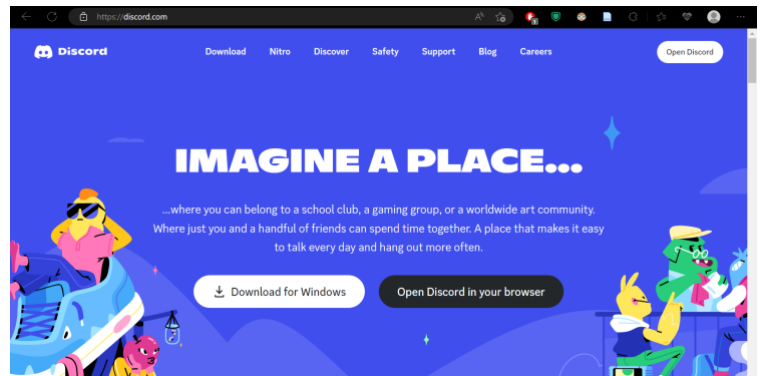


# Introduction to the BSN ECR Hub Discord

Hi! Welcome to the British Society for Neuroendocrinology ECR Hub! The hub is hosted on the instant messenger social platform, Discord. Discord is free to use, and can be accessed either by your preferred internet browser (Chrome, Firefox, Edge, etc) or can be installed on your computer/laptop. Some of you may have used Discord before, but for those of you who have not then this guide will serve as an introduction.

To access Discord for the first time, go to [www.discord.com](http://www.discord.com)

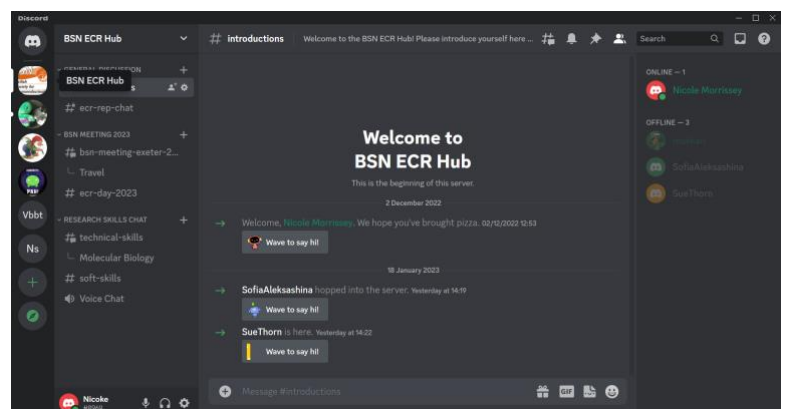
Here, you can decide to either access it via your browser only (by clicking on "Open Discord in your browser") or you can download it to your computer via clicking "Download for Windows" or "Download for Mac". If you choose to download it, the web page will take you through downloading it, and then you open it up on your computer or laptop as you would for any other software. You can then create an account as you would for any social media platform.



To join the BSN ECR Hub server, you can click this link:

<https://discord.gg/BuzYNHZMu7>

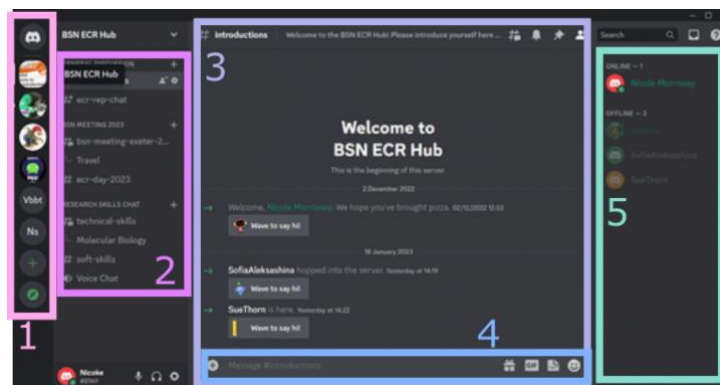
If the above link does not work, then please contact either of your BSN ECR Reps. The link will sometimes change for security purposes, and this may not be updated in the guide but it will be



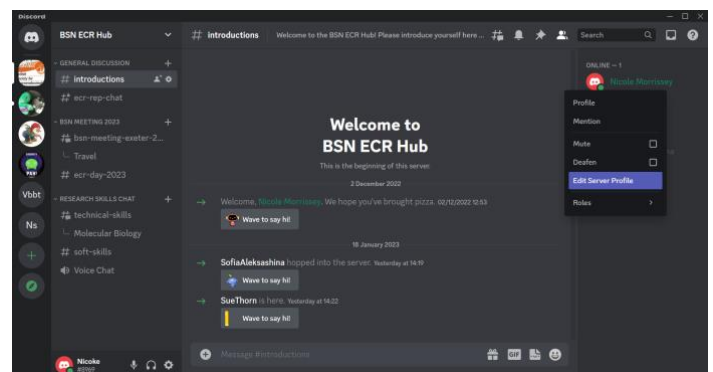
updated on the BSN website: [Early Career Researcher Hub \(neuroendo.org.uk\)](https://neuroendo.org.uk)

Once you've joined the server on Discord, either by the desktop app or the browser, then you should come to this page – the welcome page!

