Presenting at the ACS regional meeting has greatly benefited me. For one, it allowed me to see the type and complexity of research being done by neighboring universities. With the many diverse and unique presentations, I could find a field of science that I might be interested in pursuing.

Presenting my own research forced me to convince people that my research is important and useful, which will become a valuable skill when applying for research grants.

As an undergrad it was also great to learn about different graduate programs. The universities at the conference let me know how to jump-start my school search, letting me know what to expect when I apply. Lastly, certain companies were willing to talk about the importance of a chemistry degree. They informed me of the possible career paths I could take once I'm finished with classes. All in all, the conference gave me a realistic expectation of my future in research. It's something that every science major needs to attend at least once to understand how research is performed and applied.