

Welcome to Your Academic Conference Experience!

Affirmations for First-Generation or First-Time Attendees:

- You belong here. You are a valuable part of this academic community.
- Your ideas and voice matter. Appalachia thrives because of people like you.
- We are family, and this space is one of collaboration, not competition.

Inspirational Appalachians to Remember:

- **Dolly Parton** – Musician, philanthropist, literacy advocate.
 - **Harriet Simpson Arnow** – Author of *The Dollmaker*.
 - **John Lewis** – Civil rights leader and Congressman.
 - **Crystal Wilkinson** – Poet and writer; Kentucky's Poet Laureate.
 - **Barbara Kingsolver** – Author of *The Poisonwood Bible*.
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The Four Agreements for Conference Success

Inspired by Don Miguel Ruiz, these agreements foster an inclusive and positive experience:

1. **Be Impeccable with Your Word:** Speak thoughtfully and with kindness, even when critiquing ideas.
 2. **Don't Take Anything Personally:** Conferences can be overwhelming; focus on shared goals, not personal reactions.
 3. **Don't Make Assumptions:** If you're unsure, ask questions. People are generally eager to help.
 4. **Always Do Your Best:** Your "best" may vary each day. Give yourself grace and celebrate your efforts.
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Glossary of Conference Terms

- **Abstract:** A brief summary of a paper or presentation.
 - **Panel:** A group of presentations on a shared theme.
 - **Discussant:** A scholar who critiques and contextualizes panel presentations.
 - **Keynote:** The main address by a prominent speaker.
 - **Poster Session:** Visual displays summarizing research, with presenters on hand for questions.
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Guidelines for Networking

- **Before the Conference:** Research attendees and connect via email or social media.
 - **During:** Approach people at coffee breaks and after sessions with open-ended questions.
 - **Tips:** Carry business cards, listen actively, and follow up after the event.
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Guidelines for Presenting a Paper

- **Prepare:** Time your presentation (15–20 minutes is typical). Use slides sparingly.
 - **Engage:** Speak clearly and confidently; connect with the audience.
 - **Q&A:** Be open to feedback, and it's okay to say, "I'll follow up on that."
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Guidelines for a Discussant or Panel Chair

- **Discussant:** Provide constructive feedback, summarize key themes, and foster dialogue.
 - **Chair:** Keep time, introduce speakers, and ensure smooth transitions.
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After-Hours in Cookeville, TN

- **Music and Culture:** Check for local bluegrass jams or folk performances.
 - **Restaurants:**
 - **Crawdaddy's West Side Grill:** Cajun cuisine.
 - **Father Tom's Pub:** Casual dining with local brews.
 - **Seven Senses Food & Cheer:** Appalachian-inspired dishes.
 - **Attractions:**
 - **Cummins Falls State Park:** Scenic hiking and waterfalls.
 - **Cookeville History Museum:** Explore the region's rich history.
 - **Dogwood Park:** Perfect for a relaxing walk.
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Guide to Power Posing

- **Why It Matters:** Power poses boost confidence and reduce stress.
- **How to Do It:**
 - Stand tall, shoulders back, hands on hips or raised in a "V."
 - Hold the pose for 2 minutes before key moments.

Defeating Impostor Syndrome

- **Remember:** If you're here, you deserve to be.
 - **Reframe:** Focus on growth and learning, not perfection.
 - **Connect:** Share your feelings with peers—they likely feel the same way.
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Getting the Most Out of a Conference

- **Set Goals:** What do you want to learn or achieve?
 - **Take Breaks:** Conferences can be overwhelming; prioritize self-care.
 - **Debrief:** Reflect on key takeaways and follow up with contacts.
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Specifics from ASA (Appalachian Studies Association)

The **2025 ASA Conference** features panels, workshops, and cultural events celebrating Appalachia's diversity. Explore the full program: [ASA 2025 Conference Program](#).

Frequently Asked Questions (FAQs)

1. **What should I wear?**
Business casual is standard, but prioritize comfort.
2. **How do I ask a question during a session?**
Politely raise your hand or wait for the Q&A segment.
3. **Can I attend cultural events without attending sessions?**
Yes, many events are open to all registered attendees.

Welcome to the 2025 Appalachian Studies Association Conference

Cookeville, Tennessee | March 13–16, 2025

Congratulations on attending the ASA Conference! Whether this is your first conference or you're a seasoned academic, this guide is designed to help you navigate the experience with confidence, connection, and purpose.

Affirmations for First-Time Attendees

1. **You Belong Here.** Your voice matters, and your presence enriches the Appalachian academic and cultural community.
2. **You Are Safe and Valued.** This is a collaborative space where we celebrate diverse perspectives.
3. **We Don't Compete—We Collaborate.** Conferences are opportunities to learn and grow together.

