

REALISE *the News* – December 2019

IN THIS EDITION:

1. Meet your HBITO executives
2. Upcoming HBI REALISE modules
3. Other UCalgary workshops and events

MEET YOUR HBITO EXECUTIVES

Dion Kelly, Social Director, HBITO

Written by Shane Nicholls



Dion Kelly is the director of the Hotchkiss Brain Institute Trainee Organization (HBITO) social committee. She is a second year PhD student in the neuroscience program under the supervision of Dr. Adam Kirton at the Alberta Children's Hospital.

Dion was born and raised in Elora, Ontario and pursued a Bachelor of Medical Sciences (BMSc) with a double major in physiology and pharmacology at Western University. After completing her degree, Dion's passion for adventure led her to Canmore, Alberta where she spent a year hiking and snowboarding in the Rocky Mountains. She chose to study in

Calgary in pursuit of her interest in medical innovation, where she completed a Master of Biomedical Technology (MBT) degree. To further her passion for studying advanced neurotechnologies, Dion pursued a PhD. Her research is centred on establishing and optimizing brain-computer interface (BCI) technology for children with severe neurological disabilities. Her specific goal is to develop this technology for children with severe motor deficits as a part of a novel clinical pediatric BCI program at the Alberta Children's Hospital.

In her role as the HBITO social committee director, Dion organizes and coordinates activities and social events to connect neuroscience trainees. These events provide key opportunities for trainee collaboration. She brings a wealth of experience, as she was the former Social Director for the MBT Graduate Students' Association. She is also the current co-director of operations for Innovation 4 Health: a health hackathon design competition for hundreds of students in various healthcare fields. Outside of Dion's academic-related involvement, she thoroughly enjoys the outdoors and is an avid traveller with dreams to explore a new country each year. Dion is currently organizing a Christmas coffee social in December and is looking forward to seeing everyone there!

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

UPCOMING HBI REALISE MODULES

To register for upcoming modules, sign in to the [REALISE Intranet site](#) with your UCIT username and password

Science Communications Workshop with Jay Ingram

December 13 | 1 to 3 pm

Communicating your research ideas in a compelling manner to a general audience takes considerable skill and often a high degree of creativity. Throughout your career as a trainee, you will present your research to a variety of audiences which are frequently made up of people outside your field. By learning how to effectively communicate to a general audience, not only to one's peers, you will enhance your success as a trainee. In this

interactive workshop, we will focus on developing an “elevator pitch” for your research or some other topic of your choice.

Jay Ingram is a Canadian science writer/broadcaster. He has hosted two national science programs in Canada, Quirks and Quarks on CBC radio and Daily Planet on Discovery Channel Canada. He has written 15 books, which have been translated into 16 languages, has six honorary degrees and is a member of the Order of Canada. Visit jayingram.ca/bio.html for more information.

Effective Negotiation Strategies

December 18 | 2 to 3:30 pm

We negotiate every day, so why not be good at it? As a trainee, you will be required to negotiate on topics including your working hours and responsibilities, salary, authorship, and future career opportunities including PhD, postdoctoral, or other academic/industry career placements. Learning effective negotiation strategies will help you make the most of your training and leverage increasingly advanced positions post-graduation. Additionally, learning how to negotiate respectfully while preserving relationships will help you make stronger connections with future research collaborators, trainees, and mentors. This experiential workshop will focus on the fundamental practices of effective negotiators. Participants will leave with a better understanding of the negotiation process, key terms, and concrete strategies that will result in greater value for everyone at the negotiating table.

OTHER UCALGARY WORKSHOPS, EVENTS, AND SEMINARS

[LinkedIn Lab](#)

December 3 | 1:30 to 3:30 pm

This hands-on lab teaches students how to create an effective LinkedIn profile and how this platform can be useful in job search and networking.

[Mitacs - Skills of Communication](#)

December 5 | 9 am to 5 pm

This full-day course will provide you with the tools and tips for better verbal communication. The mastery of these skills is a long-term process, but by simply becoming more conscious of the various communication styles, including your own, you can approach conversations differently and change conversational direction to achieve better outcomes.

[Regression Methods](#)

December 10 | 12 to 1:30 pm

In this workshop, participants will learn about the concept of linear regression; assumptions attached to a linear regression analyses; and variable selection approaches.

[What Can You Be With Your Grad Degree?](#)

December 12 | 1 to 5 pm

Be inspired, find out what you can be with your graduate degree. The options are broad and possibly different from what you would expect.