

2025-26 CT HSSHS Requirements for the Poster Competition

The virtual poster competition includes three parts:

On Saturday, February 21, 2026, with the poster competition judges, **virtually**:

1. A 3-minute pitch of you explaining your project and poster
2. A 4-minute Q & A

On Saturday, February 28, 2026, with the symposium audience (not judged), **in person**:

3. An individual presentation (3 minutes), audience Q & A (approximately 3-4 minutes)

Important deadlines for uploading to 2026 CT HSSHS Presentation Submission Form:

<https://forms.gle/JsRuBHKkArG9j8cD6>

- **Abstract PDF (if updated since registering in the fall): by February 12, 2026**
 - See also "[CT HSSHS Abstract Preparation](#)" document.
- **Poster PDF: by February 15, 2026**

Poster Creation

- ❖ If you were giving a presentation standing next to a printed poster, your poster dimensions would be 36" high x 48" wide. Because you will be presenting your poster online or projected on a screen, you will not be printing it. However, you will still create the poster with that same "3 height by 4 width" ratio in mind.
- ❖ Create the poster in PowerPoint or Google Slides.
- ❖ Don't load it with text. (You want it to be viewable from a distance.)
- ❖ The title should be 72-point font. The student's name should be included, and the type size should be 48 points. All other lettering should be in 24-point font size.
- ❖ The poster should be balanced and organized in a logical, sequential order.
- ❖ To keep the amount of text to a minimum, use graphics, tables, charts, and graphs as much as possible to convey information. These graphic elements should be cited on the poster.
- ❖ Photographs and other illustrations may be used. Figures may be in color. All figures should be cited, even if you took the picture.
- ❖ Save the PPT slide to PDF for sharing.
- ❖ An example of what a poster could look like is [here](#).

Poster Pitch and Q & A with Judges (online the Saturday prior to the Symposium)

- ❖ In advance, you will be assigned a 7-minute time slot on Saturday, February 21, 2026, for your project pitch and Q&A.
 - You will receive a Webex link in advance. Be on time! Dress to impress. Check your lighting to make sure you can be clearly seen. Avoid bright light behind you, which can make you appear in shadow or washed out. Make your background non-distracting, such as a plain wall, a bookcase, etc. Avoid virtual backgrounds, which are very

distracting.

- Imagine that you only have these 3 minutes to sell your project to investment bankers. What would you say? Remember to let the poster speak for itself, but take time to explain the why, lessons learned, and your conclusions. Put in your value statement—how your project makes X better.
 - Practice your explanation several times before you present on February 21, 2026.
 - After your 3-minute pitch, a session moderator will ask for judges' questions. The Q & A period will last for up to 4 minutes.
- ❖ Judges will view the PDF of your poster sometime prior to your 3-minute pitch. Other participants will have an opportunity to view the PDF of your poster during the week of February 23rd through 27th. It will be taken down following the event.

Presentation and Q & A with the Audience During the Symposium

- ❖ We will have your poster image available online for sharing on the screen, but please also bring the poster file on a USB portable drive (for use with our PC).
- ❖ In advance, you will be assigned to a group for the day of the symposium, February 28, 2026. During one session, you will answer questions from the general audience, who will have been encouraged to view your poster prior to this session, during the week of February 23rd through 27th. You will be given 3 minutes to do an introduction, with your poster image on the projection screen, before taking questions. There will be 6 or 7 poster presenters per 45-minute session.