

# REALISE *the News* – January 2020

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Welcome back, everyone, and happy New Year! We hope you had a restful and fun holiday break.

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## Spotlight on trainees: Giving stroke and traumatic brain injury survivors hope for better health

By Erik Fraunberger, PhD candidate, Neuroscience



Impact can be measured in different ways. In the realm of research, trainees are encouraged to publish in journals with a ‘high impact’ to advance their career and field of interest. However, trainees at the HBI regularly go above and beyond, extending their impact outside of the lab to the broader community. One of the places in Calgary that greatly benefits from the contributions of HBI trainees is the Association for the Rehabilitation of the Brain Injured or, as it is more commonly known, ARBI.

[Read more »](#)

## UPCOMING HBI REALISE MODULES

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

### Introduction to Scientific Programming

January 13 – March 30 | Mondays from 10 am to 1 pm

*MDSC 755 - Introduction to Scientific Programming* is a credit course offered this semester that will prepare trainees to use computing tools such as MATLAB, R, and Python in research. REALISE program members are welcome to attend the following sections of the course:

- **Fundamentals** – January 13 (1 lecture)
- **MATLAB** – January 20, 27 & February 3 (3 lectures) *\*wait list only*
- **Command line interfaces** – February 10 (1 lecture)
- **R** – February 24, March 2 & 9 (3 lectures) *\*almost full*
- **Python** – March 16, 23 & 30 (3 lectures)

Please visit the [REALISE intranet site](#) for all details and to register. Note that these modules have limited enrollment, but we will try our best to accommodate everyone on the waiting list.

### Neuro 0 – Applications of Medical Imaging for Systems Neuroscience

January 14 | 11:30 am to 12:30 pm

This module will provide students with an introduction to medical imaging technologies and applications for systems level research. Attendees will gain an understanding of common techniques such as magnetic resonance imaging and computed tomography (and more), and how they can be used in neuroscience studies. Topics may be relevant to Neuro II (MDSC 619.02: Systems Neuroscience and Neuropathology) or students’ thesis projects.

## Neuro 0 – Introduction to Neuroanatomy

January 16 | 11 am to 12 pm

This module will introduce students to basic human functional and chemical neuroanatomy using case studies and practical examples. At the end of the module, students will have a foundation to build on their neuroanatomical knowledge in Neuro II (MDSC 619.02: Systems Neuroscience and Neuropathology).

## Leaders in Medicine – Finding a Job as a Clinician-Scientist

January 28 | 12:30 to 1:30 pm

This session, offered by the Leaders in Medicine program as part of their Professional Development Series, will provide an overview of the process of finding a job as a clinician-scientist, and help trainees evaluate important factors such as job availability, compensation, and determining the split between clinical and research hours.

## Building Professional Relationships

February 7 | 9 am – 4 pm

This full-day session, facilitated by Terry Wasylak of The Career Clinic, is designed to help participants understand and evaluate their individual strengths in the context of relationships with other people. This highly-effective workshop focuses on building successful professional relationships, handling workplace politics, and communicating effectively. Participants will also complete the Meyers-Briggs' Type Indicator questionnaire.

*Presented in partnership with ACHRI. Lunch and snacks will be provided. Enrollment is limited.*

## Resume Writing and Interview Preparation

February 27 | 9 am – 5 pm

This full-day session, facilitated by Terry Wasylak of The Career Clinic, will help participants understand key recruiter/employer expectations. This intensive workshop will focus on preparing and critiquing resumes, proper preparation for interviews, and collaborative negotiation techniques. Trainees will have the opportunity to participate in an individual mock interview a few weeks following the workshop.

*Presented in partnership with ACHRI. Lunch and snacks will be provided. Enrollment is limited.*

## OTHER UCALGARY WORKSHOPS, EVENTS, AND SEMINARS

### Health + Care Sprint School

January 8 | 9 am to 4 pm

The UCalgary Medventions program, in partnership with Sunnybrook and hosted by the Hunter Hub for Entrepreneurial Thinking, is pleased to offer a one-day Design Sprint presented by AHS [Design4Health](#). A design sprint is a rapid solution-finding process used and validated by companies like LEGO, Google, and Airbnb. This interactive workshop will teach participants the basics of design thinking in healthcare, and how to plan, execute and follow-up on a health + care sprint of their own.

### Career Services workshops

Various dates

Workshops for Winter 2020 are now open for registration! Visit [CareerLink](#) for all offerings, from how to start your career exploration in Taking the Wheel (Jan. 7), to Researching and Refining your Career Options (Jan. 13). We have a new workshop on Interview Strategies for Academic Careers, with a faculty panel (Jan. 15).

## **[Building the Equity Bridge OPED Symposium](#)**

**January 13 | 8 am to 4:30 pm**

Find out how the [Office of Professionalism, Equity and Diversity](#) at the Cumming School of Medicine highlights local work being done to close equity gaps and fills the role of developing allies and bridging disparities. Engage in breakout sessions to deepen the discussion, further your understanding, and hear from local experts.

## **[Mental Health & Wellness Town Hall - Hosted by the CFD](#)**

**January 14 | 3 to 5 pm**

Calling all UCalgary graduate students, postdocs, and staff to attend a meeting to learn about the mental health and wellness resources available on main and Foothills campuses.

## **[Career Services appointments: Winter 2020](#)**

### **Various dates**

A career development specialist will visit Foothills campus twice a month to meet with PhD and Master's students. These 45 minute, 1-on-1 appointments can cover any career-related topic including career planning and exploration, resume/CV/cover letter reviews, job search/networking, LinkedIn, interview preparation, and more!

## **[The Career Connection](#)**

**January 31 | time TBD**

Connect with alumni to learn more about different career options at a professional networking event. Registration information will be available soon.

## **[Mitacs: Networking Skills](#)**

**February 4 | 9 am to 5 pm**

You've all heard the saying "you are only as good as your network," but have you ever wondered how to get one? This full day course is designed to provide insight and interaction along with the know-how to build and stabilize business relationships through effective networking.

## **[Mitacs: Business Writing for Today's Professional](#)**

**February 26, 9 am to 5 pm**

No matter what field you're working in, written communication is a critical part of your day-to-day duties. Regardless of your comfort or skill level, you can benefit from learning techniques to entice your readers and achieve your goals. This course will help all professionals hone their writing skills using proven techniques and processes.