

## **MINKE HENRIEKE CORINE NOTA**

### **School of Medicine**

#### **Conferences Attended:**

European College of Neuropsychopharmacology (ECNP) Workshop on Neuropsychopharmacology for Early Career Scientists in Europe. Nice, France 16-19 March 2023.

I thoroughly enjoyed attending the 2023 ECNP Early Career Scientists Workshop in Nice, France, which was centred on exploring the role of lifestyle factors such as nutrition in mental health. As my PhD focuses on the interactions between diet and exercise on adult hippocampal neurogenesis and behaviour, attendance at this highly interactive workshop allowed me to discuss my research with fellow early career researchers and connect with experts in the field. This has given me the opportunity to receive constructive feedback on my research, which will undoubtedly improve my thesis as well as manuscripts that are currently in preparation. Furthermore, I was able to greatly increase my professional network, benefitting my active search for postdoc positions at this final stage of my PhD.

During the workshop, aside from my poster presentation, I also had the opportunity to give an oral presentation for the first time at a conference in my academic career. This has provided

additional visibility to and feedback on my research, and allowed me to hone my verbal communication skills, which will certainly be advantageous to my future endeavours to disseminate my research.

In short, attending the ECNP Workshop was a fantastic experience and greatly beneficial to my career development. I am truly grateful for the financial support provided by the College of Medicine and Health to be able to take part in this workshop.