

Details

Tips for Going to an Education Conference - 312

In this episode, I share essential tips to help educators maximize their conference experience. You'll discover practical advice for staying energized, comfortable, and connected while attending professional development events. From packing must-have items to effective networking strategies, if you're looking to make the most out of your next education conference and bring valuable insights back to the classroom, this episode is for you!

Link to live show notes: <https://classtechtips.com/2025/03/25/education-conference-312/>

*Education Conference

Introduction

Hello there, and welcome to today's episode of the Easy EdTech podcast. My name is Monica Burns, and I am so glad you're here to join me today. If you want to make the most of education technology, AKA EdTech, you are in the right place. My goal has always been to help make EdTech easier and give you ideas to try yourself, share with a colleague, or bookmark for later in the school year.

Every Tuesday on the Easy EdTech podcast, you'll hear stories from my time in the classroom, my work with schools and districts, and my travels to different EdTech events. Get ready for solo episodes where I share some quick tips, stories, and interviews full of practical ideas and stories from new guests each month. If we mention something you'd like to check out, make sure to click the link. You'll find it in the episode description or the summary area where you're listening to this podcast, or you can find every episode and all of the resources we mention by going to classtechtips.com/podcast or by going to classtechtips.com and just clicking on the Easy EdTech Podcast button at the top of the page.

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Today's episode is sponsored by my new free quiz, "Unlock the Best Way to Use Chatbots in Your Teaching." This quick, five-question quiz will help you figure out the best way to use AI this school year. Find out if AI can support your instructional planning and help you tackle your to do list. Everyone who takes the quiz will also get a FREE ebook! Head to classtechtips.com/quiz/ to find my new quiz "Unlock the Best Way to Use Chatbots in Your Teaching." That's classtechtips.com/quiz/

Today's Intro

This week's episode is titled: "Tips for Going to an Education Conference - 312"

Are you attending any conferences this school year?

It's been more than a decade of attending and presenting at conferences for me. If you scroll through the calendar on [my events page](#) you can see hundreds of events. These have taken me to dozens of states and a handful of countries. Attending a conference can be an exhilarating experience. There are opportunities for learning, networking, and professional growth.

However, the hustle and bustle of conference days can also be exhausting and overwhelming if you're not properly prepared. Are you a seasoned conference-goer or attending your first event? Having a few essential items and strategies can make a significant difference in your overall experience.

In today's episode, I'll share seven practical tips to help you make the most out of your conference adventures. These tips can help ensure you stay comfortable, energized, and ready to soak up the valuable information headed your way. Let's dive into the list!

Episode Transcript

Tips for Going to an Education Conference

Purse snacks

On busy conference days, I often find myself searching for something to eat. Sometimes I can't find a spot for a quick lunch, or I'm just not happy with the options. I often joke about my "purse snacks" although they are usually in a small bag in my backpack. A few you're likely to find in my bag are:

- Breakfast bars – Right now the [chocolate chip one](#) and [strawberry one](#) by 365 by Whole Foods Market are in heavy rotation
- Olives – I love [the olive snack packs](#) and usually grab a bunch on a Trader Joe's run
- Fruit strips – [These are tasty](#) and take up very little room
- Apple sauce – Although it might look a little silly, I'm always happy when I remember [I packed one of these](#). And I've never had an issue bringing a few through airport security to last me a few days at a conference

Chargers

Charging all of my devices before heading out for a conference day is a must. But I want to be prepared for anything. In addition to bringing a wall charger for my phone and laptop, a portable charger is on my packing list. A 3 output external battery pack is one to consider this year and I even gave a few portable chargers for holiday presents.

