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 AWARDEE REPORT FORM

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| NAME | Benjamin Davies |
| TWITTER HANDLE\* *optional* | N/A |
| UNIVERSITY | University of Cambridge |
| NAME OF AWARD | Dr Sophie Miller Memorial Prize Lecture |
| PURPOSE OF AWARD *conference/event attended/organised (full name) with city and dates.* |
| To deliver the Dr Sophie Miller Memorial Prize Lecture at the Anatomical Society Summer Meeting 2024-University of Edinburgh |
| REPORT: What were your anticipated benefits?*Minimum number of words between 200-400. Please write in coherent paragraphs.* |
| Prior to the conference, I was fortunate enough to be selected at the recipient of the Dr Sophie Miller Memorial Prize Lecture. I am very grateful to the Anatomical Society for this award. I anticipated that receiving this prestigious award and presenting the subsequent prize lecture would be hugely beneficial to my career development as an anatomical researcher. This award would provide an invaluable opportunity to discuss my project and research findings in detail with the anatomical community. It would further allow me to hone key communication skills in effectively conveying my research to a broad scientific audience. By presenting my research findings I hoped to get vital feedback on my project, gaining new perspectives from an audience with a diverse set of skills and knowledge. By further attending the conference, I hoped I would be able to expand upon my broader scientific knowledge and stay up to date with the advancements within the field of anatomy. I anticipated that receiving the award would elevate my profile as a scientific researcher. This would enhance opportunities to network with the numerous top academics and principal investigators that would be present at the meeting. I hoped that this would encouraging project collaborations and increase future career opportunities.  |
| COMMENTS: Describe your experience at the conference / lab visit / course / seminar/ event.*Minimum number of words between 200-400. Please write in coherent paragraphs.* |
| The Anatomical Society Summer Meeting in Edinburgh was a fantastic experience. The conference was a very welcoming event and had a supportive and community like atmosphere which greatly aided networking opportunities. I found all the talks very engaging. To mark the 25th anniversary of the Aging Cell, the conference also featured a symposium from the Anatomische Gesellschaft. The presentations in these sessions greatly broadened my scientific knowledge of new research in neurobiology and cellular senescence. When attending the early career social event and Gala dinner I was able to reconnect with other students and friends I had made at previous events, as well as making new acquaintances and forging new professional relationships.Before giving the Dr Sophie Miller Memorial Prize Lecture, I was able to meet with Dr Sophie Miller’s parents and I was honoured that they took the time to come to my talk. It was inspiring to hear more about Dr Miller’s story and her passion for scientific research. I am very grateful to the Society for this award and to be able to both uphold her memory and to contribute to her legacy. The long form lecture gave me an opportunity to discuss my research in depth and the subsequent questions I received after my talk sparked insightful discussions.  |
| REPORT: In relation to skills, what were the most important things you gained? *(does not apply to equipment grant.* For public engagement/outreach awards what did your audience gain and how did you evaluate success?*Minimum number of words between 200-400. Please write in coherent paragraphs.* |
| This award represented a great source of personal motivation to pursue excellence in my field and has given me assurance in my academic abilities. I found creating and presenting a long form lecture both challenging and rewarding. This award was an amazing chance to discuss my findings in detail and has greatly improved my confidence in speaking to larger audiences. Additionally, through giving this talk I have improved my scientific communication skills. Previously, I had experience at speaking to an audience that is highly specialised in my area of research. It was therefore very beneficial for me to practise tailoring my explanations to a wider scientific audience. This allowed me to improve my ability to distil complex information into a concise and engaging narrative. The subsequent questions I received after my talk, fostered my critical thinking skills and my furthered my ability to expand upon the explanations of my research findings. Attending this conference has also improved my knowledge of general anatomy and has exposed me to new ideas, perspectives and research techniques. I have become more confident to approach academics and colleagues to discuss my research. These networking opportunities were also beneficial for me to work on concisely introducing my research project and conveying the importance and wider scientific implications of my work. |
| REPORT: How do you think you will put this learning experience into practice in the future? For public engagement/outreach awards how with the materials/knowledge generated by this activity be used in the future?*Minimum number of words between 200-400. Please write in coherent paragraphs.* |
| I will undoubtedly utilise the skills I have gained and honed through receiving this award and through my conference participation in the future. I aim to continue to broaden and deepen my scientific knowledge of the topics I have been exposed to at the conference, in order to further my development as an early career researcher. I understand and recognise the importance of using these conferences as a platform to disseminate and showcase my findings to a large audience. I will use the confidence I have gained by giving my talk to continue to participate in future events. In doing so, I will continue to utilise my skills in creating presentations and organising my research findings into a concise and engaging talk. By giving my presentation, I developed skills to be able to effectively communicate and articulate my scientific findings. This will be extremely beneficial for my upcoming PhD viva exam. Additionally, these skills will be vital in engaging with collaborators and applications for future employment. The constructive feedback that I received on my work will also be greatly beneficial in informing future research directions.Through engaging and networking with colleagues and other early career researchers I have gained invaluable information into potential career trajectories and opportunities that will be available to me when I complete my PhD. I am to hoping to build upon the fruitful discussions I had throughout the conference to develop new connections, that could lead to future collaborations and be useful for my future career development. |
| Data Protection/GDPR: I consent to the data included in this submission being collected, processed and stored by the Anatomical Society. Answer YES or NO in the Box below |
| YES |
| Graphical Images: If you include graphical images you must obtain consent from people appearing in any photos and confirm that you have consent. A consent statement from you must accompany each report if relevant. A short narrative should accompany the image. Answer N/A not applicable, YES or NO in the box below |
| N/A |
| Copyright: If you submit images you must either own the copyright to the image or have gained the explicit permission of the copyright holder for the image to be submitted as part of the report for upload to the Society’s website, Newsletter, social media and so forth. A copyright statement must accompany each report if relevant. Answer N/A not applicable, YES or NO in the box below |
| N/A |
| SIGNATURE | Benjamin Davies | DATE | 05/08/24 |

*If submitted electronically, a type-written name is acceptable in place of a hand-written signature*

*File: AS-Award-Report-Form-171023*