Inspirational Appalachians to Remember

- **Dolly Parton** – Musician, philanthropist, and advocate for literacy.
 - **John Lewis** – Civil rights leader who championed justice and equality.
 - **Barbara Kingsolver** – Acclaimed author of *The Poisonwood Bible*.
 - **Harriet Simpson Arnow** – Celebrated writer of *The Dollmaker*.
 - **Crystal Wilkinson** – Poet and storyteller amplifying Appalachian voices.
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The Four Agreements for Conference Success

Inspired by Don Miguel Ruiz, these agreements will help you make the most of your experience:

1. **Be Impeccable with Your Word:** Speak with kindness and honesty, even in academic critique.
 2. **Don't Take Anything Personally:** Conversations may be intense, but they're about ideas, not individuals.
 3. **Don't Make Assumptions:** If you're unsure, ask for clarification or help—people are here to support you.
 4. **Always Do Your Best:** Celebrate your effort, even when the learning curve feels steep.
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Navigating the Conference

Glossary of Terms

- **Abstract:** A short summary of your paper or presentation.
 - **Panel:** A group of presentations around a common theme.
 - **Discussant:** A scholar who provides feedback on panel presentations.
 - **Keynote Address:** A featured presentation by a prominent speaker.
 - **Poster Session:** A visual display of research, with presenters available for questions.
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Guidelines for Networking

- **Before the Conference:** Research the program and connect with attendees on social media or via email.
- **During the Conference:** Approach people with open-ended questions like, “What inspired your research?”
- **Follow-Up:** Send thank-you notes or emails to keep connections alive.

Guidelines for Presenting a Paper

- **Prepare:** Rehearse your presentation to ensure it stays within the allotted time (typically 15–20 minutes).
- **Engage:** Speak clearly and avoid reading directly from your paper.
- **Respond:** Listen thoughtfully to questions and feel free to say, “I’ll look into that further.”

Guidelines for Discussants and Panel Chairs

- **Discussants:** Summarize key themes, highlight connections, and offer constructive feedback.
 - **Chairs:** Keep the panel on schedule, introduce speakers, and facilitate discussion.
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Making the Most of Cookeville, Tennessee

Top Hotels

1. **Fairfield Inn & Suites Cookeville** – Comfortable and close to conference venues.
2. **Country Inn & Suites by Radisson** – Affordable and well-rated.
3. **La Quinta Inn & Suites** – Convenient with modern amenities.
4. **Comfort Suites Cookeville** – Spacious rooms and great service.
5. **Hampton Inn Cookeville** – Reliable with complimentary breakfast.

Noteworthy Restaurants

- **Crawdaddy’s West Side Grill:** Cajun-inspired menu with a lively atmosphere.
- **Father Tom’s Pub:** Classic American dishes and local brews.
- **Seven Senses Food & Cheer:** Appalachian-inspired comfort food.
- **World Foods:** International cuisine and pizza.
- **Poet’s Coffee:** Great for coffee breaks or casual meetings.

Attractions and After-Hours

- **Cummins Falls State Park:** Perfect for hiking and exploring waterfalls.
- **Cookeville History Museum:** Learn about the area’s rich heritage.
- **Dogwood Park:** A scenic spot for relaxation or a quiet walk.
- **Local Music Jams:** Look for bluegrass or folk performances during your stay.

Personal Empowerment Tools

Power Posing for Confidence

Before presenting or networking, take 2 minutes to:

- Stand tall with your hands on your hips or raised in a “V.”
- Focus on your breathing and visualize success.

Defeating Impostor Syndrome

- **Remind Yourself:** You’re here because you’ve earned it.
 - **Reframe Challenges:** Each opportunity is a chance to learn and grow.
 - **Connect with Peers:** Sharing experiences can help normalize your feelings.
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Getting the Most Out of the Conference

1. **Set Goals:** Identify key sessions or people you want to connect with.
 2. **Take Breaks:** Conferences can be exhausting. Give yourself time to recharge.
 3. **Debrief:** After each day, reflect on what you’ve learned and how you’ll follow up.
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ASA 2025 Conference Program

Explore panels, workshops, and cultural events: [ASA 2025 Conference Program](#).

FAQs

1. **What Should I Wear?**
Business casual is standard, but prioritize comfort for long days.
 2. **How Do I Ask Questions?**
Wait for the Q&A session, raise your hand, and keep questions concise.
 3. **Can I Attend Cultural Events Without Registering for Sessions?**
Yes, most events are open to all registered attendees.
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We’re excited to welcome you to the ASA 2025 Conference. Remember, you are valued, and we’re all here to learn and grow together. Let this be a transformative experience for you

