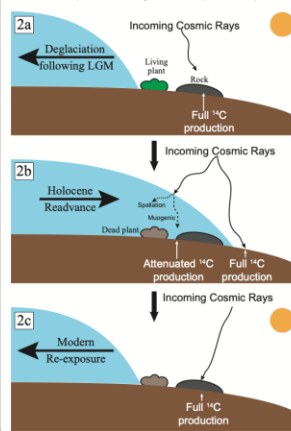
Here we capitalize on the presence of cold-based ice caps and glaciers on southeastern Baffin Island, particularly along the margin of the Penny Ice Cap and the surrounding region (Fig. 3). Previous work has shown the low-relief uplands promote cold-based glacier conditions, leading to a high degree of landscape preservation⁷ (Fig. 1). Ancient tundra plants killed and preserved in growth position are now being revealed as ice margins retreat. Rock surfaces alongside preserved plants show signs of subaerial erosion, but no evidence of glacial abrasion or movement.

Figure 1: A) example of the high elevation, low-relief surfaces on Baffin Island being exposed by ongoing ice margin retreat. B) an example of a preserved rock surface sample showing signs of subaerial weathering, but no evidence of glacial abrasion and, C) a preserved tundra plant (forophyte) being exposed by retreating ice, still in growth position.



Approach and Methods

Figure 2: Diagram showing simplified Holocene glacier activity and generation of plant ¹⁴C kill ages and in situ ¹⁴C concentrations. A) initial exposure during deglaciation, B) ice burial/replant death during Holocene readvance, and C) modern ice margin retreat and plant/rock exposure.



Radiocarbon ages from recently exposed tundra plants still in growth position provide the most recent time when ice last advanced over, and remained over, that location until modern exposure (Fig. 2) because efficient removal (or regrowth) of exposed plants means they are unlikely to survive multiple burial/exposure episode⁸. The in situ cosmogenic ¹⁴C concentration in preserved rock surfaces is an integration of full production during times of exposure and attenuated production during times of ice burial (Fig. 2). Rock surface erosion is assumed to be negligible due to lack of subglacial erosion evidence. Radiocarbon ages from preserved tundra plants co-located with measurements of cosmogenic in situ ¹⁴C from adjacent rock surfaces together provide more information on Holocene ice cover and thus glacier activity and climate trends. Additional use of a simple ice cover model uses these radiocarbon constraints to explore possible burial/exposure histories throughout the Holocene.

Moss and Rock Radiocarbon Results

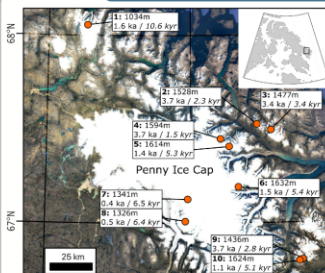


Figure 3: Co-located measurements of plant and in situ ¹⁴C samples were collected from retreating ice margins reported on Cumberland Peninsula around the extant Penny Ice cap. Site locations in bold text: median calibrated plant ¹⁴C age reported in ka and apparent in situ ¹⁴C exposure ages (italic) reported in kyr.

10 co-located plant and in situ ¹⁴C samples were collected from ice margins in the Penny Ice Cap region (Fig. 3) in 2013/2014. Calibrated ages range from ~3.7-0.4 ka in three distinct clusters of ~3.6, 1.4, and 0.5 ka (Fig. 4). Sample sites range between 1036-1632 msl and show little correlation with plant ¹⁴C age (Fig. 5). Rock samples associated with plant samples were calibrated assuming a single period of exposure and no burial with v3 of the calculator found at <https://hessess.washington.edu/v3/> and the west Greenland ¹⁴C production rate¹² with the LSDn scaling framework^{13,14} apparent in situ ¹⁴C ages range from ~1.5-10.6 ka (Fig. 3, 6).

