

- make sure to get sleep *Zz*
- if you need to take a break, things are exhausting. take a break.
- imposter syndrome is real. you are not alone.
- it's always good to find people you can relax around not have to talk science all the time

Feeling overwhelmed? reach out to mentors/friends, collaborators...

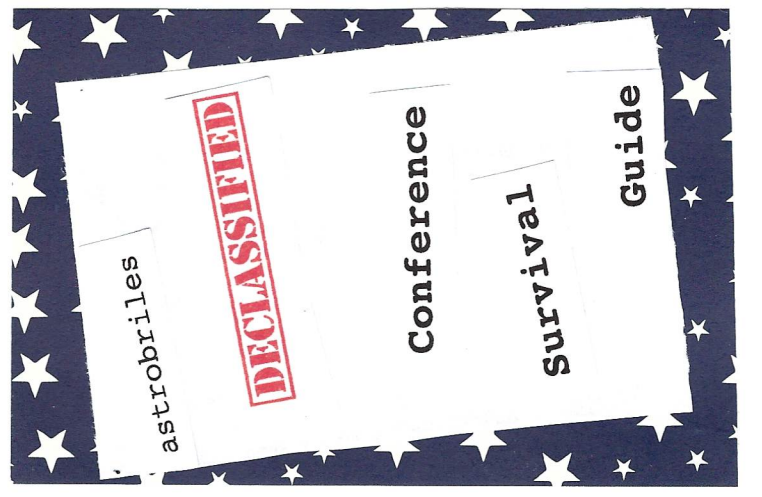
- ① choosing what to go to
 - prep before the meeting - take a look at the schedule
 - Yes, go to the plenaries.
 - do check out the exhibit hall (and let's be honest, get the free stuff!)
 - enjoy poster sessions as a time to talk to people
 - find some sessions you REALLY want to go to, but don't stress about needing to plan every second
 - receptions + networking dinners are the BEST since they're low key have free food
- ↳ great for meeting people!*

- networking
 - *twitter at conferences*
 - astronomy is a small field - it's all about figuring out who you know in common with other people
 - think someone's science is cool? say it! *(esp. @ poster sessions!)*
 - find people to eat lunch and dinner with
 - applying to school or jobs? find people from that institution!
 - twitter is actually great - you get to keep in contact with people, and those who can't attend

will likely follow hashtags → some people even put their usernames on slides or posters!

- so you want to go to a conference?
 - don't be afraid to ask your mentor! especially if you have research to present (and even if you don't)
 - you should get funding to cover your travel expenses. (ask your advisor look for supplementary funding from your university, or even the conferences themselves)
 - at least for astronomers, read the AAS conference etiquette *(be kind)* + harassment rules. we want to create a welcoming and harassment-free space and everyone's a part of that

(it's a great learning experience!)



- what to do if you're presenting???
- come prepared; try not to be making your poster at the last minute
- practice, practice, practice the golden rule is practice however many times your talk can fit in an hour (e.g. 10 minute talk, do it 6 times)
- for talks, check the speaker guidelines so you're not stressing about logistics stay within the time limit

(note: practice applies to posters, too! have an "elevator pitch" ready)

- some last tips | miscellaneous
 - conferences are often in cool places! take a minute to explore
 - business cards are not lame - at least personally, they have been quite useful
 - yes, there are unofficial socials... can be great, but don't feel pressured (but go to open mic night if it's scheduled!)
 - have fun! let your curiosity guide you, meet new people, and know that we're all there for pretty much the same reasons

- resources
 - disclaimer: these are mostly (most) specific to astronomy - many fields have similar though!
 - resources
 - astrobittes: astrobittes.org your department!
 - AAS websites: aas.org
 - women in astronomy blog spot: womeninastronomy.blogspot.com
 - Self Care with Drs. Sarah *(this is a podcast!)*

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