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MEET YOUR HBITO EXECUTIVES

Will Wilson, HBITO Education Director

Written by Carly Pontifex



If you were to ask Will Wilson what he likes, he'd tell you "I like people, I like ideas. I love hearing about people's stories and journeys and how they got there."

His interests aren't surprising for someone as well-travelled as Will. He took a brief hiatus after the second year of his undergraduate degree in Neuroscience at the University of Calgary to travel to fourteen countries all over the world. In the third year of his undergraduate degree, he was selected for the HBI-Oxford Rebecca Hotchkiss International Scholar Research Exchange where he spent four months studying developmental neurobiology. Upon returning from Oxford, he began his Honours thesis, studying epilepsy in Dr. Cam Teskey's lab. "In many ways, epilepsy is still such an

enigma, with many aspects we don't fully understand." Will studied the functional impact of reduced oxygen in the brain that occurs post-seizure. Over time, he became more enticed with integrating research into clinical practice, wanting to continue research from a clinical perspective before applying to medical school. Dr. Teskey suggested that his collaborator, Dr. Paolo Federico, a clinician-scientist, could help Will pursue a Master's in clinical epilepsy research. During his tenure as a Master's student, he was accepted to the Leaders in Medicine program.

For his Master's thesis, Will sought to develop novel biomarkers of brain areas generating seizures that could be surgically removed in patients with drug resistant forms of epilepsy. Like many existing biomarkers, however, surgical outcome could only be predicted in about 70-80% of patients. This 70-80% barrier piqued his interest and his desire to broaden the project into a PhD. A more expansive question emerged—why is it that epilepsy surgeries fail even when using a collection of advanced biomarkers?

As the HBITO's Education Director, Will emphasizes that graduate students need to leave their programs with more than just scientific and technical knowledge, "they need experience in project and time management, conflict resolution, collaboration, communication, and creating and implementing their vision." As the HBITO Education Director, he focuses on just that—promoting graduate education training by partnering with the REALISE program and giving students the opportunity to share their research at Research in Progress seminars. He believes that the graduate student experience, regardless of one's career path, needs to be holistic. He hopes to continue promoting the development of those skills through his continued work with the HBITO.

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 to March 30 | Mondays from 10 am to 1 pm | Foothills campus

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 remaining sections of the course:

- **R** – February 10, 24 & March 9 (3 lectures) **two spots left*
- **Command line interfaces** – March 2 (1 lecture)
- **Python** – March 16, 23 & 30 (3 lectures) **one spot left*

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.

Building Professional Relationships

February 7 | 9 am to 4 pm | Foothills campus

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 and enlightening workshop focuses on building successful professional relationships, handling workplace politics, and communicating effectively. Participants will complete the Meyers-Briggs' Type Indicator questionnaire.

Presented in partnership with ACHRI. Lunch and snacks will be provided. Enrollment is limited. Please register as soon as possible.

Resume Writing and Interview Preparation

February 27 | 9 am to 5 pm | Foothills campus

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 on March 10.

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

Learning to Lead: Tips from Tried and True Mentors

March 13 | 10:30 am to 12 pm | Foothills campus

Looking to improve your leadership and mentorship skills? Want to gain confidence in tackling complex challenges? Mentorship and leadership are important to your career development, and you are often asked to take on these roles within your lab without having the necessary training. This REALISE module—designed by trainees for trainees—will give you the opportunity to learn about effective mentorship and leadership skills. A panel of respected leaders including Drs. Jeff Dunn, Hedwich Kuipers, Deborah Kurrasch, Cam Teskey, and Wee Yong will describe how they developed their own mentorship style, how they handle failures/setbacks/conflict, and how they motivate others. A Q&A session will follow.

Confessions of a Scientist: Tales of Academic Horror Vol. 2

March 25 | 1 to 2:30 pm | Foothills campus

Research is not a journey for the faint-hearted. It is often full of failures, dead ends, and moments of despair. It is not easy to accept failure in a community that sets lofty goals and aspires for nothing less than excellence. “Confessions of a Scientist” is back with a second edition, bringing faculty members from HBI and Snyder Institutes, who will tell tales of academic horror they had to overcome on their way to the top. In addition to the opportunity to get to know renowned members of the two research institutes, attendees will gain a better awareness of the variety of problems faced in academia, and how to deal with them successfully. Panelists include Drs. Jonathan Epp and Matt Hill from HBI, and Rebekah Devinney from Snyder Institute for Chronic Diseases.

