

REALISE *the* News – April 2019

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THE HBITO AND HBI REALISE ARE ON INSTAGRAM!



The HBITO and HBI REALISE are now on Instagram! See [@realise.hbi](https://www.instagram.com/realise.hbi) or visit www.instagram.com/realise.hbi. The account will feature content for trainees and by trainees and we'd love to feature your photos! If you have any images or videos you'd like to share, please contact realise@ucalgary.ca for more information. Posts could be about your research, yourself or someone else, an event, or anything else that interests you and would be relevant to the HBI trainee community. **The post with the most likes each month will win a \$20 Starbucks or Tim Hortons gift card!**

MEET YOUR HBITO EXECUTIVES

Gavin Petrie, HBITO Outreach Coordinator

Written by Charmaine Szalay-Anderson



PhD student Gavin Petrie is the Outreach Coordinator for the Hotchkiss Brain Institute Trainee Organization (HBITO). Gavin was raised in Whitby, Ontario and chose the University of Guelph to pursue a BA in Psychology. There, his passion for research was cultivated under the supervision of Dr. Linda Parker where he studied the role of endocannabinoids in treating nausea, vomiting, and morphine withdrawal. His tenure in Dr. Parker's lab continued through his third year of his undergraduate studies, leading to a research assistantship position for the year after the conclusion of his degree. During this year, Gavin explored the possibility of pursuing graduate studies. With a strong recommendation by Dr. Parker, Gavin found himself in Dr. Matt Hill's lab where he could continue his interest in the endocannabinoid field. His

current project centres on determining the role of endocannabinoids in the body's stress response from gating to termination and recovery. As the HBITO Outreach Coordinator, Gavin connects HBITO trainees to a variety of external organizations. Gavin has connected trainees with Neurotrition, the CIHR Brain Bee, and Think Big events with the HBI and the Calgary Public Library. Beyond Gavin's research pursuits and HBITO involvement, he is an avid skier and outdoors enthusiast. He also is strongly invested in health and nutrition. He is passionate about food and is excited to take in the sights and food of Italy this summer.

Learn more about the HBITO at hbito.ucalgary.ca.

UPCOMING HBI REALISE TRAINING MODULES

To sign up for any of the following modules:

1. Go to the **REALISE Intranet Site** at <https://ecs.ucalgary.ca/faculty/medicine/realise> and enter your UCalgary username and password

1. Navigate to the **REALISE Calendar** and click on the module you'd like to register for
2. Click **Register** in the top left corner, then **Start**

Project Management Principles for Research and Beyond

April 10 | 9 am – 12 pm | Location: HSC 1405B

Presenter: Rachel Sondergaard BSc, EIT, PhD Student (Neuroscience)

Module in brief: Interested in learning more about project management principles, tools and techniques to apply to your own research project? Following the Project Management Book of Knowledge (PMBOK), the gold standard resource in project management, trainees will be introduced to the 5 project management processes (initiating, planning, monitoring and controlling, executing and closing). Trainees will learn about integration, scope, schedule, communication, stakeholder, quality and risk management, and will be given tools and techniques to apply project management to their own research or lab project.

Overcoming Obstacles in Science

April 23 | 1 – 2 pm | Location: HSC O1500

Panelists: Drs. Jeff Dunn, Sarah McFarlane, Ciaran Murphy-Royal, and Cam Teskey. Moderated by Jordan Haidey and Aaron Lanz

Module in brief: Encountering obstacles is a common occurrence in scientific careers. The manner in which we approach challenges that impede our progress determines our efficiency and success. In this module, we will address strategies to overcoming obstacles such as technical difficulties, failed experiments, and burnout. We will discuss questions such as: when should you switch projects, how long should you persist, and who should you consult for assistance? Using a panel discussion format, we will facilitate a discussion around these questions with PIs, postdocs, and graduate students who have all dealt with failure in their experiments.

An Introduction to Programming and Python

April 25 | 9 am – 12 pm | Location: HSC O1501

Presenter: Christopher Krasnichuk

Module in brief: This introductory session is designed for anyone interested in the Python programming language, absolutely no experience necessary! The session is divided into two parts: part one (9 – 10:15 am) covers the very basics of programming: types of data, logical statements, and loops. Part two (10:30 am – 12 pm) provides the trainees with hands-on practice on the applied use of programming, particularly for the sciences. The session uses Python in Jupyter Notebook.

