

2025-26 CT HSSHS Requirements for the Virtual STEM Poster Exhibition

Submit video URL no later than 2/17/26 (see form link below).

For the virtual exhibition, you will create a 3-minute video of you explaining your poster.

Poster Creation

- ❖ If you were presenting your poster in person, your poster dimensions would be 36" high x 48" wide. Instead, for this virtual presentation, 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, Google Slides, or Keynote.
- ❖ Don't load it with text. (If you were presenting it in person, you would want it to be viewable from a distance.)
- ❖ The title should be in 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.
- ❖ An example of what a poster could look like is [here](#).

Video Creation

- ❖ You will make a 3-minute video explaining your project. 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.
- ❖ Create a free Zoom account if you don't already have one (<http://zoom.us>). You will be recording a 1-person session.
- ❖ Open Zoom and sign in. Click on your account icon at the top right corner, click "Settings," then "Recording." Choose a location to store your recording(s). Once done, you can close this window.
- ❖ Back on your Zoom landing page, click on "New meeting." Be sure that your audio and video are both on and working. The video is required to ensure a high-quality experience for the audience.
- ❖ At the bottom of the screen, click the "Record" button to begin your presentation. You should hear an automated "Recording in progress" message. As a reminder, your presentation should not exceed 3 minutes.
- ❖ Click the "Share Screen" button at the bottom of the screen to share your screen. Select your poster to share. Once you start screen sharing, the video of you speaking

will move to the upper right-hand corner and may potentially cover text or images. Please adjust the size and position of your screen window accordingly.

- ❖ Once you have finished your presentation, select "Stop Share" and then click the "stop" option for "Pause/stop recording" found at the bottom bar of your screen.
- ❖ Navigate to the location you chose to store your zoom recordings. You should see that Zoom has converted your video into an .m4a (audio only) file and mp4 file. Use the .mp4 file for upload to YouTube (see "Video Uploading" below).
- ❖ You can record multiple takes! Review your recording. Once you have a recording you are satisfied with, select "End" to end the meeting.
- ❖ Name your video according to MLA format: Name of Presenter. (Year, Month Day). Title of Poster. 2026 CT HSSHs Submission.

Hints and Tips for a Successful Presentation

- ❖ Become familiar with the Zoom tools available at the bottom of your screen. Practice first to see how Zoom works.
- ❖ With a free account you can do multiple takes. Practice and re-record until you are satisfied with the final video.
- ❖ Test your Zoom connection ahead of time, especially your audio and video. Ensure your microphone, headphone, or speakerphone is near you.
- ❖ Mute your Zoom session or phone when not in use.
- ❖ Avoid bright lights and windows behind you. Good light in front of you (on your face) will provide for a better image.
- ❖ Test any virtual backgrounds that you may be utilizing to ensure there are no video irregularities.

Video Uploading

- ❖ Upload your video to YouTube using your personal Gmail account (in case your school/institutional account prohibits uploading videos).
- ❖ Once your video is uploaded to YouTube, make sure that your video share settings are set to "unlisted." This will allow only those with access to the link (CT HSSHs attendees) to watch your video. (The links will be on a password-protected page.) Also, set/upload your video with the audience settings "No it's not made for kids" so that students, teachers, and other registered guests can make comments/ask questions throughout the week and you can respond.

Video Submission

- ❖ After your video has been uploaded to YouTube, copy and paste the link in the designated field on the **2026 CT HSSHs Presentation Submission Form**:
<https://forms.gle/JsRuBHKkArG9j8cD6>
- ❖ Symposium participants will be encouraged to view your video online as part of the

STEM Poster Exhibition, which takes place prior to the symposium, during the week of February 23–27, 2026. Students (including you) who take part in the exhibition will have the chance to vote for the People’s Choice Award.

- ❖ During the STEM Poster Exhibition, students and alumni of past symposia will ask questions on your YouTube site with your posted video. You should review these questions and key in your responses during the exhibition.