

**ResilienceCon Online
Coaching Sessions
March 19 & April 2, 2021**

Life Paths Research Center

ResilienceCon Online
Tips on Setting Up Your Space:
Lighting, Backdrop, & Clothing

12:00-12:30

Sherry Hamby, Ph.D.

Life Paths Research Center

Lighting & Camera Considerations

- In terms of setting the scene, the most important guideline to remember is that cameras are not as good as eyes. They don't pick up as much light and can't handle contrast as well. So, we must help the camera!
- Avoid backlighting
- Be sure you have relatively bright (but not harsh) light
- Consider the tone of your light
- Consider the position of your camera
- Sit at least a couple of feet from the camera

Backdrop

- Think of your space like a set. You have been cast in the role of scholar. What makes you look like a scholar?
- Blank walls and blank doors are not exciting
- Consider adding props to communicate your personality or values
- We do not forbid virtual backgrounds, but we do not recommend them

Clothing

- The classic choice is a solid blue
- Avoid prints—especially stripes
- Avoid reds and oranges
- Be cautious with black
- Layers will add, well, layers
- Consider the contrast with your background
- For jewelry, the main consideration is that it won't touch your microphone
- You want your clothing to complement your face

Putting Together and Impactful Online Talk

12:45-1:15

Sherry Hamby, Ph.D.

Life Paths Research Center

Overall Presentation Tips

- If you use slides, simplify them. This is always good advice, but even more important online.
- People will be attending using a range of different screens and screen sizes. For online presentations, it is even more important to:
 - Keep text and images toward center of slide.
 - Make sure all text and images are large enough to read on a laptop-sized screen.
 - Make sure there is good contrast. Generally speaking, a solid dark background (in blue, green, or similar) with light text will be easiest for people to read. Avoid fussy designs.

Overall Presentation Tips

- Use pictures! But be sure you have the legal right to use them! WE CANNOT POST ANY VIDEOS WITH IMAGES USED IN VIOLATION OF COPYRIGHT.
- My favorite sources of open-access photos are Pixabay and Unsplash. Wikimedia and Flickr have a lot of good ones too.
- In Google, if you are looking for an image, enter your search term (ex, rainbow), click on Images, and then go to Tools (all on the upper left quadrant of your screen). Under Tools, choose Creative Commons License.
- It's appropriate to give the correct citation for an image just as you would for a fact or research finding.

More Overall Presentation Tips

- Print a backup of your slides in case you have technical problems.
- Consider keeping a backup device handy (I use my phone as a personal hotspot when my wi-fi goes out).
- *Look at your camera when you are speaking.*
- Consider “Hide self view” option on Zoom
- Turn off desktop notifications, silence your phone, minimize background noises as you can
- Avoid animation and video. Streaming-within-a-stream can be shaky even with best connections.

Content Guidelines

- *Focus on your take-home message.*
- Just briefly describe your background and objective. For data-based talks, also keep the Method brief.
- Keep your content focused on your results (if you are presenting data).
- Don't show every statistic or analysis that you've conducted. Prioritize! Show us the most important findings.
- Discussion should focus on implications for practice and research—don't just repeat results.

**Practice,
Practice,
Practice!**

Orientation to ResilienceCon Session Formats

1:30-2:00

Liz Taylor, M.S.

Oakland University and Life Paths Research Center

All ResilienceCon Sessions Are Interview Based

- This is the “secret sauce” of ResilienceCon!
- Each session is divided into 3 sections.
 - The 1st section is 6-10 minutes per presenter
 - The 2nd section is an interview of the presenters conducted by the session host.
 - The 3rd section is an open Q&A with the audience.
 - The result is much deeper interactions, both with your fellow panelists and with the audience.
- All sessions will be live over Zoom.
- Posters will be displayed on Padlet.

Posters

- A poster is a visual presentation of a project. Poster sessions offer opportunities for informal interaction with conference attendees.
- For ResilienceCon Online, posters will be grouped into 5 themes during the session, for live interaction, as well as available online through Padlet. A Padlet link will be sent to you via email.
- Please save in pdf format.
- Please name your poster files NAME_FIRST 4-6 WORDS OF POSTER.
- We recommend a free Padlet account so your profile will show when you post and comment; go to <https://padlet.com>.

padlet



Life Paths Research Center · 1m

ResilienceCon 2021 Posters

Welcome to the ResilienceCon 2021 poster session!

