Poster presenters should all submit two-minute videos as .mp4 files.

The video should summarize your poster so that meeting participants can decide which posters interest them most.

The file must be less than 40 Mb. in size (This should not be a problem; most will be less than 5 Mb.) and the playing time must be less than 2 minutes (120 seconds) in duration. The following instructions are for your benefit; you are free to use whatever software you like to make your video.

All of the video presentations will be shown together, prior to the poster session. At the poster session, you will have an opportunity to present your work to a small group in an interactive forum.

Instructions for recording your video using Zoom:

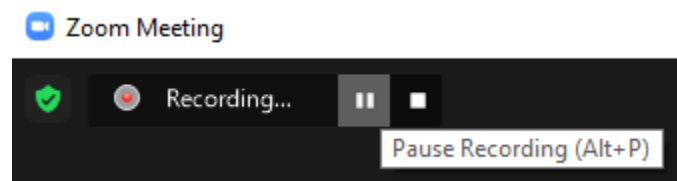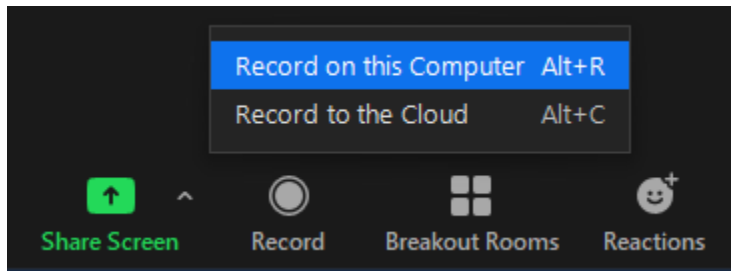1) **Start a new meeting**. You can do this by opening Zoom and selecting "new meeting"

2) Start the meeting ("Join with Computer Audio")

3) If you set the meeting up to record automatically, pause immediately (upper left)
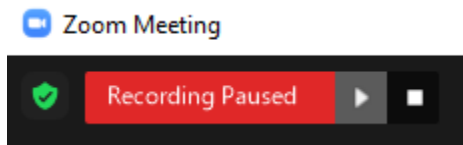

4) Share your screen and select your presentation.
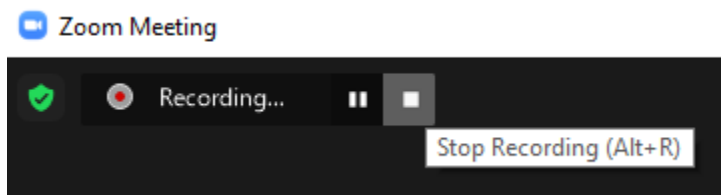
5) Once you are ready to go, begin recording,
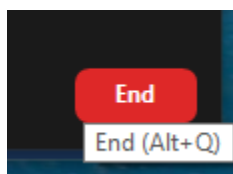

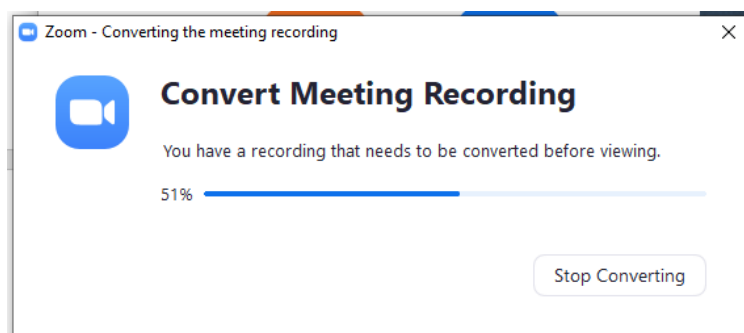or resume recording
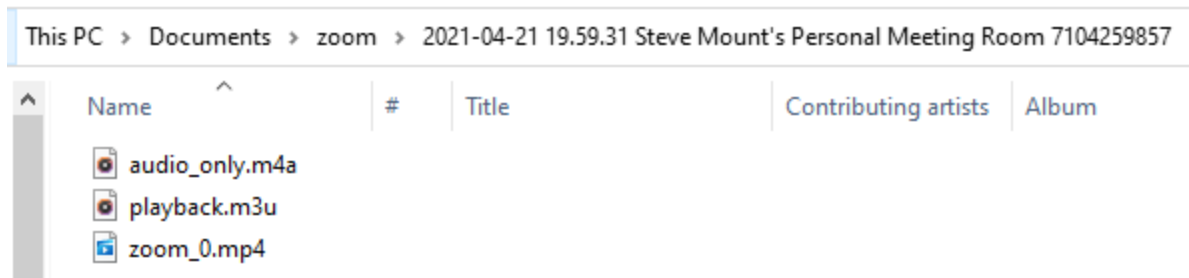

