Note from the Student Newsletter Editor and GSC Communications Officer

An Autumn Annum

By: Deborah O'Malley

It’s hard to believe that an entire year has already whizzed by! This publication marks the last student newsletter for 2007-2008.

As the Editor and Communications Officer, I’d like thank you for your valued readership. This year’s talented writing team, Natalie Dies, Shilpa Dogra, Andrew S. Levy and Amanda Rossi and I, sincerely hope you’ve enjoyed our student-friendly articles.

This last newsletter is entirely dedicated to conference tips and tricks—just in time for the upcoming CSEP conference (Oct. 15-18 in Banff, Alberta).

As you fall back into the swing of things, we wish you a great school year. Enjoy!

Cheers,
Deborah O'Malley

Call For New CSEP Members

With the approach of our ye arly CSEP conference, we are beginning the process of electing a new Graduate Student Committee (GSC). All current student CSEP members are invited to submit a nomination for a position on the 2008/2009 executive committee. To submit a nomination, send in a brief bio outlining why you want to be on the GSC, your academic history, leadership and committee experience. Please specify which position you are interested in.

Send all nominations and any questions to gscnews@csep.ca. Nominations are due by October 10th 2008.

There are 10 positions open on the GSC executive. The Chair-elect position is a two-year term while all other positions are one year (communications officer and eight member at large positions).

GSC Updates

Upcoming Conferences

By: Andrew S. Levy
As a student pursuing exercise physiology, the following is a list of upcoming conferences that may be of interest to you:

**Canadian Society for Exercise Physiology (CSEP)**  
October 15-18, 2008  
Banff, Alberta  
Abstract submission is closed; registration is still open. Book now!  
[http://www.csep.confmanager.com](http://www.csep.confmanager.com)

**Ontario Exercise Physiology Conference (OEP)**  
January 2009  
Barrie, Ontario  
[www.csep.ca](http://www.csep.ca)

**Atlantic Provinces Exercise Scientists (APES)**  
March 2009 – Dates and location to be determined

**Experimental Biology Conference**  
April 18 – 22, 2009  
New Orleans, Louisiana  
Abstract submission deadline: November 5, 2008

**American College of Sports Medicine (ACSM)**  
May 27 – 30, 2009  
Seattle, Washington  
[http://www.acsm.org/AM/Template.cfm?Section=Annual_Meeting2](http://www.acsm.org/AM/Template.cfm?Section=Annual_Meeting2)  
Abstract submission deadline: November 3, 2008

**International Biochemistry of Exercise Conference (IBEC)**  
June 2-6, 2009  
Guelph, Ontario  
[http://www.uoguelph.ca/~ibec09/index.shtml](http://www.uoguelph.ca/~ibec09/index.shtml)  
Abstract submission deadline: November 1, 2008 to March 31, 2009

**Exercise Physiologists of Western Canada (EPOWC)**  
Summer 2009 – Dates/location to be determined  
Hosted by University of Manitoba  
[www.csep.ca](http://www.csep.ca)

**Canadian Society for Exercise Physiology (CSEP)**  
November 11-14, 2009  
Vancouver, British Columbia  
Abstract submission not yet available for 2009

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**Student Award Winners**

No Ewoks at this EPOWC

*By: Natalie Dies*

Knowing that writing and reading was on the agenda for the summer, some decided to add traveling and presenting to the list while attending the 2nd annual Exercise Physiologists of Western Canada Conference (EPOWC). Hosted by the University of Saskatchewan, the conference was held in Saskatoon on August 7-9th.

Between the graduate students, professionals and CSEP Certified Exercise Physiologists (CSEP CEPs), there were 50 people in attendance. In addition, three keynote speakers were...
Graduate Student Survival Guide

The DO’s and DON’Ts of an Oral Presentation

By: Amanda Rossi

If you’re presenting at the upcoming CSEP conference, or any other conference this year, you might be wondering what exactly you should and shouldn’t do to ensure a smooth presentation.

Fear not. The list below offers an invaluable set of presentation “do’s and don’ts”.

Follow these tips to wow your audience!

**DO** project your voice. Speak slowly, clearly and loud enough for the entire crowd to hear you.

**DON’T** speak towards the screen or in any direction away from your audience. (It is acceptable to momentarily turn away in order to find your way around the screen with a laser pointer. . . Keep reading for tips on laser pointers).

**DO** get a good night’s sleep the night before.
DON'T stay up the whole night preparing your slides... which means you DON'T want go out drinking the night before. Aside from the obvious impairments excessive alcohol consumption will cause, you’ll be dehydrated and probably won't be able to speak well.

But, just in case you do decide to go partying the night before a big talk...

DO drink lots of water afterwards. And, make sure you’re properly nourished. After all, your brain has a lot of work to do!

DON'T read off your slides... Use them as guidelines for your thoughts.

DO pause when you are trying to emphasize a point. Give your audience a moment to absorb the information or concepts you’re describing.

DON'T dwell on mistakes or make them more obvious by unnecessarily apologizing.

DO dress for success.

BUT

DON'T over-dress or under-dress. Business casual is usually appropriate. Remember, you’re not going to the prom (That was about 10 years ago... you had your chance and it's gone now). However, you’re not going to the movies either (Who are we kidding? Grad students don’t have time for movies!)

