

# REALISE the News – September 2020

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Happy September, everyone! We know it's been a challenging time for all, but we hope you managed to find some quality time for family, fun, and friends this summer. Read on for some great opportunities for professional and other skill development, and take note of the following resources to stay connected:



Questions? Ideas? Contact us at [realise@ucalgary.ca](mailto:realise@ucalgary.ca) anytime!



Check out the new and improved HBITO/REALISE Instagram account at [@hbitouc](https://www.instagram.com/hbitouc). Follow us for news and updates on your fellow trainees, events, and more.



Check out the [REALISE Calendar](#) for an updated list of all modules. The [CSM Training Calendar](#), [Career Services](#), and [MyGradSkills Training Hub](#) are also great resources for professional development and more.

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## IN THIS EDITION

- Meet your HBITO executives
  - Upcoming HBI REALISE modules
  - Other workshops, events, and opportunities
  - Funding opportunities
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## MEET YOUR HBITO EXECUTIVES

### Trevor Low, HBITO President

Written by Charmaine Szalay-Anderson



MD/PhD student, Trevor Low, is the newly elected HBITO President (2020-2021). Trevor is a seasoned member of the HBITO Executive Committee having led the HBITO Outreach Committee in 2019-2020. During his tenure in this position, Trevor enjoyed the opportunity to create a richer graduate student experience for not only himself, but by connecting HBI trainees to off-campus communities. His favourite event was Beakerhead, an annual local event that fuses science and art, where he really enjoyed engaging with the public in learning about brains and science.

After serving as HBITO Outreach Director, Trevor was inspired to pursue the role of HBITO President to help advocate for the neuroscience graduate student community – especially with impending budgetary changes and the uncertainty that has come with COVID-19.

As for his research, Trevor has had an interest in brain trauma treatment since high school when he was selected to participate in the Alberta Innovates Heritage Youth Researcher Summer (HYRS) Program in Health at the U of C, under the supervision of Dr. Cam Teskey. Trevor pursued an undergraduate degree in Neuroscience at the U of C and spent the summers doing concussion research with Dr. Brian Brooks. Trevor's current research is centred on improving language recovery post-stroke using neuroimaging and brain stimulation – supervised by Dr. Sean Dukelow.

Trevor's ultimate career aspiration is to become a clinician-scientist with hopes to carry out clinical trials to improve brain imaging and enhance brain trauma care. When he isn't in the lab, Trevor loves to cook and bake, and has recently discovered the art of baking sourdough bread. He also has a keen interest in photography and hiking.

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

Have you completed the [HBITO's software survey](#) yet? If not, please do so for your chance to win a \$100 Skip the Dishes gift card!

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## UPCOMING HBI REALISE MODULES

### New Student Orientation

**September 4 | 10 am to 12 pm | Online via Zoom**

A great opportunity to learn everything you need to know about starting your Neuroscience graduate program! You'll hear about scholarship opportunities, meet important faculty members, learn about program milestones and deadlines, and receive additional resources available on and off-campus. It will be a good opportunity to get to know your peers and other members of our community! All new neuroscience grad students are strongly encouraged to attend.

**Registration not required. Just join the HBITO at <https://ucalgary.zoom.us/j/97229827795> (passcode: 681685) on September 4 at 10 am.**

### Neuro 0 Series

HBITO and the REALISE Program are offering three introductory modules that complement the Neuro I course (MDSC 619.1). These modules are open to all, but will be particularly helpful to new students who do not have a neuroscience background.

#### Introduction to Electrophysiology

**September 8 | 12 to 1 pm | Online via Zoom**

This interactive module will introduce trainees to electrophysiology and its uses in neuroscience. Trainees will gain an understanding of important concepts such as Nernst/reversal potentials as well as be able to comprehend and interpret electrophysiological data. Current techniques and the exciting applications of electrophysiology will also be covered.

#### Introduction to Proposals and Abstracts

**September 10 | 12 to 1 pm | Online via Zoom**

Grant applications are daunting. One of the keys to a successful application is a great proposal, a good abstract, and a relatable lay abstract. This workshop is designed to help you understand the components of a good proposal and how to tailor your abstracts for different grants.

