

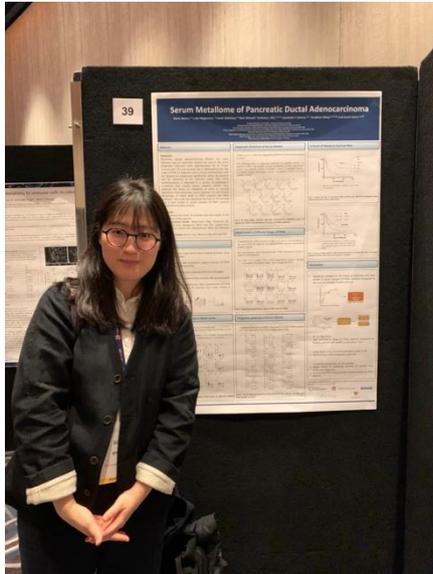
NSW Cancer Conference 2022 Conference Report

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Position & Affiliation: Masters Student

Full Reference: Sooin Byeon, Luke Hipperson, Sarah Maloney, Ross Wenzel, Anthony J Gill, Jaswinder S Samra, Anubhav Mittal and Sumit Sahni. *Serum Metallome of Pancreatic Ductal Adenocarcinoma*

Presentation Type: Poster



The NSW Cancer Conference was such a great experience for me, it was especially more memorable for me as it was my first time presenting my work at a conference. I felt overwhelmed by the number of people at first when I walked in and doubtful of myself if could put my best foot forward when connecting with people from different institutions. My concern was quickly washed off and became less of a worry as I was making active interactions.

One of the biggest lessons I have taken from attending the NSW Cancer Conference is effective verbal communication skills. Some might find it odd that I learned a lot about communication skills, as the major focus is anticipated to be gaining research insights and connecting with other students and early-career researchers from different institutions. However, I believe that all these interactions and networking are based on an excellent ability to communicate effectively. Without it, it will be highly

challenging to initiate a conversation or keep it going smoothly, which may result in giving a bad impression or creating an awkward atmosphere. Before attending this conference, I have always found it hard to voice up among others and articulate the fear of how people will think of me and my project. Of course, this fear did not magically disappear after this event, however, it still made me understand that attendees are not to throw me off or to criticise my work, instead they are engaging and showing support and interest in my work. It also made me aware of what I am lacking and what I can improve on in communication manners, during my poster session. As getting towards the end of the conference, I could notice that I have gained much more confidence in communicating and networking with others, which added joy to socialising with being less self-conscious about how I was perceived by others. Additionally, I was also able to pinpoint what I need to work on in verbal communication, which made me more keen and look forward to the next opportunities where I could attend and present my work with more confidence and courage in myself.

The variety of research areas covered throughout the conference was another thing that highlighted my personal experience at the NSW Cancer Conference. I was grateful that different fields have been divided into separate rooms, which made it easier to cater a specific area for students.