

# REALISE *the News* – March 2020

---

## IN THIS EDITION:

1. New REALISE website
  2. Spotlight on trainees
  3. Upcoming REALISE modules
  4. Other UCalgary workshops and events
- 

## NEW REALISE WEBSITE

Check out the new HBI/REALISE website at <https://hbi.ucalgary.ca/education/realise>! In addition to viewing all of REALISE's modules on the [intranet site](#), you can now view them on the new REALISE calendar at [hbi.ucalgary.ca/education/realise/current-modules](https://hbi.ucalgary.ca/education/realise/current-modules). Feel free to register on the calendar form, if available, or on the intranet site—either way, your attendance in all REALISE modules will be documented, and your dossier is available anytime upon request. Please let us know if you have any questions or suggestions!

---

## SPOTLIGHT ON TRAINEES: Holiday card drive for Indigenous youth suicide crisis

By Dion Kelly, PhD candidate, Neuroscience



Suicide is the leading cause of death for Canadian Indigenous youth, where the rates of suicide in some areas are as much as 33 times higher than for non-Indigenous populations. At least three First Nations communities have declared states of emergency due to suicide crises since the end of August, involving victims as young as 10 years old.

After seeing a CBC news article about a Christmas card drive for Makwa Sahgaiehcan First Nation, the latest Indigenous community to declare a state of emergency due to youth suicide, I knew I wanted to help. In researching youth suicide in Indigenous communities, I was shocked and appalled to see the number of reservations that had declared a state of emergency in the last three months alone. Leveraging my position as the Social Director for the Hotchkiss Brain Institute Trainee Organization (HBITO), I immediately shared the idea of holding our own holiday card drive with the rest of the HBITO team who were quick to show their support.

Read more at [UCalgary News - Holiday Card drive by HBITO](#)

---

## UPCOMING HBI REALISE MODULES

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

### Learning to Lead: Tips from Tried and True Mentors

March 13 | 10:30 am to 12 pm | HSC O1500

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 in 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.

## The Virtual Brain

**March 18, 1 to 4:30 pm and March 19, 8:30 to 11:30 am | HSC O1504**

[The Virtual Brain \(TVB\)](#) is a large-scale simulation platform that enables biologically realistic modeling of the network dynamics of the human brain using connectome-based approaches across different brain scales. The computational modeling system can be tailored to the individual and bridges multiple scales. Participants will learn how to use TVB to create a virtual human and mouse brain to simulate a resting and stimulated state.

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

**March 25 | 1 to 2:30 pm | HSC O1500**

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.

## Ignite Industry Series: Working for a Startup vs Corporate Company in the Biotech Industry

**March 27 | 2 to 4 pm | HSC Theatre 3**

The HBITO and the Biomedical Engineering Graduate Students Association (BMEG) have teamed up to create a cross-collaborative industry speaker series to promote innovation, entrepreneurship and industry careers. The events will host speakers who are working in industry and who have biomedical engineering/neuroscience/health science backgrounds. The goal is to showcase different careers outside of academia, and provide students the opportunity to build their network. Panelists will discuss their experiences working for startup and corporate companies in the biotechnology industry and will share their insights on the pros and cons of both. See <https://igniteindustryseries2.eventbrite.ca> for more information and to register for the event!

## Conflict Resolution

**April 23 | 9 am to 12 pm | HSC G750**

Conflict can be a catalyst for dialogue and creativity. Learn how to handle conflict effectively to turn it into an opportunity for growth and change. 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 conflict effectively, turning it into an opportunity for growth and change. This workshop, facilitated by Terry Wasylak of The Career Clinic, will help participants identify their preferred conflict management mode and identify the best approach for each situation.

*Presented in partnership with ACHRI. Snacks will be provided. Enrollment is limited so register soon!*

---

## OTHER UCALGARY WORKSHOPS, EVENTS, AND SEMINARS

[From Prototype to Product – an Entrepreneur’s Work in Progress](#)

**March 3 | 12:30 to 2 pm | HSC 1405B**

Join the [Medventions Internship Program](#) for their speaker series on medical device innovation. This a hands-on workshop will show you how to observe the market to make the choices necessary for successful commercialization of healthcare innovations.

### **[Act Your Science: Improve Your Communication Skills with Training in Improvisation](#)**

**March 4 to April 8 | Wednesdays from 2 to 4 pm | HSC G382**

**Just a few spots left in this unique science communications opportunity!** 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 | HSC G748**

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.

### **[Communications Boot Camp 3: Oral Communication](#)**

**March 6 | 2 to 4 pm | HSC G500**

Being able to communicate ideas to others is critical to advancing research and knowledge. Often you only have a few moments to share ideas at conferences or scientific meetings. Attend this workshop for tips on oral presentations, creating your elevator pitch, presenting during a poster competition, and more!

### **[Mitacs: Foundations of Project Management I](#)**

**March 10-11 | 9 am to 5 pm | HSC 1461B**

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 | Hunter Hub (main campus)**

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

### **[Industrial Design for the Commercialization of Medical Devices](#)**

**March 12 | 10 to 11:30 am | MSC 171 (main campus)**

Join the [Medventions Internship Program](#) for their speaker series on medical device innovation. In this workshop, you will learn how to use industrial design to innovate and commercialize your next great healthcare innovation.

### **[Mitacs: Designing a Personal and Realistic Career Plan](#)**

**March 17-18 | 9 am to 5 pm | Aloft Hotel (main campus)**

A unique opportunity to dedicate two days to plan your future and design one or several professional project(s). During this graduate-focused, interactive training, you will design a realistic career plan that fits your personal aspirations, your competencies and aligns with the job market reality.

### **[Innovating for Excellence at AHS](#)**

**March 18 | 2 to 5 pm | HSC Theatre 1**

Join the [Medventions Internship Program](#) for a talk by Patty Wickson, Executive Director of Innovation, Impact & Evidence at AHS, to gain perspective on the innovation pipeline at AHS for a competitive advantage while you innovate and commercialize your next great healthcare innovation.

### [Life Sciences Industry Night](#)

**April 2 | 5:30 to 7:30 pm | Off campus**

Join Campus Alberta Neuroscience for a networking event for at CRAFT Beer Market! Meet industry, entrepreneurs, innovators, researchers and members of the life sciences community to build your network and make connections.

### [Neuro Nexus Design Competition](#)

**Apply by April 15**

Neuro Nexus is a multidisciplinary design and pitch competition and is seeking innovators to address challenges in care for neurological and mental health disorders. Projects could be anything from the development of novel hardware and software tools to simplify and accelerate research, computational models of neural systems, and neurotechnologies.

### [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!