#### Introduction to Neuroscience Research Methods

**September 11 | 12 to 1 pm | Online via Zoom**

This module will review research tools and techniques commonly used to investigate cellular and molecular signaling and neurodevelopment. Trainees will learn about calcium imaging, FRET/BRET imaging, immunohistochemistry, Western Blot, PCR, CRISPR, optogenetics, and the CRE-Lox system. These techniques will be covered in the Fall graduate neuroscience course.

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

**October 8 | 11 am to 12:30 pm | Online via Zoom**

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 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.

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## OTHER WORKSHOPS, EVENTS, AND OPPORTUNITIES

### [Neuro Nexus - revolutionize neurotechnology in Alberta during a virtual design competition!](#)

Neuro Nexus is a multidisciplinary design competition that aims to bridge the gap between disciplines, accelerate research, and improve the translator of new ideas to impact neuroscience and mental health. Applications are now being accepted for challengers and innovators. Visit [www.neuro-nexus.ca](http://www.neuro-nexus.ca) to learn more.

### [Career Development: Taking the Wheel and Planning for Success \(graduate students\)](#)

**September 8 & 9 | 12 to 1:30 pm | Zoom**

Not sure where to start the career process? In this two-part workshop series, you will learn to understand and apply the career management framework, engage in self-reflection to know and describe yourself better, and create an Individual Development Plan for life-long career management and success.

### [Job Search Strategies for Non-Academic Careers \(graduate students\)](#)

**September 15 | 12 to 1:30 pm | Zoom**

An estimated 80% of non-academic jobs are not posted online. Despite this, many students focus all their efforts on looking and applying for jobs online. This workshop will cover practical, proactive strategies and resources for conducting a more effective job search to uncover hidden job opportunities and stand out in the candidate pool.

### [Researching and Refining Your Career Options \(graduate students\)](#)

**September 22 | 12 to 1:30 pm | Zoom**

Tired of not having an answer to the question, “What are you going to do after graduate school?” In this two-part workshop series, you will learn how to employ research to generate a list of real career options and use effective career decision-making strategies to narrow the list to your 2 to 3 best-fit options.

### [Resumes and cover letters for non-academic careers \(graduate students\)](#)

**September 29 | 12 to 1:30 pm | Zoom**

Employers receive hundreds of applications for jobs in today’s market. Knowing how to create a professional resume and cover letter that catches the reader’s attention is more important than ever. Learn how to turn your academic CV into a targeted resume, create an impactful cover letter, and properly respond to a job posting.

### [Think Big - A Night “In” with Your Brain: The Brain-Gut Connection](#)

**October 2 | 6:30 to 8 pm | Zoom**

Did you know your brain and gut are constantly “talking” to one another? This dialogue plays a vital role in physical and mental health. Join Host Jay Ingram and experts from the HBI and Snyder Institutes to learn about new research into the brain-gut connection and how it impacts our understanding of aging, mental health, and sleep.

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## FUNDING OPPORTUNITIES

### [Entrepreneurship Seed Grant Program](#)

**Deadline to apply: September 11**

This unique program supports neuroscience related innovation and entrepreneurship efforts in Alberta through direct funding and commercialization support. Funding ranges between \$5,000 – \$30,000 CAD.

### [Life Sciences Fellowship Program – Call for Applications](#)

**Deadline to apply: September 15**

The Life Sciences Fellowship is a full-time, two-year program that provides experiential learning in research and development commercialization/startup creation for life sciences and digital health entrepreneurs.

## [Tri-council Doctoral Scholarships](#)

**Deadline to apply: October 1**

The online portal is open for applying for the Canada Graduate Scholarships-Doctoral (CGSD) and CIHR, NSERC, SSHRC Doctoral Awards.

## [HBI Funding Opportunities](#)

**Deadline to apply: October 1**

The HBI will be opening its fall competition soon. Keep an eye on [Graduate Funding Opportunities](#) and [Postdoctoral Funding Opportunities](#) for updated information.

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