

Tips on ... getting the most out of conferences and seminars

Mark Griffiths

Be pro-active – Although this is easier said than done, attending a conference should be an *active* experience. Do not wait for things to happen.

Plan ahead – It is very easy when attending your first few conferences to be ill-prepared. Decide on your goals and try and accomplish them before the conference ends.

Get business cards printed – Nowadays, business cards are a necessity rather than a luxury. They are – and will – come in useful. Make sure your e-mail address is on.

Take a notebook and/or a pocket tape recorder – Don't depend on your memory to follow up leads and contacts. You may think 'I won't forget' but you'll be surprised how often you do!

Take note of other things being advertised – One conference often leads to others. Take note of new books, new jobs, similar conferences, etc.

Get to all the key sessions and workshops – Remember you (or your employer) have paid to go to a conference so make sure you get your money's worth!

Get yourself onto mailing lists – Whether it's books, computer software/hardware and/or research networks, make sure you get involved. The exhibition hall is usually a good place to start!

Dress comfortably – Although you will want to be smart, wear what's comfortable for you.

Make the most of it – Remember why you registered, i.e., to see speakers, to gain information, to meet new people.

Go to the social events – Most conferences have wine receptions and/or scheduled excursions and these are 'easy' ways to meet new people.

Correspondence

Dr Mark Griffiths

Professor of Gambling Studies,
Psychology Division, Nottingham Trent
University.

E-mail: mark.griffiths@ntu.ac.uk