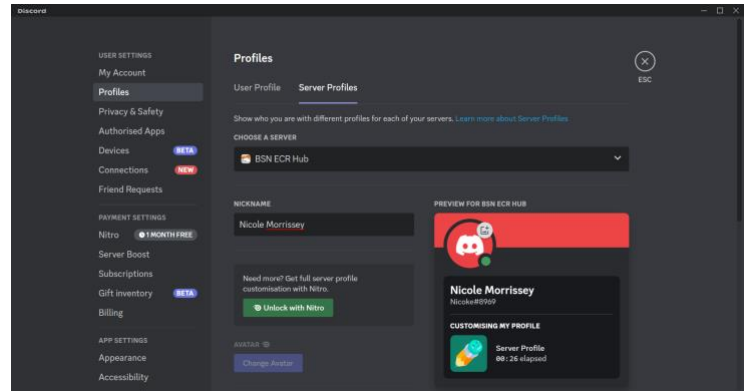
You can access the BSN ECR Hub server, and any other server that you join, on the left-hand side of the window (1). In the image below you can see the servers that I am a member of, including the BSN ECR Hub at the top. Your list will look different to mine, but you can tell the BSN ECR Hub apart from other servers by the server image of the BSN logo. Immediately next to the list of servers, is the list of channels that are currently running in the sever (2). The channels are named for different topics that users may want to discuss under, much like different conversations for different topics. The channel that opens automatically when you access the hub is the introduction channel, which is the main window (3). This is where you can type to talk to other members (4). On the right-hand side is the list of online and offline users in the hub (5).



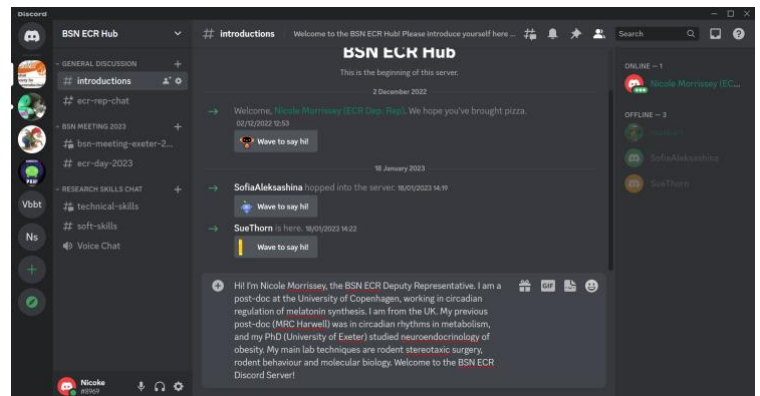
When creating your account on Discord, you may have used an informal nickname. In this case, you may wish to change your “nickname” to be your preferred name in the BSN ECR Hub. To do this, all you need to do is to ‘right-click’ on your name in the members list on the right-hand side of the window, and then select “Edit Server Profile”.



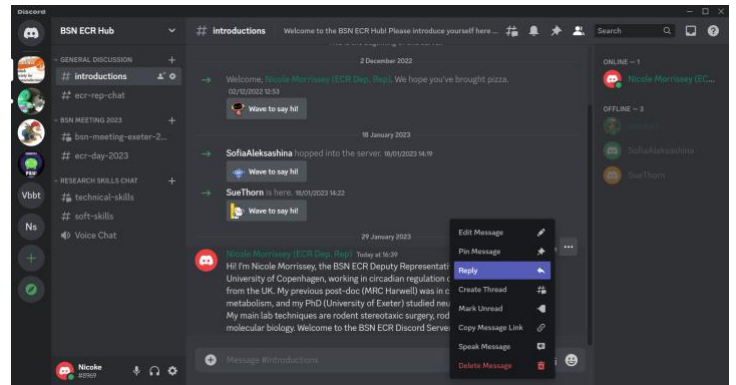
Here, you can change all kinds of account settings and preferences. For our purpose, make sure that you are on the "Profile" setting, and that the server selected under "Choose A Server" is the BSN ECR Hub, then below under "Nickname" you can change your nickname specifically for the BSN ECR Hub. Here, I changed my nickname to my real name with "(ECR Dep. Rep)" so that it is clear to everyone who I am. Of course, only put your real or preferred name down if you feel comfortable to do so - it is not a requirement for the server but it might help people know who you are at BSN conferences and networking events.



