



Welcome to the APOS Annual Conference: Tips for First-Time Attendees

Attending the APOS Annual Conference for the first time? Congratulations! Whether you're here to network, learn, or share your work, this guide will help you navigate the event and make the most of your experience.

Before the Conference

1. Plan Your Schedule

- Review the conference agenda on the APOS website and highlight sessions, workshops, and keynotes relevant to your interests. Use the conference app to organize your schedule and set reminders for must-attend sessions.

2. Set Goals

- Decide what you want to achieve. Are you here to network, explore research, or promote your work? This focus will guide your decisions during the event.

3. Connect Early

- Connect with other attendees on the conference mobile app or on social media using the official conference hashtag. Consider joining any pre-conference sessions to meet participants and start building relationships.



4. Pack Strategically

- Essentials: Comfortable shoes, a notebook or tablet for taking notes, and a reusable water bottle.
- Tech Tools: A fully charged phone, portable charger, and conference app.
- Clothing: Dress in business casual. You'll want to stay comfortable and prepared for long days of sessions and networking

During the Conference

1. Check In and Explore

- Arrive early to check in, collect your badge, and familiarize yourself with the venue. Locate key areas like session rooms, lounges, and the exhibit hall.

2. Attend First Timer and Social Events

- Join first-timer and social events like the Meet & Greet Coffee Session and Welcome Reception on the first day to meet other newcomers and learn how to navigate the conference. These settings are great for building relationships and discussing ideas in a relaxed environment.

3. Make the Most of Sessions

- Arrive early for popular sessions to secure seating.



Take notes during talks, and don't hesitate to ask questions or follow up with speakers afterward.

4. Network Effectively

- Approach people during breaks and social events. Introduce yourself with a concise elevator pitch” about your background and interest. Exchange contact information and follow up post-conference.

5. Visit Exhibits and Posters

- Visit booths and poster sessions to learn about the latest innovations and meet professionals in your field.

After the Conference

1. Follow Up

- Continue fostering new connections with APOS members and attendees by keeping the conversation going on shared insights you discussed during the event.

2. Reflect and Share

- Summarize key insights from the conference and share them with your colleagues to solidify what you've learned.



3. Stay Engaged

- Consider joining committees or volunteering to stay active in the community year-round.

Final Thoughts

Attending the APOS Annual Conference is an opportunity to grow professionally and expand your network. By preparing in advance, staying engaged during the event, and following up afterward, you'll set yourself up for a rewarding experience.

We look forward to seeing you at the conference!