



Progress In the Theme Childhood Diseases (PITCH) Seminar Internal Guide

PITCH (**P**rogress **I**n the **T**heme of **C**hildhood Diseases) is a local seminar series supported by the Childhood Diseases Theme, running almost every other Wednesday from 9 to 10 am (September-June). The seminar series increases networking and knowledge exchange for researchers at the BC Children's Hospital site by providing a venue to share expertise, build collaborations, and catalyze research progress.

Audience

The audience is broad, with clinical and basic researchers in the general areas of cancer, diabetes, immunology, and rare diseases. Presenters are encouraged to keep this in mind while planning their talk, and try as much as possible to make the presentation accessible to non-specialists. The average weekly attendance is 50 individuals; including PIs, trainees, and staff.

Format

The format for internal speakers is two 25-minute talks with 5 minutes for questions after each talk. Guest presenters outside the Childhood Diseases Theme will often get the whole hour, with 50 minutes for presentation followed by 10 minutes for questions and discussion. Coffee and baked goods are provided.

Location

Room 2108 at the BC Children's Hospital Research Institute (formerly Child and Family Research Institute), 950 West 28th Avenue, Vancouver on the campus of BC Children's Hospital and BC Women's Hospital & Health Care Centre.

Benefits of attendance

PITCH encourages a culture of multidisciplinary research, and by attending seminars that do not directly relate to your group's research, you can learn about different techniques, analyses, instruments, and approaches that could also benefit your research.

In addition, by signing in at the PITCH seminars, the top attending trainees (Masters, PhD students, and postdocs) will enter a draw for travel awards from the CD Theme, to attend an internationally recognized conference.

Audiovisual equipment

Room 2108 is equipped with hybrid facility and overhead projector. Presenters are encouraged to bring their presentation on a USB. For presenters who prefer to use their own laptop, please bring an adapter.

Feedback for Trainees

All trainee presenters will be given anonymous feedback via evaluation form from PIs in attendance. The forms are not shown to anyone else and are emailed to the presenter by the Research Coordinator at the end of the session.

Advertising the talks

Presentation information is posted on the PITCH internal website, in the Faculty of Medicine events newsletter, on video screens in the BC Children's Hospital Research Institute, and emailed to Childhood Disease Theme members.

Presentation tips

- **Language**
 - Speak up! You should project more than your normal speaking voice, as you are talking to someone at the back of the room.
 - Most of the audience will have a graduate-level science background, but will not be specialists in your field. Avoid jargon and over-use of acronyms.
 - Remember to define uncommon terms or techniques for those outside of your field.
 - Simplify language where possible.
- **Audience engagement**
 - 1-2 slides at the beginning to introduce the audience to your project is suggested.
 - Set up your slides to tell the story; (1) the questions your research aims to answer (2) what you've done and (3) how this answers your questions, and/or raises more questions.
 - Stick to highlights to keep the audience engaged. You can always include additional data at the end of your slides in case you anticipate questions about certain data, or are given the option to expand on it.
 - If you want specific feedback, be sure to tell the audience- asking for input or advice with certain results or techniques.
- **Slide design**
 - Estimate 25 slides for a 25-minute talk: 1 minute per slide.
 - Each slide should be a single message unit.
 - Do not over-design your slides.
 - Use visualization over text where possible- do not read word-for-word the sentences you put on the screen.
 - Do not have fonts smaller than 16 point for statements and graphs.
 - Minimize clutter. Multiple graphs (e.g. flow cytometry) shrunk to a single slide will be too small to see any significance from the back of the room.
 - Use color (smartly). Color coding can be helpful. However, avoid red & green to signify differences where possible, as color-blind people might find this difficult to differentiate. Patterns and shape markers are a good alternative.
- **Practice**
 - Run through your talk a few times, including recording your time. Sticking to your time will avoid rushing through final slides of data and missing out on question time.
 - Check your spelling during your practice.
 - If you have a video, ensure they are correctly embedded to play.
 - Arrive early if possible (the Research Coordinator will be there at least 15 minutes early to set up) so you can ensure your slides haven't reformatted while uploading- you will need to bring your presentation on a USB.

If you have any questions or feedback, please contact the Theme Research Coordinator Momina Masud (Momina.Masud@bcchr.ca) with any questions.