

ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΕΣΣΑΛΙΑΣ

Μεταπτυχιακό πρόγραμμα “ΑΣΚΗΣΗ ΚΑΙ ΥΓΕΙΑ”
Μάθημα: Μεθοδολογία παρουσίασης δεδομένων και
συγγραφής της διατριβής



Τίτλος Διάλεξης: Προφορική Παρουσίαση & Συνέντευξη – Μέρος 2ο

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Lecture in tips

- **Oral Presentation**
 - in scientific meeting – hard science
 - in public – soft science
- **Job Interview**
 - in academia
 - in private sector

Scientific Oral Presentation

- It is important to remember that
 - you have only 10 minutes to tell your **STORY**
 - You don't have time to cover your mistakes or repeat your talk
 - If you can not say it... write it
 - People want to see your data & hear your explanation and finally
 - Nobody is going to stone you
- **Your appearance**
 - Should be professional (unless you already established so you can look like teenager)
 - Do not walk up and town

Scientific Oral Presentation

- The structure of your presentation
 - looks like your abstract
 - contains: introduction, methods, results, discussion and acknowledgement
 - contains more details in methods if you have used something really novel
 - and more details in results and discussion
 - for **10 min presentation** you need approximately **10 SLIDES**

Scientific Oral Presentation

- If you have an accent...especially Greek, then read your slides
- The most important is that your audience “gets the message”
- Speak slow and clear
- Use a laser point – if your hands are shacking then use the mouse
- Keep the same style and background for all of your slides – do not confuse and distract your audience
- Instead of title on your slides you can use the main point of your talk (see examples later)
- Use references only when is important

Scientific Oral Presentation

- First page of your presentation
 - Title of your presentation
 - Contributing authors and affiliations
 - Your institution
 - The title of the conference
 - A nice photo or picture from your research or your university
- First word of your presentation
 - “Dear chairman, ladies and gentlemen, thank you for the opportunity to present my work. My presentation is dealing with...”

Example

MUSCLE SPECIFIC STRENGTH, INTRAMUSCULAR ENERGY METABOLISM, AND OTHER INDICES OF MITOCHONDRIAL FUNCTION ARE NOT ALTERED IN HIV-INFECTED PATIENTS WITH MARKED PERIPHERAL LIPOATROPHY

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Scientific Oral Presentation

- Introduction
 - Only one slide with key-point info (the audience knows about your topic)
 - Use references when is needed
- Aims
 - State why you did the study – is very important to say what is your hypothesis (one slide)
- Methods
 - Briefly state what methodology you have used to produce your data – if your methodology is new then you can use some extra space (one or two slides)
 - Describe the statistics you uses if is not obvious

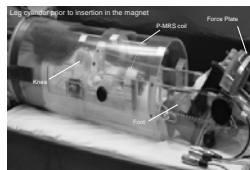
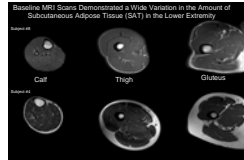
Example

BACKGROUND

- It has been suggested that lipodystrophy (LA) in patients with HIV infection may be a manifestation of mitochondrial toxicity (Birkenmeier et al, Lancet 1999).
- Mitochondrial damage has been seen in muscle tissue obtained from HIV-infected patients with peripheral lipodystrophy (Ziara et al, AIDS 2001).
- The relationship between the presence of LA and abnormalities in muscle strength and intramuscular energy metabolites has not been studied in patients with HIV infection.

EXPERIMENTAL APPROACH

- To determine the relationship, if any, between the presence of LA and alterations in mitochondrial function, we compared measures of muscle specific strength and intramuscular energy metabolism in HIV-infected men with and without objective evidence of severe LA.
- Subjects for each subgroup were selected from a cohort of individuals undergoing baseline magnetic resonance imaging (MRI) and spectroscopy (MRS) studies and DEXA prior to a trial of creatine treatment.



Scientific Oral Presentation

• Results

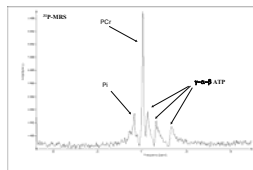
- Use fewer sentences and more tables and figures
- This is the time to speak and explain what your data shows
- Use your best figures to present the main point of your research
- Avoid complicate 3D illustration – can confuse the audience

Example

Subcutaneous Adipose Tissue (SAT) in the Right Lower Extremity by MRI

SAT is the sum of subcutaneous adipose tissue area on slices obtained from the right calf, thigh and gluteal region