OTHER UCALGARY WORKSHOPS, EVENTS, AND SEMINARS

[Mitacs: Networking Skills](#)

February 4 | 9 am to 5 pm | Main campus

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.

[Canadian Interviews and How to Prepare for One](#)

February 10 | 2 to 3:30 pm | Main campus

Are you an international student who would like to learn about Canadian interviews and how to prepare for an one? If so, this workshop is for you.

[All You Need to Know About the 3MT](#)

February 12 | 12 to 1 pm | Foothills campus

Attend this workshop to learn about the 2020 UCalgary3MT competition including rules and regulations, how to register, and the process of the competition at UCalgary. You will also have the opportunity to practice speaking about your research to a non-specialist audience.

[Building Career Resilience in a Constantly Evolving World](#)

February 18 | 3 to 5 pm | Main campus

In today's world, it is increasingly important for individuals to build career resilience, the ability to thrive in one's career in the midst of a rapidly changing career landscape. In this workshop, you will learn how to cultivate career resilience through actions that foster a growth mindset and life-work balance.

[Communications Boot Camp: Visual Communication](#)

February 19 | 1 to 5 pm | Foothills campus

Visual communication can be difficult to put together to create the right impact. There is always so much to say, but limited space to say it. This is especially true with research. How much is too much, do my visual representations actually represent what I want them to? How do I make sure that my visual documents, presentations, or posters have enough information on them to get the point across, but aren't too cluttered?

[Wayfinding: Mapping Out a Strategic Plan for your Career](#)

February 24 | 12 to 1 pm | Foothills campus

In this Career Conversation, Dr. Derrick Rancourt will share tips on how to develop a strategic career plan. Strategic planning is the process of defining direction and making decisions to allocate resources to pursue a strategy. This conversation will be based on business principles that can be applied to any career.

[Unwritten Rules: Understanding Business Culture and Career Transitions](#)

February 25 | 3 to 5 pm | Main campus

All organizations have expectations about how you should behave in the workplace, which are often implied rather than stated. In this workshop, we will explore how to understand and effectively navigate business culture through appropriate professional communication, conflict management, and workplace interpersonal relationships.

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

February 26 | 9 am to 5 pm | Main campus

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 you hone your writing skills using proven techniques and processes.

[Connecting With Other People in Canada \(Networking\)](#)

February 27 | 2 to 3:30 pm | Main campus

Everyone you meet can help you get closer to finding a job in Canada. In this workshop—designed for international students—you will learn what networking is, why it is important, how to use LinkedIn, and how to maintain professional relationships.

Women in Data Science Conference

March 2 | 8 am to 4 pm | Foothills campus

Join us as we remotely tune in to the Stanford University Women in Data Science Conference (WiDS) talks while hosting our own speakers from experts in the field of health data science.

Act Your Science: Improve Your Communication Skills with Training in Improvisation

March 4 to April 8 | Wednesdays from 2 to 4 pm | Foothills Campus

Improve your science communication skills using recognized acting and improvisation methods. This unique training opportunity will improve your ability to present to all sizes of groups, while having fun with peers.

Mitacs: Practice Your Presentation Skills I

March 4 | 9 am to 5 pm | Foothills campus

In this one-day course, theory is introduced in short bursts and participants spend the majority of time practicing their presentation skills while receiving onsite feedback.

What to do after you graduate

March 4 | 3 to 4:30 pm | Main campus

Are you an international student graduating this year and not sure what to do now? You will learn how to effectively explore career options, search for jobs, and set goals. Explore the possibility of staying in Canada to work with a Post Graduate Work Permit. A brief overview of Permanent Residency options will also be provided

Effective Presentation Skills

March 9 | 12 to 1:30 pm | Foothills campus

This workshop is geared towards getting 3MT competitors ready and comfortable for their heat. The workshop focuses on barriers to delivering an effective, engaging and expressive vocal presentation, and gives strategies to overcome these barriers.

Mitacs: Foundations of Project Management I

March 10-11 | 9 am to 5 pm | Foothills campus

This 2-day course provides an experiential, collaborative learning experience to enable participants to integrate the principles of project management, team building, group dynamics, and leadership to their future careers and lives.

Professional Networking Skills for Graduate Students

March 11 | 2 to 5 pm | Main campus

Networking can be intimidating for many students. This interactive workshop will help you gain more confidence and comfort with networking by learning what networking really is and how to best leverage your personality style. You will also develop a personalized pitch and learn strategies for initiating and following up with contacts.

Career Services appointments: Winter 2020

Various dates | Foothills campus

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!