Figure 6: Median calibrated plant ¹⁴C age (Cal yr BP) against in situ ¹⁴C apparent exposure duration (one period of exposure, no burial). Sites from Pendleton et al. (2019a) are shown at LIG following the break in the timescale as they likely represent landscapes that have been continuously ice covered since the Last Interglacial.

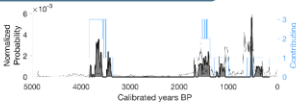


Figure 4: Normalized kernel plot of the calibrated plant ¹⁴C ages from this study (filled gray curve) shown against the normalized kernel plot of previously published ice marginal plant ¹⁴C ages (black line, n = 188)19. Number of contributing samples in each cluster shown in blue.

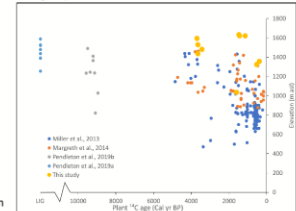


Figure 5: Median calibrated plant ¹⁴C age (Cal yr BP) against site elevation for this study and previously published plant ¹⁴C ages from Baffin Island.

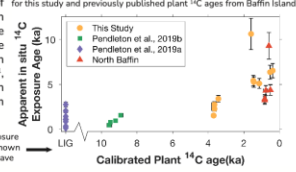


Figure 6: Median calibrated plant ¹⁴C age (Cal yr BP) against in situ ¹⁴C apparent exposure duration (one period of exposure, no burial). Sites from Pendleton et al. (2019a) are shown at LIG following the break in the timescale as they likely represent landscapes that have been continuously ice covered since the Last Interglacial.

In situ 14C Exposure Sensitivity

Figure 7: Model output for site #3 showing A) median (black line) and range (shading) of ice cover histories and B) in situ ¹⁴C concentration for simple exposure scenario with linear ice thinning and thickening.

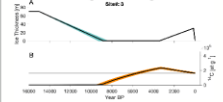


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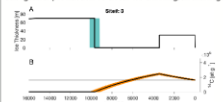


Figure 8: Same as Fig. 7, but showing an ice cover history with instant ice thinning/thickening. Note the period of Holocene exposure is longer to offset lower sub-glacial production vs linear ice thinning/thickening.

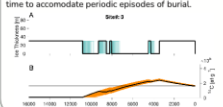


Figure 9: Same as Fig. 7-8, but an example of multiple burial/exposure cycles at site #3 during the Holocene to illustrate the need for an earlier initial deglaciation time to accommodate periodic episodes of burial.

While plant ¹⁴C ages require exposure prior to, and burial after, the 'kill date' of the plant, they provide no information on the duration or character of the exposure prior to burial by ice. Conversely, in situ ¹⁴C concentrations provide a relative measure of exposure of the landscape over the Holocene prior to the most recent episode of surface burial, but due to their time-integrated nature, in situ ¹⁴C concentrations alone do not provide direct information on the timing of period(s) of past exposure. Constraining a simple ice-cover model with both the plant and in situ ¹⁴C measurements provides a tool for exploring possible ice-cover scenarios. The model calculates in situ ¹⁴C production (both spallogenic and muogenic) at the rock surface, accounting for site-specific production rate scaling factors and changing attenuation due to time-varying overlying ice thickness. Linear ice thinning/thickening (Fig. 7) vs instant ice on/off (Fig. 8, 10) conditions provide a range of required pre-plant burial exposure. The impact of varying maximum ice thickness during burial was also explored (Fig. 11). Finally, multiple periods of burial/exposure are possible, but difficult to constrain (Fig. 9).

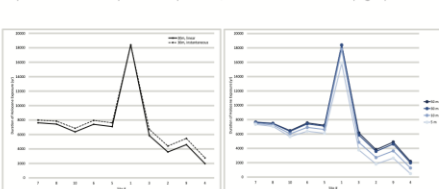


Figure 10: Ice thickness sensitivity test showing that thinner ice during burial leads to less attenuation of in situ ¹⁴C production and shorter pre-burial exposure.

