

REALISE *the News* – December 2018

MEET YOUR HBITO EXECUTIVES

Cynthia Kahl, Social Director of the HBITO

By Pauline DeJesus



Cynthia Kahl is the current Social Director of the Hotchkiss Brain Institute Trainee Organization (HBITO). She is pursuing her PhD in Neuroscience under the supervision of Drs. Frank P. MacMaster and Adam Kirton. She is also a member of the Leaders in Medicine Program. Prior to this, she completed her BScH in psychology, neuroscience, and behaviour at McMaster University. Growing up in Ontario, Cynthia wanted to explore new opportunities outside the province. The lure of the mountains and the great neuroscience research hub at the University of Calgary urged her to move west and further her studies here.

Cynthia's research investigates children affected by Tourette's Syndrome. She hopes to help them gain control over their tics by combining neuroimaging and non-invasive brain stimulation. Together, these techniques can help develop individualized and targeted

treatments. As a future clinician-scientist, Cynthia's goal is to continue working with children and improve their lives by optimizing current practices.

Cynthia is responsible for planning and executing various social events for the HBITO. She loves meeting and getting to know the trainees from different backgrounds (academic and otherwise), who contribute to the diversity of the program. Whether it's over coffee or a round of bowling, these events help foster the tight-knit, collaborative community the HBI is known for.

When Cynthia is not at school, she volunteers for various organizations focused on children's mental and physical health, including Outrun the Stigma, Kids Cancer Care, and Run for Little Ones. Her ideal way to spend a day off would be to drive to the mountains, spend the day snowboarding, and finish off with some Netflix and hot chocolate.

Learn more about the HBITO at <https://hbito.ucalgary.ca/>

UPCOMING REALISE TRAINING MODULES

To sign up for the upcoming modules, please use the REALISE Intranet Site URL:

<https://ecs.ucalgary.ca/faculty/medicine/realise>

Basics of TMS Robot and its Application

December 5 | 8:50 am – 12 pm | Location: Alberta's Children's Hospital (*Meet in the lobby at 8:50 am*)

Presenter: Cherie Kuo

Module in brief: Learn about the basics of the Transcranial Magnetic Stimulation (TMS) Robot and its applications. This TMS robot is the only one in North America and the world's first in a children's hospital!

*****Register by December 4***

Building Professional Relationships

December 5, 2018 | 9 am – 4 pm | Location: HSC G743

Facilitated by: Terry Wasylak, Senior Consultant, The Career Clinic

Session in brief: This full-day session is designed to help participants understand and evaluate their individual strengths in the context of relationships with other people. The workshop focuses on building effective professional relationships, workplace politics and communication. Participants will also complete the Meyers-Briggs' Type Indicator questionnaire.

Presented in partnership with the ACHRI. Priority registration will be given to REALISE trainees who have not previously participated in this workshop series. Lunch will be provided.

*****Four seats left – register today!***

Resume Writing and Interview Preparation

December 10, 2018 | 9 am – 5 pm | Location: HSC G750

Facilitated by: Terry Wasylak, Senior Consultant, The Career Clinic

Session in brief: This full-day session is designed to help participants understand key recruiter/employer expectations. The workshop will focus on: preparing and critiquing resumes, proper preparation for interviews and collaborative negotiation techniques.

Presented in partnership with ACHRI. Lunch will be provided.

IMPORTANT NOTES:

- It is strongly recommended that participants also attend the Building Professional Relationships Module (December 5, 2018).
- There will also be a **follow up session on January 21st** on an individual basis with Terry. A signup sheet will be available on December 10th.

*****Two seats left – register today!***

Neuro 00 Module Series: January 8, 10, & 11, 2019

This module series has been designed with incoming neuroscience graduate students in mind, however, registration is open to all HBI trainees interested in a refresher on one or more of the module topics.

Neuro 00 - Introduction to Neuroanatomy

January 8, 2019 | 1 – 2:20 pm | Location: HSC G384

Presenter: Adrianna Giuffre

Module in brief: This module will teach the basics of the nervous system, including functional neuroanatomy, spinal cord anatomy and function, and other basics of various nervous systems that will be discussed throughout Neuro II.

