

ESASO Course: Promoting Research

30-31 October 2025

Lugano (Switzerland)

ESASO Scientific director: Mario Romano

Course Scientific coordinators: Vito Romano, Alessandro Arrigo, Mario Romano

Course Overview

This two-day seminar, organized by Esaso Plus, is designed to empower young researchers with the essential skills needed to excel in the research landscape. The program offers a comprehensive blend of theoretical knowledge and practical exercises to address critical aspects of academic research, from understanding and evaluating scientific literature to crafting impactful publications and delivering effective presentations. With a focus on fostering collaboration, improving communication skills, and adhering to ethical standards, the seminar aims to equip participants with the tools to advance their research careers. An emphasis is also placed on practical feedback from experienced experts, ensuring attendees receive actionable insights to refine their work.

Key Features of the Seminar

1. Core Research Skills

- How to effectively read, write, and review research papers.
- Understanding and applying basic statistical concepts.

2. Enhanced Communication

- Workshops on public speaking and presenting research findings.
- Writing compelling abstracts and disseminating research effectively.

3. Ethical Research Practices

- Comprehensive overview of ethical guidelines and practices, with a special focus on European standards.

4. Expert Feedback and Networking

- Opportunities to receive personalized feedback on abstracts and presentations from seasoned experts.
- Building connections with peers and professionals in the research community.

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Day 1 Highlights

The first day will focus on building foundational skills, including reading and writing research papers, understanding statistics, and introducing participants to the principles of ethical research. Sessions on public speaking will help attendees develop confidence in presenting their work to academic audiences.

30 October 2025

Moderator: Mario Romano

08:45-09:00	Registration and welcoming	All
How to Read / Review a Research Paper		
09:00-09:45	<ul style="list-style-type: none"> Understanding structure. Effective reading strategies and critical analysis. Interactive Exercise: Critique a selected research paper. 	Steven Kaye
Basics of statistics for research		
09:45-10:30	<ul style="list-style-type: none"> Core concepts: descriptive and inferential statistics. Visualization: presenting data effectively using charts and graphs. Interactive Exercise: Analyze and interpret a dataset. 	Gianni Virgili
10:30-11:00 Coffee Break		
Ethics in research		
11:00-11:45	<ul style="list-style-type: none"> Ethical conduct in research: principles and practices. Overview of European ethical frameworks (e.g., Horizon Europe). Case Studies: Exploring ethical dilemmas and solutions. 	Sally Louise Williams Virtual
Data management		
11:45-12:15	<ul style="list-style-type: none"> Best practices for organizing and storing data. Principles of open science and data sharing. Introduction to data repositories and FAIR (Findable, Accessible, Interoperable, Reusable) data principles. Teaches the importance of transparency and collaboration in modern research. 	Alessandro Arrigo
12:15-12:30	Discussion, Q&A	All
12:30-13:30 Lunch Break		

13:30-14:15	<p>Research methodology basics</p> <ul style="list-style-type: none"> • Introduction to qualitative, quantitative, and mixed-method approaches. • How to design a robust research study. • Importance of sampling techniques and avoiding bias. • Helps attendees understand the foundations of conducting sound research and improves their ability to critique others' work. 	Gianni Virgili
14:15-15:00	<p>Writing effective research proposals</p> <ul style="list-style-type: none"> • Key elements of a successful research proposal. • Aligning proposals with funding agency expectations. • Tips for securing grants and funding. <p>Provides practical skills for acquiring funding and support for research projects.</p>	Colin Willoughby
15:00-15:30	<p>How to write a research paper</p> <ul style="list-style-type: none"> • Key elements: abstract, introduction, methodology, and discussion. • Tips for journal selection and the submission process. • Practical Exercise: Write an abstract based on a sample dataset. 	Colin Willoughby
15:30-16:15	<p>Introduction to systematic reviews and meta-Analysis</p> <ul style="list-style-type: none"> • Step-by-step guide to conducting systematic reviews. • Introduction to meta-analysis techniques. • Tools for organizing and analyzing systematic review data. <p>Provides participants with advanced skills in synthesizing research findings.</p>	Gianni Virgili
16:15-16:30	Discussion, Q&A	All
16:30-16:45	Coffee Break	
16:45-18:15	<p>Public speaking</p> <ul style="list-style-type: none"> • Essentials of delivering impactful academic presentations. • Structuring talks for conferences and engaging your audience. • Interactive Practice: Present a short summary of research in pairs or small groups. 	Giorgia Raguzzi

Day 2 Highlights

The second day emphasizes practical application through workshops on abstract writing and effective communication. Participants will have the chance to present their work and receive feedback from experts, fostering a hands-on learning environment

31 October 2025

Moderator: Mario Romano

09:00–10:30	<p>Writing an abstract and for impact</p> <ul style="list-style-type: none"> • Characteristics of effective abstracts. • Common pitfalls and strategies to improve clarity and conciseness. • Practical Exercise: Write an abstract based on a provided research scenario Cataract surgery in cases of poor visibility for corneal opacity 	Steven Kaye
10:30–10:45 Coffee Break		
10:45–11:45	<p>Public speaking workshop</p> <ul style="list-style-type: none"> • Advanced tips for academic communication. • Handling Q&A sessions and managing unexpected challenges. • Interactive Practice: Deliver a 3-minute pitch and receive peer feedback Posterior capsule tear & anterior vitrectomy 	Steven Kaye Vito Romano
11:45–12:45	<p>Expert evaluation and feedback</p> <ul style="list-style-type: none"> • Participants present abstracts and/or short research talks. • Expert panel provides constructive feedback on content and delivery 	Steven Kaye Vito Romano
12:45–13:00	Discussion, Q&A	All
13:00 – 14:00 Lunch Break		

ETC – ESASO Training Center in Lugano, via Agli Orti 20, Viganello - Lugano

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