



CURL 2026 Spring Conference Instagram Submission Guide

Due Date

Submissions are due to CURL by end of Wednesday, March 25. Please contact us ASAP if you need extra time: we will do our best to accommodate 😊

Design Specifications

Caption Length:

2200 characters maximum, including spaces and line breaks. Be sure to include your name somewhere!

Media Resolution:

Please use one of these options for dimensions.

- 1080 x 1350 (portrait—strongly preferred for infographics/digital posters)
- 1080 x 1080 (square)
- 1350 x 1080 (landscape)

Number of Images:

Maximum 10. Be sure all images are the same resolution—if they aren’t, Instagram will automatically crop all images to the proportions of the first, which may cut off your valuable content!

Video Specifications:

.mp4, max length of 10 minutes, at least 30+FPS. (Canva’s default mp4 settings are just fine!)

Accessibility Requirements

By designing your digital poster with these rules in mind, you ensure that people who have vision/visual processing issues or hearing/auditory processing issues have an equal opportunity to learn from your research!

1. **Font:** Your font size must be large enough for comfortable viewing on a cell phone. Use a simple font for body text of at least 30px size. (If you are including a Works Cited image in an infographic, the font size requirement does not apply for that specific image! We know there's no way around the Works Cited image being very dense.)
2. **Spacing:** Try to avoid densely cramming too much text into one space. Put some space between categories of information. Point form writing is fine!
3. **Contrast:** Use a very light background with very dark font or vice versa. This helps people with low vision or colorblindness make out the text. [This contrast checker](#) can tell you if your contrast is high enough—aim for a “pass” for Normal Text in WCAG 2.0 AA (or ideally AAA) standards.
4. **Image descriptions/subtitles/alternative text (to be included in written submission form):** As you compose the text for your infographic, copy and paste it into your submission form. If a blind person using screen reading software wants to access your post, CURL can send them this text.
5. **Video subtitles (to be included in written submission form):** If you are submitting a voiced video, include a copy of your written script in your submission form. We recommend adding subtitles to your video, but if you can't, we will enable Instagram's auto-generated subtitles. To ensure accuracy, please use a high-quality voice recording with minimal background noise. Minor differences between the script and final video are fine, so long as the meaning is the same.

Submission Instructions

1. **Compile your images/media AND your submission form (page 3) into one .zip file.**
 - a. If you are submitting as part of a class, name the file YourName_CourseCode_Title.zip. If you are submitting independently, name the file YourName_Title.zip. (You may use a condensed version of your title, e.g., “SamSmith_OnlineRelationships.zip.”)
 - b. Image titles must be numbered in the order you want them presented: 1.jpg, 2.jpg, 3.jpg...
 - c. Do NOT embed images in your written document; simply include them in the .zip file.
2. **Submit your work.** Upload your .zip file to the “Instagram” folder within our public [2026 Spring Conference OneDrive](#) by 11:59PM on Friday, November 28.
3. **Notify CURL.** As soon as your work (if you are an independent participant) or your class's work (if you are a professor) has been uploaded, please send us an email at curl@uwo.ca to let us know. The sooner we have access to it, the easier it is for us to plan the conference 😊

Submission Form

Copy and paste this form into a word file, fill it out, and put it in a .zip file with your media. Please do not embed images in this document; include them in the .zip file.

1. Participant name(s) and email address(es):

2. Caption: Your post caption. 2200 characters max. Remember to introduce yourself!

3. Accessibility Features:

- a)** If you are submitting an **infographic/digital poster**, copy the text from each image here and describe any essential charts/graphs/imagery. You do not need to describe elements that are simply decorative, such as non-essential illustrations.

Example: “Title: My Results. A dual axis graph illustrates that 75% of the students using Study Method 1 remembered what they learned two weeks later. The average boredom rating was 1/5...” etc.

- b)** If you are submitting **photographs** (such as for a “research diary entry post), please include a short description of each photo. If your image contains important text, write the text out.

Example: “A photo of my work desk at home with a laptop on it. To the right of the laptop is a closed, Huron-branded notebook with ‘My Research Process’ written on the front.” To the left is my fluffy cat, Myles.

- c)** If you are submitting a **video with voiceover**, please include a text-based copy of the script. Minor differences between the script and the final voiceover are fine, so long as the meaning remains the same.

Thanks for submitting! We can’t wait to see your work ☺