

Guidelines for Poster Presentation Showcase

Sizing & File Format

The poster should be in portrait orientation, 76.2 cm (30 in) wide and 106.68 cm (42 in) high. A template is provided for you on the website to download and use if you wish, or you can make your own. Please do not use dark colour backgrounds, as these will not print well. Please use a white or light colour background. Your submitted poster file must be in pdf format with a file size of < 100 mb. Please name your files as follows:

LastNameFirstinitial_Posters_ResearchDay25

You are about to make a poster that is a visual representation of your research topic/project. Use these guidelines and the links below to present the findings from your project in a logical, clear, and informative way using primarily visual representations. Getting peer-review from your friends, classmates and instructor is also a good idea prior to submitting.

Typical posters include the following sections:

- **Poster title and your name:** Give your poster a title that explains what someone will learn by talking to you and reading your poster. Under your name, please include the names of your coauthors and faculty supervisor.
- Your title can be **declarative** (e.g., “Urban Bee Farming has Negative Consequences for the Local Ecosystem”) or **descriptive** (e.g., “The Effects of Urban Bee Farming on the Local Ecosystem”). Declarative titles are often more attractive to readers, as they give more information.
- **Abstract:** Your poster is basically a visual abstract, so an abstract (e.g., the one you submitted) is **not necessary** on your poster, and just takes up valuable space with text that could be used for visual elements.
- **Introduction:** This section should be a short, concise outline to your topic and include key **background information** and a description of what your project is about (referenced as necessary). It should also contain a clear **rationale**, by outlining **what is known** and **what isn't known** (setting up the justification for your study) in your specific topic area. If relevant, include an **aim and hypothesis**. Bullet points are easier to read.
- **Methods and Materials:** Here you outline what you did and how you did it, including equipment used, protocol, data collection and analysis. Keep this concise. The nuanced details can be explained in person at your poster. Include participant recruitment (including ethical clearance), if relevant. Bullet points are easier to read. Including a protocol schematic is helpful to a reader.
- **Results and Figures:** Your poster is basically a visual abstract. Your poster should include mostly visual elements (e.g., pictures, flow charts, graphs, tables). A picture is worth a thousand words. Your figures and tables with adequate legends are probably

adequate to illustrate your results. Only use extra text if it helps the reader understand what you found. At most, if you think you need additional text, put a bulleted list of your key results.

- **Discussion/Conclusions:** This is where you provide a summary of key findings and outline any methodological considerations and future consideration in the area. Be concise and focus on what you found and what it means. You may decide to use a bulleted list.
- **References:** List your references in a standard and consistent format (e.g., APA format). Using numbers in text saves you space. Make sure that all references in text are accounted for here, and vice versa, and if you do use numbers in text, make sure they match. The use of a QR code directing to a complete list of references is also acceptable.
- **Acknowledgements:** Thank whomever you think should be thanked that helped make the project possible. Specifically, you may acknowledge laboratory support, research participants for their time, the MRU Faculty of Science and Technology and the Department and Professor you are working with for laboratory space, equipment, and support. Any other organizations that are relevant should also be acknowledged (e.g., funding agencies, the MRU library, MRU Human Research Ethics Board).

Additional elements: You should also consider including the following elements, where relevant:

- A picture of your experimental devices, and/or a group picture and/or a picture of your, your group or a participant (no faces, or eyes blocked out) instrumented and/or carrying out your protocol
- Your protocol schematic
- A representative data tracing
- Table of baseline variables
- Table of responses (if relevant)
- Figures with quantification and statistical results
- Graph, flow chart or schematic that may help explain your background or results

For your poster presentation:

People will be coming by to ask you questions and assess your poster and your ability to present. Practice delivering an elevator style pitch (with minimal jargon) that includes a **brief intro to the topic** and **why we should care**. Remember that your audience may not have a background in what you are presenting. In a few minutes, be able to outline your overall project, including **what you did**, **what you found** and **what it means**. Be ready to answer questions, particularly about what you might do differently if you had more resources (e.g., time, equipment, money) and what the next steps might be in this line of questioning. If relevant, briefly describe any possible **future directions** for the work.

Design elements:

You should think about design elements to allow the reader to quickly see what you did and what you found. Pictures, schematics, tables, and graphs should be the bulk of your poster. Make sure that these are high enough resolution to support viewing on a large poster (e.g., no pixelation). Use a consistent font that is big enough to see (at least 32-point font), and try to minimize the use of color, using it instead to draw the readers' eyes to important elements. We will not accept posters printed on dark, coloured backgrounds. White or lightly shaded backgrounds only.

Logo:

There are rules around the use of the MRU logo (see the link below for more information). In short, make sure that you do not change the aspect ratio (i.e., proportional dimensions) of the logo. Also, there should be sufficient space around the logo, and it cannot be placed on top of a pattern. The size of the "M" in Mount Royal is approximately the amount of space you need around the logo.

The templates include just one of the logo options that you can use. More (e.g., black and white) are available at [Our Logo | MRU](#)

Here are a few helpful links with useful advice on preparing posters:

- [Undergraduate Research - MRU Library Website at Mount Royal University](#)
- [Designing Conference Posters](#)
- [Poster Perfect](#)
- [Creating Your Poster](#)