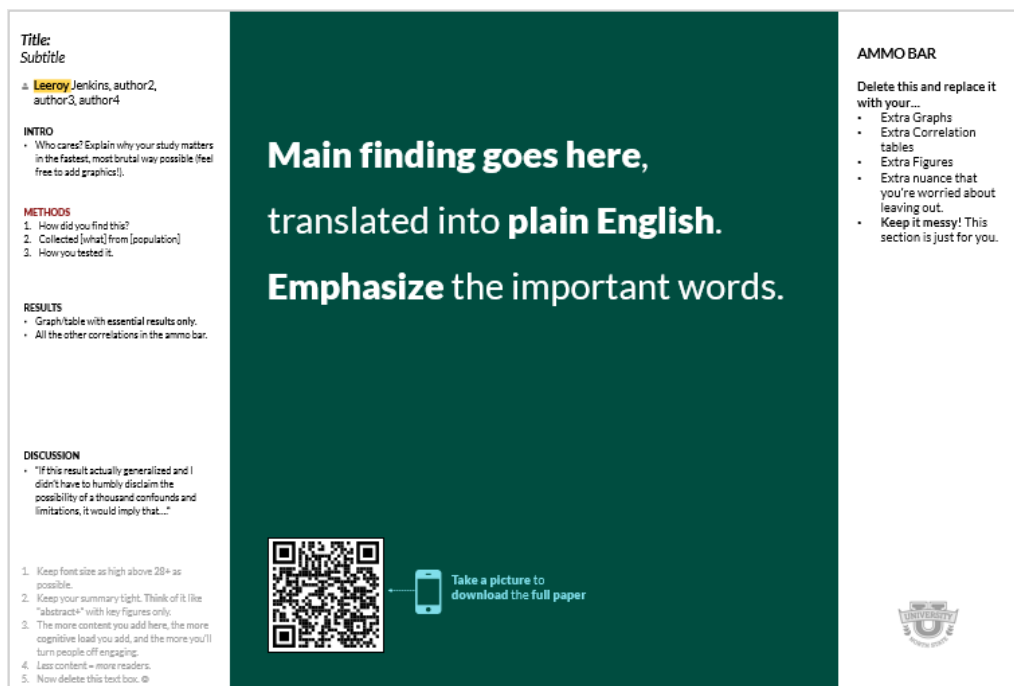


Create a Better Poster!

Do you need help creating your ePoster? Do you want to engage more with conference attendees during your poster session? Has your organization been using the same poster template for 20 years? If your answer is yes to any of these questions, keep reading as we've got some great resources and templates that will help you create a better poster in less time.



Tips

- ✓ Put your main finding in big type and plain language
- ✓ Get comfortable with negative space - even up to 40%
- ✓ Use colors that complement/repeat colors from a key graphic/image
- ✓ Think of your poster as a brief visual story that can be absorbed from 6 feet away
- ✓ If you're having trouble fitting all the text in, you're using too much text!
- ✓ Use only essential figures and data and keep it skimmable
- ✓ Use a QR code to share more detailed information



American Society of Regional Anesthesia and Pain Medicine

Resources

How to create a better research poster in less time (including templates):

<https://www.youtube.com/watch?v=1RwJbkhCA58&feature=youtu.be>

Mike Morrison's Twitter feed with examples of posters: <https://twitter.com/mikemorrison>

Making a better research poster: https://www.youtube.com/watch?v=AwMFhyH7_5g

Templates

These templates have How To's built into them including key areas to include and links to resources like creating a QR code. Click the download icon to download the templates.

<https://osf.io/6ua4k> (landscape version, preferred)

<https://osf.io/q6xsm/> (portrait version)

<https://asraonline.egnyte.com/dl/a46eshq1T1>

Research

1. Writing for comprehension

<https://www.nngroup.com/articles/inverted-pyramid>

2. Plain language is interpreted faster

<https://www.nngroup.com/videos/plain-language-for-experts/>

<https://www.nngroup.com/articles/plain-language-experts/>

3. Interaction cost

<https://www.nngroup.com/articles/interaction-cost-definition/>

4. Effective designs minimize cognitive load

<https://www.nngroup.com/articles/minimize-cognitive-load/>