

AlliGrace Story  
Southeastern Psychological Association Annual Meeting, Charleston, SC  
March 6-9, 2018

This spring I was able to attend the Southeastern Psychological Association Annual Meeting in Charleston, South Carolina, to present a poster on which I was first author that I created with my mentor, Dr. Cliff McKinney, and two graduate students in the lab. The poster was about how maternal depression and maternal warmth affected depression in male and female emerging adults. Attending the conference provided many opportunities for me to grow as a student and a researcher. After completing my bachelor's degree, I plan to attend graduate school, where I will attend several conferences similar to the one I attended this spring. Therefore, this conference was an excellent opportunity in preparing for graduate school. At the conference, I was also able to answer questions about the poster. Several of the questions I received, such as a question about the clinical implications of the findings, prompted me to think beyond the data and the information that was already provided on the poster.

In addition to learning from my own presentation experience, I was also able to learn from the other researchers and professionals at the conference. For example, I was able to see the posters of other researchers and listen to their presentations, which allowed the opportunity for me to learn more about current research in my field and to expand my knowledge about topics that interest me. Attending the conference also allowed me the opportunity to network with professors and graduate and undergraduate students in my field. During the poster sessions, tables were set up with information about psychology graduate programs in the southeastern region. Overall, I learned a lot from the conference, and I am so thankful that Shackouls Honors College was able to support my travel.