Neuro 00 - Introduction to Neuroimaging

January 10, 2019 | 1 – 2:20 pm | Location: HSC 1405B

Presenter: Trevor Low

Module in brief: This module will teach various clinical and research applications of advanced neuroimaging techniques that will be discussed throughout Neuro II.

Neuro 00 - Introduction to Behavioral Neuroscience

January 11, 2019 | 1 – 2:20 pm | Location: HSC G384

Presenter: Pauline de Jesus

Module in brief: This module will teach applications of various basic science approaches to behavioral assessments used in neuroscience and discussed throughout Neuro II.

Conflict Resolution

January 15, 2019 | 9 am – 12 pm | Location: HSC G750

Facilitated by: Terry Wasylak, Senior Consultant, The Career Clinic

Session in brief: Conflict itself is neither good nor bad, how we manage it determines that. In its best forms, conflict can be a catalyst for dialogue and creativity. Successful people know this and learn to manage these gaps effectively, turning conflict into an opportunity for growth and change. This workshop will help participants identify their preferred conflict management mode and emphasize the need to use all modes according to what the situation demands.

Presented in partnership with ACHRI.

*****Two seats left – register today!***

The Hippocampus: Structure and Function in Neuropsychiatric Illnesses

Lecture 1: January 23, 2019 | 1 – 2:20 pm | Location: HSC 1405A

Lecture 2: January 28, 2019 | 10 – 11:20 am | Location: HSC 1405A

Presenter: Nikita Nogovitsyn

Sessions in brief: Learn about the pathophysiology of hippocampus and its role in neuropsychiatric illnesses.

Lecture 1: January 23, 2019

- Hippocampus structure: cytoarchitectonic, neurotransmitters and principal hippocampal neurocircuits
- Hippocampus function: cognition and memory
- Visualizing hippocampus for research. Common research methodological procedures investigating hippocampal structure and function. In-vivo neuroimaging techniques; ex-vivo/post-mortem immunological procedures.

Lecture 2: January 28, 2019

- Hippocampus and neurocognitive disorders
- Hippocampus and neuropsychiatric illness

Writing Bias

January 30, 2019 | 1 – 3 pm | Location: HSC G801E

Presenter: Jenna Slobozian

Session in brief: The session will look at gendered language from two perspectives; the first examining the differences and similarities in the ways in which men and women write and the second being the differences and similarities in the way men and women are written about. The session will cover topics such as writing of grant/fellowship/scholarship applications as well as letters of support or recommendation.

OTHER UCALGARY WORKSHOPS, EVENTS AND SEMINARS

GSA: De-Stress Weeks

December 3 – 14, 2018 | Various times and locations on Foothills and Main Campus

Enjoy a week of free events with lots of de-stress activities on both the Main Campus and Foothills Campus.

[Click here for more information!](#)

Symposium: What can you be with your grad degree?

December 13, 2018 | 1 – 5:30 pm | **Location:** Various locations on Foothills Campus

Presenter: Various

Symposium in brief: Most graduate students do not know what they can do after they graduate. They have little awareness of what careers they can pursue with their graduate degree other than professorship careers. “What can you be with a grad degree” will expose students to over 25 careers in the areas of Research & Development, Regulatory, and Business.

Did you know that that over 70% of graduates work in areas unrelated to their degree? At some point in their lives they abandoned the sunk cost fallacy of remaining in research and pivot to a career that leverages their love for science, while catering to their values and interests. In this symposium, we will introduce you to the concepts of career exploration, and how to use a design thinking approach to find a career path that is perfect for you.

[Click here for more information and to sign up!](#)

REALISE COMMUNITY MENTORSHIP PROGRAM

Application deadline extended!

The REALISE Community Mentorship Program provides a valuable opportunity for trainees to learn from Calgary's most engaged and dynamic leaders. We partner eligible graduate students and postdoctoral scholars with professionals who can provide insights into the business world and broader community, helping our young leaders achieve their potential as they transition into their professional careers.

If you are interested in participating in the REALISE Community Mentorship Program's 2018-2019 season, please visit [REALISE Community Mentorship](#) for more information or send an email to realise@ucalgary.ca.