Figure 11: Sensitivity test showing that instantaneous ice cover changes reduce production during times of burial requiring slightly longer pre-burial exposure.

Variable Holocene Exposure

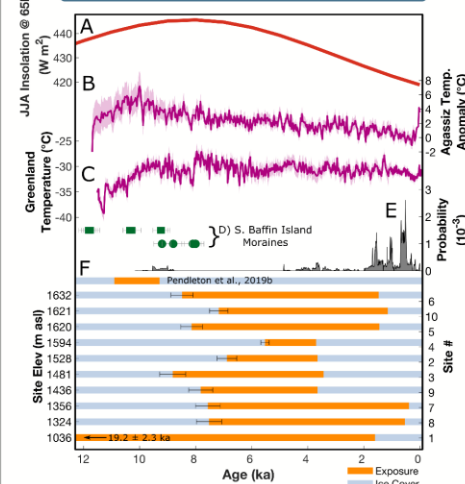


Figure 12: Modeled Holocene ice cover compared to regional glacier and climate records. A) Summer (June-Aug) insolation at 65°N¹⁷. B) $\delta^{18}\text{O}$ based Temperature anomaly derived from an Agassiz ice core¹⁸. C) Argon and Nitrogen based temperature estimates from central Greenland GISP2 core¹⁹. D) Cosmogenic moraine boulder exposure ages from the Penny Ice cap region^{20,21} (squares and circles). E) Normalized kernel density estimate of available radiocarbon ages (n=212) from recently collected preserved tundra plants, inclusive of the ages presented here^{7,15,16}. F) Modeled median exposure (orange bars; error bars show possible range of site initial exposure) prior to onset of ice coverage (blue bars) at each site. Mean early Holocene ice free period from four locations also shown¹⁴.

Conclusions

- Radiocarbon ages of recently exposed preserved tundra plants reveal that the most recent episode of glacier and ice cap expansion at 10 locations across the Cumberland Peninsula on Baffin Island occurred between 3.7 and 0.4 ka.
- Model simulations show that a range of exposure burial scenarios during the Holocene are possible. Limited constraints still prevent more precise constraint of the probable burial/exposure and glacier activity during the Holocene.
- Denser, repeat sampling of both plant and in situ ¹⁴C at the ice cap scale as they continue to retreat and reveal older landscapes would provide additional constraints on past ice cap fluctuation. Additionally, depth profiles in bedrock of in situ ¹⁴C may help constrain past ice cover more than surface samples alone.

Acknowledgements/References

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Poster Presentation Format and Tips

- Duration: a poster session is typically 2-4 hrs. long (talks are ~12min).
 - Wear conference appropriate clothing but make sure it is comfortable. Wear COMFORTABLE shoes.
 - Stay hydrated (but not too much!)
 - Don't come to your poster session hungry!
- Setting: you will likely have hundreds (if not thousands) of other posters/presenters around you. It can be overwhelming!
 - Practicing your poster presentation beforehand will make easier
- Interactions
 - Poster sessions facilitate more personal 1-on-1 conversations (rather than you talking at and audience).
 - Prepare a concise but engaging rundown of your poster. Use your poster, point at it, incorporate its content into you pitch
 - Leave room for folks to ask questions!

Practice Practice Practice!

Final activity: Start your own poster!

- Using what we have discussed and the resources below, use the time remaining to begin your own poster! *(these links can be found in the slides that have been shared with you).*
- [Overall guide to making posters](#)
 - [Templates available on this site also](#)
- [More templates](#)
- [Specific article on color palettes](#) (especially on accessible color palettes)
- [Here is another about color palettes](#)
- [How to make an ugly poster](#)
- [An introverts guide to surviving a poster session](#)

I am here to assist, answer questions, etc!

Reminders

- **NH-LIFT**

- Register your research poster for the August 12-13 summit by **August 4th**!

- **NH-INBRE**

- Submit your summit poster presentation abstract for the August 17-18 summit by **July 27th**!