DO include pictures to offset the text. Text on its own can be boring. Make the slides attractive. But be sure that the pictures are appropriate, relate to the content, and aren’t too colourful or cumbersome. You want to make the slides attractive and tasteful, not tacky.

DON'T include too much material into your presentation. Limit the content to what is relevant. Be concise and make your point. You don’t want to bore your audience or lose their attention. This will also help with respecting time limitations, if there are any.

DO use a laser pointer when you address a particular graph/image/text on a slide. Your listeners will be able to follow your ideas much easier and you won’t have lost their attention while they were trying to figure out what you were talking about.

DON'T use the laser pointer unnecessarily. Let go of the little red button!! You’ll confuse the audience and even annoy them.

DO smile. If appropriate, you may even make a small joke—but nothing too distracting.

DON'T picture everyone in their underwear. It doesn’t work!!

DO visualize a successful presentation... and THINK POSITIVE!!

DON'T hesitate when you’re asked a question. Take a few seconds to gather and organise your thoughts, and then deliver your answer. You definitely don’t want to rush into a response, get your thoughts mixed up and... well... you know how it goes from there.

DO learn from your mistakes. When all is said and done, reflect on what parts you feel went well and where you may have performed unsatisfactorily. Make a list, check it twice and improve on those aspects for your next presentation. Also, try to get some feedback from your supervisor, colleagues and fellow graduate students.

GOOD LUCK!
It’s Conference Time!

By: Shilpa Dogra

As grad students, we have few chances to brag about our “career”. But we make up for that twice a year by going to conferences!!!

With the end of the summer comes conference season. In this season, you will find conferences such as NASSO (North American Association for the Study of Obesity), SCAPPS (Canadian Society for Psychomotor Learning and Sport Psychology), and our very own CSEP (Canadian Society for Exercise Physiology). This year CSEP is being held in Banff Alberta, and although abstracts were due eons ago, registration is still open.

Conferences can be pricey, but they are well worth the expense. Conferences are your chance to:

- **Network**: Conferences are a great time to meet with people you are interested in working with in the future. If there is someone you are specifically interested in speaking with, send them an email a couple of weeks ahead and set-up a meeting or coffee date for the first day of the conference. Meeting will allow you to discuss business in a more official setting, but also allow you to hang out with them at some of the social gatherings. Don’t limit yourself either; make sure to introduce yourself to all of your research heroes. At the very least, make sure you are present and getting out there for the banquet and awards nights, instead of catching up on your favorite soaps in your hotel room.

- **Improve your presentation skills**: Annual Conferences are a great time to get up and present your work. The sessions are usually set-up so that you are presenting to people directly involved in your field. Although this may add to the pressure, you are likely to recognize some friendly faces in the crowd at smaller conferences such as CSEP. If a presentation is too intimidating, start with a poster, but be sure to pick it up a notch next year, and stand up in front of the crowd.

- **Update yourself on the latest and greatest**: Conferences are an academic crash course! You can update yourself on the latest developments in the field in a matter of three days. More importantly, you can learn about the advancements in related fields. Attending sessions that aren’t directly related to your research helps you expand your own knowledge base and also opens the doors for future collaborations.

- **Travel the world. . . continent**: Some of you will have the opportunity to attend international conferences, however, as grad students, most of us will be confined to this continent. But take solace in the fact that most conferences move around from eastern to western Canada, or northern to southern USA, giving us the chance to discover places close to home. If you have the time, be sure to stay an extra day or arrive a day early!

- **Get away from work**: We all need a break once in a while. Conferences force us to take some time away from our desks and perhaps discuss our roadblocks with colleagues over a drink. Although conferences are technically work related, they help us get away from our usual routines, and also give us that extra push to get things done before we take off.

Overall, conferences are a great place to work on professional development, a time to have fun with your colleagues and learn a little something too. They are also a time to see your supervisor and other mental giants in a whole new light. If you haven’t had the chance to attend, I hope to see you all in Banff this October!

And don’t forget:
Season II brings ACSM (American College for Sports Medicine), NASPSA (North American Society for the Psychology of Sport and Physical Activity), and IBEC (International Biochemistry of Exercise Conference). Abstracts for these conferences will be due soon, so be
Graduate Student Positions in Pulmonary/Exercise Physiology

The University of Alberta

Graduate student positions are available in the Pulmonary Division within the Faculty of Medicine and Dentistry at the University of Alberta in Edmonton, AB.

Our group is interested in:

1. Chemoreceptor control of cardiovascular function in health, heart failure and chronic obstructive pulmonary disease;
2. Mechanisms and consequences of exercise-induced intra-pulmonary shunt; and,
3. Health outcomes from pulmonary rehabilitation in patients with chronic lung disease.

Applicants with an interest in integrative, pulmonary, cardiovascular or exercise physiology are invited to contact: Dr. Mike Stickland by email: michael.stickland@ualberta.ca

Interested applicants are strongly recommended to set up a meeting time at the upcoming CSEP conference in Banff.

For additional information students may visit: http://www.departmentofmedicine.ualberta.ca/prg/stickland.html

Piled Higher and Deeper

“Piled Higher and Deeper” by Jorge Cham www.phdcomics.com

Want to send us suggestions or comments? Contact us at gscnews@csep.ca

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