1. Brief description of Event (50-100 words): The EARA is an international and multidisciplinary conference about research on adolescents that included workshops and sessions geared at early career researchers. The conference included many keynotes from senior researchers from various perspectives. The conference also provided many opportunities for early career researchers to network and exchange ideas within and without the core conference hours.

2. What were the benefits of attending and what did you gain from the experience in terms of transferable skills and knowledge. I was able to meet many researchers in different phases of their career. This was useful in terms of discussing my research as well as career trajectories.

During the conference I attended a session called ‘Meet the Editors’. This was a panel of Editors from various journals including: Journal of Adolescence, European Psychologist, Social Inquiry into Well-being, and the European Journal of Developmental Psychology. At this session the editors provided useful information regarding formatting cover letters, how to ensure journal fit, the submission process, and avoiding simple things that irk reviewers. The editors also answered questions about word count and clarity. Overall, this session prepared me to better submit journal manuscripts.

3. What actions will you be taking as a result of attending or by making new networking contacts.

I will stay in touch with many of the individuals I met at the conference by follow up email.

Overall, the meet the editors session better prepared me to submit journal manuscripts.

4. Can you share any additional resources produced in connection with the event (e.g. feedback from participants, training resources, website links, and additional materials).

5. Tips/experience learned from the event

I learnt to always include a cover letter with a journal submission even when it isn’t asked for and to use this as the opportunity to ‘sell’ the research to the editor.

Also, to be very mindful of the formatting of the manuscript that is being submitted and stay within word count.

6. Any additional comments or information regarding the event
I am grateful to CAPOD for the opportunity to attend this event.