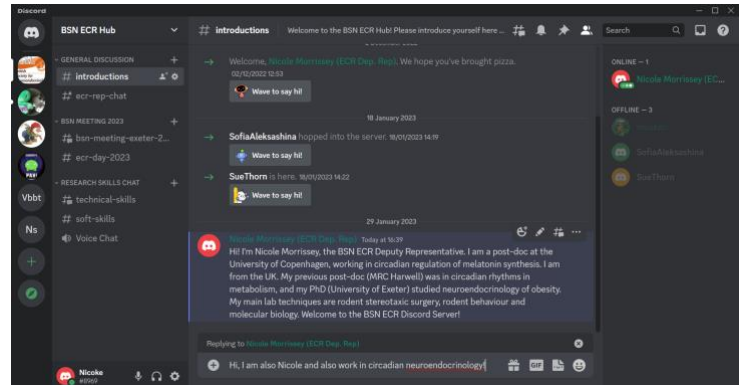
Next, you want to introduce yourself on the Hub! If you click the cross symbol and "Esc" on the previous window, it should redirect you to the "Introductions" channel. If not, then you can use the two left-hand windows to navigate back to it. Here, in the chat box, type a little bit about yourself: who you are; where you work and study; what your research topic is; and any key techniques that you use! This will help yourself and others connect to fellow ECR members who are working in a similar field, or using a similar technique.



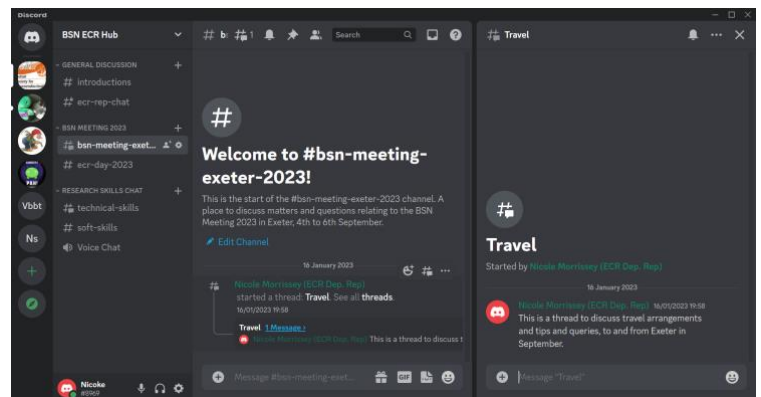
You can type in the chat box to converse with and to reply to people, but you can also reply directly to someone's message. To do so, click on the "... " next to the message you wish to reply to, and then select "Reply".



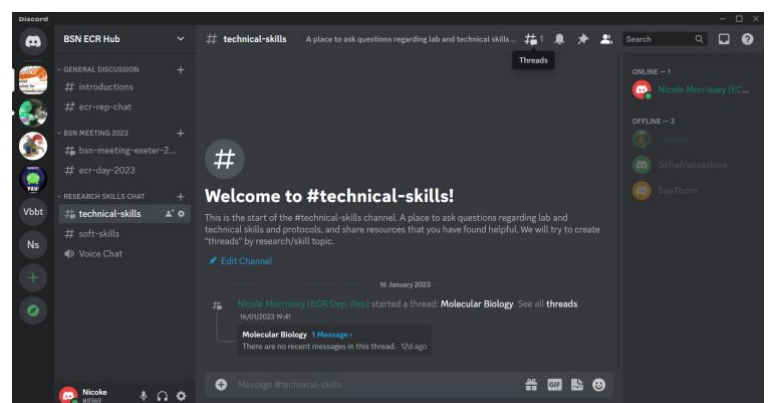
Then, you can type your reply into the chat box. Remember, this is still viewable by everyone on the server.



Now, let us explore the other channels and features! In this picture, you can see that there is a channel dedicated to chat about the upcoming BSN meeting in Exeter. You can use this channel to discuss anything relating to the BSN meeting. For example, I have created a thread within this channel called "Travel". A thread can be used to hold a conversation about a particular topic within a channel, such as – in this case – travel to and from Exeter.