Life Hacks: Tips and Tricks for Surviving Life as a Graduate Student

April 30 | 3 – 4:30 pm | Location: HSC O1500

Module in brief: During graduate school, it's easy to dive head-first into research and never see the light of day. It's also easy to take on 9000 extracurricular activities. What's not easy is finding the perfect balance between research, extracurriculars, healthy living, and fun. In the REALISE module *Life Hacks: Tips and Tricks for Surviving Life as a Graduate Student*, we discuss strategies to accomplish this goal. Questions we hope to address are: How do you cook with a busy schedule? How do you exercise efficiently? How can you maintain good mental health in the face of stress? The workshop will include a presentation by fellow graduate students followed by a discussion period. We aim to work together as a group to create a list of tips and tricks on how to survive as graduate students.

Purposeful Public Speaking

May 7 | 9 am – 12 pm | Location: HSC 1405A

Presenter: Gord Aker, Professional Certified Coach, Millennial Coaching

Module in brief: Do you want to learn how to better engage your audience, retain their attention, and share your knowledge in a way that is natural to you? Attend this workshop to develop the skills necessary to take that first step in becoming a more natural and confident public speaker.

Presented in partnership with ACHRI. Space is limited so register early!

Introduction to Real time PCR

May 15 | 9 am – 5 pm | Location: HRIC 1B36

May 16 | 10 – 11 am | Location: HRIC 1B36

Instructor: Dr. Frank Visser

Module Description: A one day, plus one hour, hands-on introduction to design, implementation and analysis of real time PCR assays. Students will learn basic concepts, primer design, use of online database tools, efficiency experiments, melting curve analysis, and data analysis will be discussed. The students will then perform a real time PCR assay in the lab and analyze the results.

This course is intended for trainees with little to no prior experience performing real time PCR assays. *Space is limited so register early!*

Networking 101

May 21 | 9 am – 12 pm | Location: HSC O1500

Presenter: Terry Wasylak, The Career Clinic

Description: This half-day, interactive session will help participants understand the process of networking and the reciprocity it involves. Participants will be able to distinguish between proactive and reactive search strategies along with the networking essentials of developing and approaching contacts and conducting informational interviews. Some time, although limited, will explore social media's role in networking.

Presented in partnership with ACHRI and the McCaig Institute. Space is limited so register early!

OTHER UCALGARY WORKSHOPS, SEMINARS, AND EVENTS OPPORTUNITIES

HBI Events

[HBI Seminar Series](#)

Every Friday in March and beyond

[12th Annual Calgary Brain Bee Competition](#)

April 13 | 10 am – 4 pm

[Calgary Brain Bank Town Hall](#)

April 17 | 2 – 3 pm

[Think Big: A Night Out With Your Brain - Anxiety](#)

May 10 | 6:30 pm – 8:30 pm

[HBI Research Day](#)

May 30 | 8:30 am – 4 pm

UCalgary & Cumming School of Medicine Events

[Wellness Fair](#)

April 5 | 10 am – 1 pm

[Science Communication in the Age of "Fake News"](#)

April 9 | 3 – 5 pm

[Science in the Cinema - The Big Sick](#)

April 17 | 6:30 pm

[Tzed Talks Medical Lecture Series: Healthy Aging & Keeping the Brain Young](#)

April 23 | 7 – 8:30 pm

[MTO Science Café Series - Stress and Anxiety](#)

April 24 | 7 – 9 pm

[LinkedIn 101: The Basics](#)

April 26 | 1:30 – 4 pm

[27th Annual Cumming School of Medicine Symposium](#)

May 3 | 8:30 am – 4:30 pm

OTHER OPPORTUNITIES

Career Services

April 4 and 18

Did you know that Career Services visits Foothills twice per month to meet with graduate students? These appointments can cover *anything* career-related, from career planning to interview practice. Appointments are available on April 4 and 18, see <https://goo.gl/forms/TmvvkCnLdoSsTwn13> to reserve.

Beyond the Professoriate – 6th Annual Online Career Conference for PhDs

May 4 and 11

Wondering what it takes to launch a career as a Freelancer, UX Researcher, Policy Analyst, or as a Scientist in Biotech? [Click here](#) to find out more about the conference. Note that you can apply for the [REALISE External Module Registration Award](#) to have the registration fees fully reimbursed!

Methods Day

May 24 | 9 am – 2 pm

Would you like to learn more about the research techniques your colleagues use? Do you have an optimized experimental technique that you think could help your peers? Then attend Methods Day, an event organized by the BMB DGA for grad students and post docs. This is a great event to find out who in your department/faculty/building is working on what, and help connect you with other students who are using similar techniques. It is also a great way to get experience presenting and teaching your technique to other students. If you have an optimized experimental technique that you think could help your peers, please submit your abstract at <https://bit.ly/2FguRmx> by **April 26**. Animal models, biochemistry, microscopy, and biotechnology techniques for all research areas are welcome. See [the poster](#) for more information!