Business cards

It might feel a bit old school to have business cards on hand. However, I'm always happy when I remember to throw some in my bag. If I'm at a conference that has a badge in a plastic cover I usually put a few behind the name tag. Placing them on the side facing in makes it easy to grab one to give to someone and I don't have to awkwardly fish through my bag. In addition to having some to give out to a person you're chatting with, if any cards come your way:

- Tuck them all in one spot, like a front pocket of your bag or in your name tag
- Snap a picture ASAP in case you lose it
- Add a reminder on your calendar to follow up with anyone you meet for a few days after the conference

Hydration plan

It's easy to lose track of time during a conference and realize you have drank a lot less water than you had planned. I love my [extra small Nalgene](#) which doesn't take up too much space or weigh down my bag. I also carry [my favorite tea bags](#) Rishi Tea English Breakfast Tea with me at a conference. So if I find an opportunity to grab hot water I don't have to worry about choosing a tea bag from a bin of options. Another favorite on my "hydration plan" is bringing something extra like a few [Liquid IV packets](#). I'm always glad I packed these if I'm feeling run down.

Sleep mask

My 3D Sleeping Mask has become a must have travel item for me. Not only is it super useful on an airplane but I love having it as an option to use if I'm not sleeping too great in a hotel room. I've spent oodles of nights in hotel rooms. But I still find that a sleep mask can make the extra difference in staying comfortable.

Hand lotion

Similar to having a hydration plan, I find that conference centers are often heavy on the air circulation. This can make it a pretty dry environment. Aquaphor Healing Ointment Advanced Therapy Skin Protectant is one of [my go to hand lotions](#) to have in my bag for when I'm feeling a little extra dry. There are plenty of travel-sized options to choose from.

Comfy shoes

Sometimes at a conference I throw an extra pair of shoes or sandals in my bag, particularly if I know it is going to be a long day. Having comfortable shoes is important and if you've seen me out and about at a conference this past year, you might have seen me in sneakers or a pair of loafers. At 5'2" I do like to have the extra height of wearing heels if I'm standing on a stage, but most of the day at a conference you can find me in comfier shoes.

Getting Ready for Your Next Teacher Conference

These are essential items on my list and I hope the tips will help you navigate any conference with ease and confidence. From staying hydrated and energized to ensuring comfort during long days, these strategies will help you make the most of your time and maximize the benefits of attending professional events. One bonus tip to add to the list, bring layers — I always find it's colder or warmer than I would like it to be in conference spaces.

Conferences are a fantastic way to expand your knowledge, connect with fellow educators, and gain new ideas to bring back to your classroom, school or district. Don't forget to [check out my calendar](#) (you can find it by clicking the "Work with Monica" button on my website [classtechtips.com](#)) to see where I'll be speaking and attending events next. My schedule is pretty full, and I would love the opportunity to connect with you in person at a teacher conference!

So let's make this EdTech easy with some key points from the episode...

Pack essentials like portable chargers, business cards, and comfy shoes.

Stay refreshed and focused with snacks, water, and a sleep mask for optimal energy.

Build your professional network by exchanging business cards and connecting on social media.

Remember, you can find the shownotes and the full list of resources from this episode on classtechtips.com/podcast and finding today's episode #312!

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Outro

Thank you for listening to this new episode of the Easy EdTech Podcast! I love creating new episodes for you each week, but I could use a bit of help spreading the word about the podcast. Can you leave a rating or review on your favorite podcast app?

Spotify will let you tap on the stars, and Apple Podcasts will let you tap on the stars and leave a one or two sentence review.

Thank you so much for taking this extra step, it helps other educators find episodes like this one when they are searching for EdTech tips.

Episode Resources

- Connect with Dr. Monica Burns on [X \(Twitter\)](#), [Threads](#), [Bluesky](#) & [Instagram](#)
- Sign up for the [Free Newsletter](#)
- Check out [EdTech Books](#) by Dr. Monica Burns
- Explore [Artificial Intelligence Resources](#), [Events & Workshops](#) & [Free Stuff](#)
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- [Snack olives](#)
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- [Small Nalgene water bottle](#)
- [Rishi English Breakfast Tea](#)
- [Liquid IV packets](#)
- [3D Sleeping Mask](#)

- [Aquaphor Hand Lotion](#)
- [How to Host a Successful Conference for Educators with Dr. Jennifer Berne and Sean Stanton](#) (Podcast Episode)
- [How Professional Learning Impacts Teacher Retention](#) (Blog Post)
- [4 Alternatives to Reading Teacher Books for Professional Learning](#) (Podcast Episode)
- [AI in Education Playlist for Learning on the Go](#) (Blog Post)