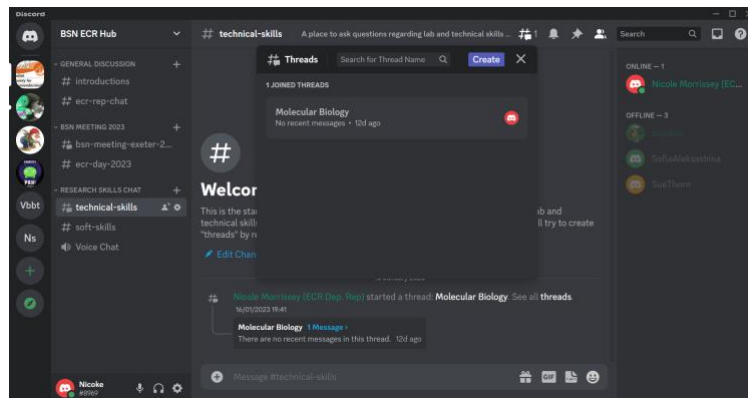
Another channel we have on the server is the "technical skills" channel. Here, you can discuss and ask questions regarding particular laboratory or computational skills and share any good resources you know of. This channel could cover a whole range of skills, and so it is helpful to create a channel specific to a skill or question. Click on the little "# " symbol



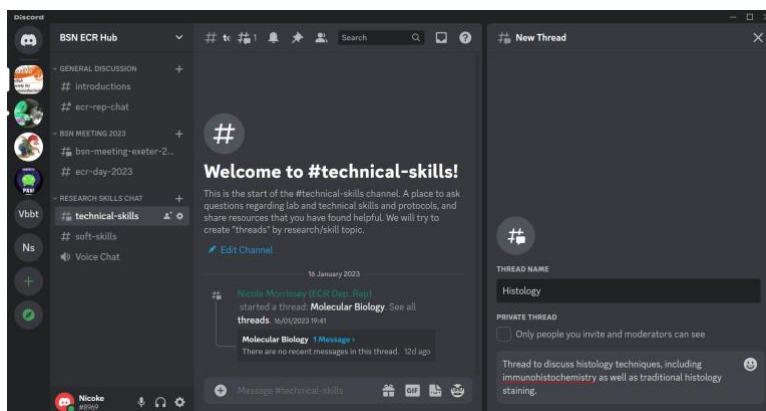
with a speech bubble to see an overview of all the threads that have already been made in the channel.

This brings up a window with an overview of all the threads that currently exist in the channel. In the image, you can see that I have made a thread called "Molecular Biology", in which I have shared one of my favourite resources for protocols and tips for basic molecular biology techniques.

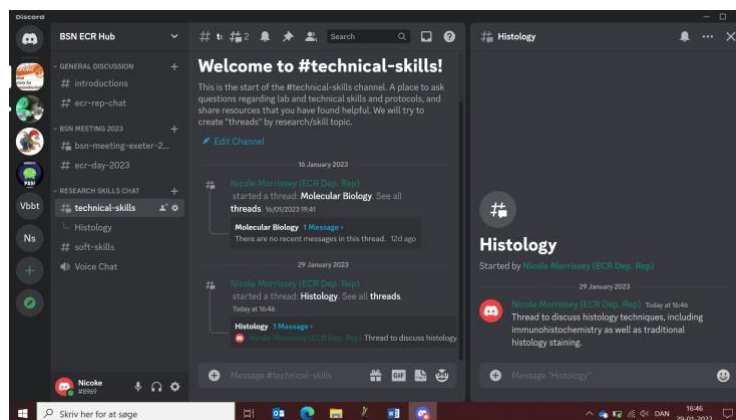
To create a new thread, click on the "Create" button in the top right corner of this new window.



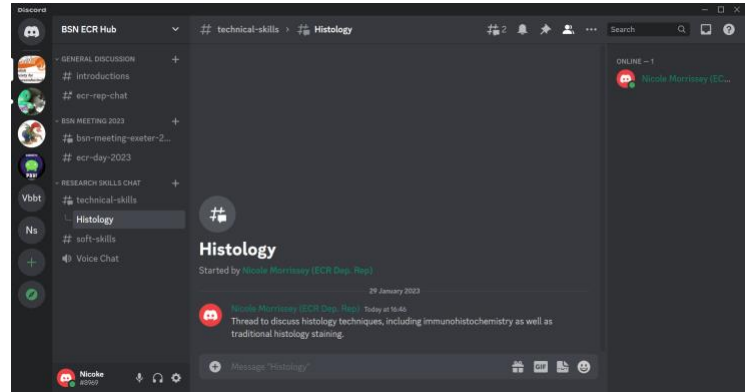
This opens up a new window, where you can type in the name of your new thread (I used "Histology" in the example) and a brief description of the thread.



Press your enter button to complete the thread, and continue to type in the thread if you wish.



Within the main channel chat, you can click on the thread to maximize the window.



That is all I have! There are more detailed guides on YouTube, but this should be sufficient to get started with the BSN ECR Hub. Your window might look different to mine, depending on the make of your laptop/computer and whether you are using the browser or desktop version of Discord.

Enjoy networking with your fellow ECRs!