6) Give your talk.

7) At 1:55, stop recording.

8) End meeting

9) Allow the recording to be converted and locate it on your computer.

10) Review the video, rename it with your name (lastname_firstname-whatever.mp4) and upload it.

You will be given instructions for uploading your video.

Pro tips:

1) Leave space on your slides for a headshot (your Zoom window) and controls. They will show up on the video and you don't want to block text or images in the presentation.
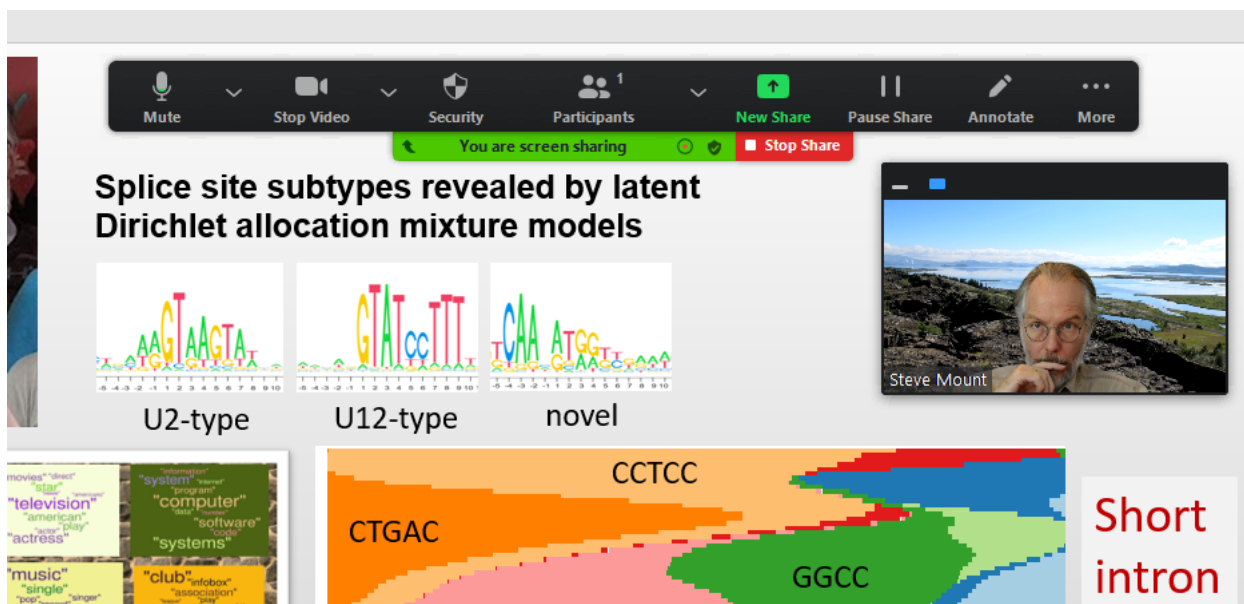
2) Avoid trying to put too much data into your presentation. Don't include more than people can absorb in two minutes. One slide with too much information at a very small scale is far worse than three or four slides with simple text and legible images.