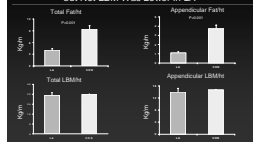
Region	LA (n=6)	CON (n=6)	P-value
Calf SAT (cm ²)	3 ± 1	12 ± 1	<0.001
Thigh SAT (cm ²)	33 ± 3	103 ± 10	<0.001
Gluteus SAT (cm ²)	44 ± 3	100 ± 9	<0.001



Specific Strength in the Tibialis Anterior Muscle Was Not Lower in Those with LA

Variables	LA (n=6)	CON (n=6)	P values
Cross-sectional area (CSA, cm ²)	19 ± 1	11 ± 1	NS
Maximal voluntary contraction (MVC, N)	243 ± 23	269 ± 9	NS
Specific strength (MVC/CSA, N/cm ²)	24.4 ± 1.8	25.1 ± 2.5	NS

Total Body and Appendicular Fat (by DEXA) but Not LBM Was Lower in LA



Scientific Oral Presentation

• Discussion or “in conclusions” or “in summary”

- State the main point of your talk
- Use one or two slides
- Acknowledgments
 - don't forget to thank all those who helped you
 - those who funded you
 - the lab or hospital you performed the research
 - this is the place to put something funny if you want

and of course your mum.....☺

Scientific Oral Presentation

SUMMARY AND CONCLUSIONS

- When studied under resting conditions, no differences in muscle specific strength or energy metabolism were found in HIV-infected patients with lipotrophy in comparison to non-lipotrophic HIV-infected controls.
- Although no differences were seen between these HIV+ subgroups under resting conditions, these results do not exclude the possibility that muscle function might be altered under conditions of exercise or in comparison to healthy HIV-negative controls.

Acknowledgments



Scientific Oral Presentation

- Keep some extra slides at the end to answer potential questions
 - create some more table with extra data
 - have some extra photos from your “equipments used”
 - Keep your extra references there in case you need to use them

Public Presentation – Soft Science

They don't care about...

- Your audience is not scientist
- They don't care about mean \pm SD and statistics
- They don't understand very well complicated graphs
- They don't know what is PCR or agarose gels
- Methodology can be described as “work in the lab”
- They don't want to know details about animal experiments
- They don't want to see huge tumors and broken legs

Public Presentation – Soft Science

However, they do care...

- What are you doing that is going to affect them
- How your research is going to help them
- What your data shows: works or not!
- When is going to be ready and available for the public
- What are the side effects
- How much is going to cost
- When is going to be available in GREECE

Public Presentation – Soft Science

Structure of your presentation

- Introduction info (in simple words)
- General principal of your methodology
- What your data shows and how important it is
- How these results are going to affect the public's life
- Info about the side effects and costs
- Summary and acknowledgments

- Here is the place you can be funny with photos and videos

Job Interviews

- | | |
|-----------------------|-----------------------|
| • In Academia | • In Private Sector |
| – Connections | – Connections |
| – Publications | – Previous Experience |
| – Citation Index | – Ambition |
| – Funding | – Team Player |
| – Teaching Experience | – Hard Player |
| | – Hard Worker |
| | – Highly Motivated |

Job Interviews – two ways to get prepared

- To be confident in your abilities and to be yourself

- or

- To be prepared by practiced and scripted responses

Job Interviews – some common questions

- Tell us about your self
- *What have you done of which you are most proud*
- Where do you want to be in 5 years from now
- How do you handle pressure and stress
- What is your greatest weakness

Bad Things Happen

A major part of success - any success – is flexibility

- You'll need to be ready to bounce in just about any direction depending on how things play out during the day

Job Interviews – some difficult questions

- With such an obviously bright mind, why would you want to work here
- Would you work with a gay colleague
- Personal questions like: how old are you, why you don't have children yet, are you on a diet, which party do you vote for etc

Job Interviews – Prepare yourself

Ask yourself key questions:

- What ultimate outcome are you hoping for (what kind of job are you looking for)
- What information do you need to achieve this outcome?
- Do you need to know who is hiring
- What credentials are they looking for
- How you can help yourself stand out from a crowded field of potential job applicants

Job Interviews – get your connections

It's time to find people to talk to

- Who is likely to have the information you need
- Which of them are likely to be willing to talk to you

The answers to these questions will depend on what sort of job you're seeking and what kind of information you need

It will also depend on what position you're in.

Use all available resources--telephone books, alumni associations, career offices, friends, colleagues ... anyone or anything you can think of

Summary

For the presentation

- You have little time to tell your story
- If you are nervous, stay behind the podium and read your presentation
- Speak slowly and clear
- Smile is free of charge

For the interview

- Prepare your self for the common questions
- and also for the uncommon one
- Be relaxed and smile
- Be flexible and think that nothing will make you unhappy
- Humor is always a...plus