This February, I received the opportunity to attend the Associated Women in Psychology conference in Milwaukee, WI. This year’s theme was “What Color is your Collar” and there were tons of very fascinating research articles, presentations, and discussions that pertained to it. Being only a sophomore, I was trepidatious going to a large conference for the first time and presenting. I found that when I made it to the hotel, there were a lot of things to keep my nerves off of my presentation I had. The first thing that I did was go to a talk with three presentations of research. The research was about perceptions of women in the media, with emphases on things like how high school girls think media affects them, how college level women compare themselves to others (the Superwoman Ideal), and how women are viewed in juxtaposition to
men in equal roles like sports. I learned quite a bit in these presentations, and learned some things that I can apply to future research I am hoping to do.

My poster presentation went very well, and I had fun explaining the research I and my colleagues could contribute to the field. There was a lot of interest in our research and subsequently, I found myself very engaged with the people that came to talk to me. This also gave me the chance to take a look at other posters and research from other universities to see what other advancements the field has made.

After my presentation, I joined a discussion about relevant political topics called “Nasty Women and Misogynistic Men” and gathered a lot of notes about a good way to mediate touchy discussions. Being a part of this panel made it easy for me to see myself doing the same thing in later years.

The day after that, I sat in on some more presentations about social media, feminist, activism, and even how to get published. I gained a lot of valuable information that I can take with me and use in my next years of college. I also gathered some great networking, and met many great women of like minds.