

REALISE the News – June 2020

Happy June, everyone! This is our last message of the academic year so we encourage you to read on to learn about several opportunities for professional and other skill development over the summer. Be sure to check out the must-have resources to support your learning and development at the HBI and beyond!

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- New HBITO executive team
 - Upcoming HBI REALISE modules
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NEW HBITO EXECUTIVE TEAM

Congratulations to the new 2020-2021 HBITO Executive Team!

- President - Trevor Low
- Vice-President/Treasurer - Dion Kelly
- Education Director - Zachary Bailey
- Social Director - Perry Dykens
- Outreach Director - Sam Baglot
- Orientation Director - Pauline de Jesus
- Communications Director - Brooke Belanger

See [HBITO - About Us](#) for more information. Stay tuned for HBITO executive team bios, courtesy of the [Science Writers Journal Club](#), in future REALISE newsletters!

UPCOMING HBI REALISE MODULES

Summer Student Workshop Series 2020

Biweekly from June 3 – August 19 | 1 to 2:30 pm | Online via Zoom

The HBI, ACHRI, and the Owerko Centre have partnered to create a compelling series of seven workshops for summer students that will complement every stage of their project from planning to presentation. Visit the workshop calendar at [Summer Student Workshop Series 2020](#) and sign up at [Summer Student Registration](#).

Conflict Resolution

June 9 | 9 am to 12 pm | Online via Zoom

Conflict itself is neither good nor bad, in fact, it 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, determine the best approach for each situation, and ultimately handle conflict in a positive and productive way.

Presented in partnership with ACHRI. [Only 2 spots left. Register today!](#)

MATLAB for Neuroscience – Self-paced video tutorials

Video tutorials online

Missed the [Introduction to MATLAB for Optogenetics and Behavioral Neuroscience](#) module held last week? The facilitator, Leo Molina, from the Optogenetics Platform, has created two introductory tutorials and will be adding new videos every other week. Visit hbi.ucalgary.ca/research/opto/matlab and subscribe to the channel if you wish to receive notifications when new tutorials are available.

OTHER INTERNAL AND EXTERNAL WORKSHOPS AND WEBINARS

Society for Neuroscience Webinar: Ask an Expert: Estimation Statistics and Statistical Power

June 4 | 10:30 to 11:30 am | Online

Learn from experts Robert Calin-Jageman and Katherine Button as they discuss their work in estimation statistics and statistical power. [Watch their short videos introducing this work](#), then join them along with moderator Christophe Bernard to ask questions about how these statistical practices apply to your own work.

Bystander Intervention Training: Responding to COVID-19

June 5 | 10 am to 12 pm | Online

Have you ever been in a situation that you felt something was wrong but you weren't sure what to do? In the time of COVID-19, how do we respond to shoving in the grocery line or ugly racist behaviour? Share your concerns and experiences, and learn from trained staff about the bystander effect and options for intervening in situations of abusive, isolating, or stigmatizing behavior.

Wellness Webinar: Resilience During COVID-19 and Beyond

June 23 | 10:30 to 11:45 am | Online

During the summer months, the Taylor Institute for Teaching and Learning and the Campus Mental Health Strategy are presenting a series of wellness webinars that will offer participants important mental health tools to help them work through the COVID-19 crisis. This webinar will help participants develop a personalized plan for enhancing resilience.

Wellness Webinar: Learning How to Be Attentive to Both Positive and Negative Feelings

July 21 | 10:30 to 11:45 am | Online

This Wellness Webinar will help participants increase awareness of how to maintain a sense of emotional wellness and contentment through intentional daily practices, relaxation techniques, resilience skills and lifestyle modifications.

Wellness Webinar: Mindfulness as a Coping Strategy in Times of Crisis

August 11 | 10:30 to 11:45 am | Online

In this Wellness Webinar, Dr. Linda Carlson (professor in the Faculty of Medicine and co-author of The Art and Science of Mindfulness) will discuss the ways in which mindfulness can be used as a coping strategy to help reduce stress as we work through the COVID-19 pandemic.

Mitacs: Foundations of Project Management I

August 26 & 27 | 9 am to 5 pm | TBA

This two-day course provides an experiential, collaborative learning experience to enable you to immediately integrate the principles of project management, team building, group dynamics, and leadership into your work and learning.

MUST-HAVE RESOURCES TO SUPPORT YOUR LEARNING, RESEARCH AND CAREER DEVELOPMENT

[NEW! MyGradSkills Online/Virtual Training](#)

Access professional and academic development opportunities remotely! This new, comprehensive resource provides an outstanding overview of the opportunities available to you to hone your skills in a number of areas including:

- Academic & Research Management
- Teaching & Mentoring Development
- Communication Skills
- Management & Leadership
- Career Preparation
- Innovation & Entrepreneurship
- Personal Wellness

Check back regularly for updated programming!

[Continuing Education for Thesis-Based Graduate Students](#)

In partnership with Continuing Education, FGS has secured a limited number of seats in select UCalgary Continuing Education courses for current, thesis-based graduate students at no additional cost to the student for Spring/Summer 2020. This is a great opportunity you won't want to miss! [Learn more.](#)

[CSM Training Programs Calendar](#)

This calendar compiles the latest and greatest professional development and other opportunities for grad students on Foothills campus and beyond. Check back regularly for updates!

[Career Services](#)

UCalgary's Career Services inspires students and alumni to embrace their potential, strive for career excellence, and connects employers with future leaders and innovators. Visit careerlink.ucalgary.ca to view their calendar and other opportunities, including one-on-one career counselling via Zoom!

[The Graduate College](#)

A place for graduate students and postdocs to access training and other professional development opportunities to become leaders in their communities. The Graduate College strives to build a community to discuss ideas openly and expand scholars' personal and professional networks.