Families and Children

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Melissa Beyer
Rya Buckley
Adora Choquette
Mary Hollingsworth
Diane Kegan
Madeline Manning
Edith Paré-Roy
Katherine Semenkovich
Shannon Shaughnessy
Hanna Sheddan

Add comment



Understanding Trauma & Risk

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Angela Bush
Frances Eby
Jenna Land
Sarah Mayville
Katelyn Mills
Noelle Mongene
Jennifer Murphy
Kari Thompson
Camie Tomlinson
Elizabeth de Wetter

Add comment



Youth and Schools

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Sandy Graham-Bermann
Nickholas Grant
Rachel Hanebutt
Arianne Jean-Thorn
Halee Porter
Elizabeth Ramsey
Kaytryn Robinson
Briana Scott
Karla Shockley McCarthy
Kayla Walsh

Add comment



Exploring Resiliency

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Heba Afenah
Rufaro Chitiyo
Shelby Clark
Rosaura Gonzalez-Mendez
Margaret Kennedy
Logan Knight
Katherine Montgomery
Oscar Patrón
Ashley Prowell
Taylor Reid
Susan Yoon

Add comment



Preventions, Interventions, and Protective Factors

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Candice Crossnine
Matilde Diaz
Anthony Hanna
Jill Hoxmeier
Nick Manco
Danielle Piggott
Rachel Stobbe
Marcela Weber

Add comment



Data Blitz Option for Poster Presenters

- Poster presenters can also indicate whether they would like to be considered for the data blitz.
- A data blitz gives each poster presenter 3 minutes, using a maximum of 3 slides, to present the key findings from their poster and encourage people to stop by and learn more about their study.
- The data blitz is primarily designed for students.

Breakout Sessions

- There are 4 types of oral breakout sessions. In 20X20 symposia, Perspectives symposia, and Hot Topic panels, there will be 3 to 5 people in each breakout session.
- Breakout sessions are divided into 3 sections. The first section is 6-10 minutes per presenter, the second section is an interview of the presenters conducted by the session host. The third section is an open Q&A with the audience.
- The result is much deeper interactions, both with your fellow panelists and with the audience.

20X20 Presentations

- 20x20 presentations are fast-paced slide presentations that are similar in style to TED talks. Each presentation is 20 slides set on a 20-second automatic advance. So, each presentation lasts exactly 6 minutes, 40 seconds.
- To set this:
 - 1) Select all slides.
 - 2) Go to Transitions.
 - 3) All the way on the right is “Advance Slide.” The default is what you are used to, On Mouse Click. Unclick that and instead click “After:” and set that to 20 seconds.
- The format favors slides that focus on a few (even 1 or 2) words or images, not densely packed text.
- 20X20 presentations are great for helping you to hone your key take-home messages. The fast pace creates a stimulating environment with maximum time for discussion.

Perspectives

- Perspectives are 8-10-minute talks in a more traditional format.
- We encourage you to use these to synthesize multiple data sources, discuss insights by placing your work in a broader context, offer “lessons learned” about methods, and elaborate on research, practice, and policy implications.
- We strongly encourage you to hone your take-home message and prioritize sharing the most important elements of your work (see Content guidelines).

Hot Topics Panel Discussion

- A 4-to-6-person panel on a current question in the field.
- These can be trending topics, controversies, or understudied issues (or all 3).
- The first section of these will be an opening statement, 6 to 8 minutes long, of the presenter's position, ideas, or information on a topic.
- This will be followed by the interview section.
- Typically, in Hot Topics panels, the host works in advance with the panelists to develop discussion questions.
- Most Hot Topics presenters do not use PowerPoint or other slides, although it is permitted.
- This is a chance to move beyond the constraints of data-driven presentations to talk about theory, brainstorm about reconciling contradictory findings, or making new connections between research and practice

More Guidelines Are Available On Our Website

- <https://www.lifepathsresearch.org/guidelines-for-presenters-and-moderators/>

Questions?

- Thank you and see you soon!