



## Guidelines for Preparing Posters

Poster exhibition is an important vehicle for presenting research information and results. The poster has many advantages, despite difficulties of preparation, and can have a greater influence than images fleetingly glimpsed on a screen during an oral presentation. The following guidelines should help you prepare effective and successful posters.

### **The Abstract**

It should be informative and even speculative.

### **Preparing the Poster**

Take some time to plan your poster. This is extremely important as a poorly planned poster will be obvious to all. Think about the what(s), how(s), and why(s) of the work you are doing. Ideally you should have done this throughout your research. You need to design your poster to be as eye-catching and attractive as possible. Poster design is a personal matter and individuals have different views on how best to present information. The basic rule is to keep it simple, do not clutter, do not include unnecessary data, make everything bold and large, and try to get your message across, even to the non-experts in your field.

### **Figures and Photographs**

The larger the better. Cut the number to the minimum, but make sure that they are really good quality.

Labels or arrows should be bold and easily seen. Use contrasting letters as it is frustrating for the viewers to search for letters that appear camouflaged.

Colors should be used to emphasize and add interest, but avoid garish colors. Enlarged colored prints are extremely attractive in posters. A mixture of different colored backgrounds can also be very effective; however, too many colors or too many type styles can be confusing to those reading the poster information.

### **The Title**

Use the title to get the attention of the viewer. The title must be large and clear to be read from about 2.5 m. The title should be short and the letters should be bold, preferably solid-block and at least 5 cm high. Do not use all upper case letters as it will be more difficult to read. A sans serif style, such as Helvetica or Arial, is recommended. Do not use more than two font types as it will be distracting.

Some authors include the logo of their institution or organization and their own photo, which can be very helpful if the author is to be identified at the poster session.

### **The Text**

The text should be concise, legible and easily comprehended. Traditionally, the poster should include an abstract, short introduction, aims of the study, results and discussion. These can be presented as short 'bullet' lists. Do not overwhelm the viewer with masses of tables and data. Quantitative data can be presented as histograms or line graphs. The lettering of the text must be

large and legible at up to 2 m. The overall format and display of the poster: title, abstract, text and figures.

### **Miscellaneous**

- Don't leave everything until the last minute.
- Check your spelling.
- Maintain a consistent style.
- Remember that you are telling a story, but be brief and to the point.
- Sometimes it helps to utilize arrows to direct attention to the sequence of the presentation.
- Make draft versions of your poster sections and check them for mistakes, legibility and inconsistency in style.
- Have a colleague review the poster.
- Don't ever expect anyone to spend more than 3-5 minutes at your poster. If you cannot clearly convey your message in less time than this, chances are you have not done your job properly.

### **Transporting the Poster**

If you have laminated your poster, you will just need to come and hang it up. This may mean carrying a sturdy, protective poster tube. Make sure you have identification (both home and destination) on your poster tube in case it is lost or left in an airplane's overhead storage area.

It is much easier to transport a poster that has been prepared on cards that fit into an oversized envelope that you can place at the bottom of your suitcase and pin up on arrival. It is vital that they are well mounted on cards to ensure that they lie flat. By far the best means of mounting involves use of a dry-mounting spray; these give the most professional finish. You may wish to put your name on the reverse of each card as well as an order number.

If you are transporting your poster in your luggage, be aware that luggage has been known to get lost. It might be a good idea to make a duplicate poster and leave it in the care of someone who you can be in touch with easily and who can ship it to you via overnight delivery.

### **Poster Space**

Poster boards at conferences in the U.S. typically measure 8' (2.44 m) wide x 4' (1.22 m) high. Each presentation is allowed half of one side (4' x 4' or 1.22m x 1.22 m). Tacks are provided to hang posters.

Frequently poster presenters attach an envelope to the board containing their business cards or other information (e.g., internet address) they wish to provide.

### **The Poster Session(s)**

The authors are requested to stand by their posters during the poster session for discussion and questions. Don't stand directly in front of your poster at the session and don't become so engrossed in conversation with any single individual that you (or they) accidentally prevent others from viewing your poster. Give people reading your poster some space, but don't ignore people who look as though they may have some questions.

If several poster sessions are planned, please follow instructions regarding the removal of your poster so that the next session's presenter does not have to remove your poster before hanging theirs.