REALISE the News – December 2020

Hello HBI trainees! The holiday season will soon be upon us, and the education team at the HBI would like wish all of you a wonderful December and holiday season! We are especially thinking of those of you who are isolated from your families—we hope you find ways to connect with them in one manner or another, and we encourage you to stay connected with your colleagues at the HBI and beyond. The HBITO has a couple of fun events coming up (holiday trivia night, secret santa), so we encourage you to take part! If you're not already on their mailing list, please send them an email. Please also don't hesitate to reach out to any of us on the HBI Education team, any time!

- Elena Nasim, REALISE coordinator
- Tram Nguyen, Awards/stipends coordinator
- Sarah McFarlane, Education director
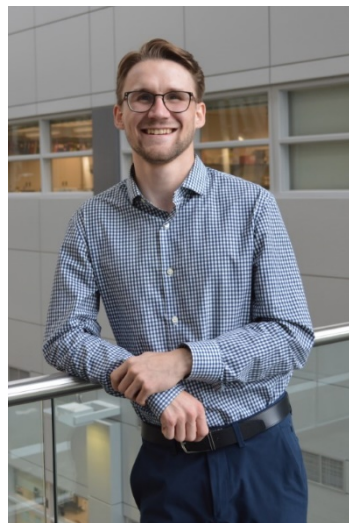
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MEET YOUR HBITO EXECUTIVES

Zachary Bailey, HBITO Education Director
Written by Shefali Rai

MSc student, Zachary Bailey, is this year's education director for the HBITO (2020-2021). Growing up in central Alberta, Zachary didn't have a formal introduction to research or neuroscience. He pursued an undergraduate degree at UCalgary majoring in microbiology, and that's when he discovered the freedom that came with research. Zachary's current project is the perfect combination of clinical and wet lab research. His project is focused on MS progression from relapsing remitting to secondary progressing – supervised by Dr. Shalina Ousman. Zachary wants to understand not only why this progression occurs, but also the varying prevalence of the disease. He has always had an underlying interest in MS, and the current limited knowledge on MS further motivates Zachary as he can test exciting novel approaches on his research.

After actively participating in the HBITO Education Committee in 2019-2020, Zachary developed a nerdy passion (as he liked to call it) for scientific communication. He enjoys discussing complex scientific issues, while finding new and easy ways to present them. His favourite part of leading the Education Committee is the continuous opportunities it gives to educate trainees and undergrads throughout the CSM. Zachary inspires to continue enriching the community through education.

Outside of Zachary's academic endeavours, most of his free time is spent exploring the outdoors. Hiking, skiing, and snowboarding keep him busy all year round, along with his newfound love of outdoor rock climbing – you can almost always find Zachary scaling the side of a mountain. After completing his master's, Zachary hopes to conquer new heights by joining the MD program at the UofC.

See HBITO - About Us for more information and follow the HBITO/REALISE Instagram account at @hbitouc. Stay tuned for more HBITO executive team bios, courtesy of the Science Writers Journal Club, in future REALISE newsletters.

UPCOMING HBI REALISE MODULES

Introduction to Scientific Programming Series

January 15 – April 16 | Weekly on Fridays from 9:30 am to 12:30 pm

This workshop series is designed to prepare trainees to use computing tools in research. Workshops will cover the fundamentals of computer science, including computer architecture, data types, types of computer programming languages, operators, branching/looping, syntax and semantics, basics of software design, and testing. Trainees will learn how to use three tools that are commonly used in the scientific community: MATLAB, R, and Python. Lectures and assignments will focus on data analysis: reading/writing data, manipulation, statistical analysis, and visualization.

Module 1: Computing basics
January 15 | 9:30 am to 12:30 pm

Module 2: MATLAB
January 22, January 29 and February 5 | 9:30 am to 12:30 pm

Module 3: Command line interfaces and high-performance computing
February 12 and February 26 | 9:30 am to 12:30 pm

Module 4: R
March 5, March 12 and March 19 | 9:30 am to 12:30 pm

Module 5: Python
March 26, April 9 and April 16 | 9:30 am to 12:30 pm

OTHER UCALGARY WORKSHOPS AND EVENTS

Graduate Writing Community
December 3 & 10 | 1 to 4 pm

Join the Graduate Writing Community to share a supportive virtual space with others while writing. Increase your writing productivity and add structure to your writing sessions by setting a writing goal. Receive feedback from writing tutors and connect with other students in this virtual space.

Discover your Self Care
December 3 | 5 to 6 pm

Feeling drained or like you never focus on yourself? Learn how planning can enhance your well-being. You'll get an individual wellness assessment and your own wellness plan in this 50-minute workshop. Open to current UCalgary students only.

Mindfulness for Coping with Stress & Uncertainty
December 3 | 7 to 8 pm

In these difficult times of COVID-19, explore how mindfulness and meditation can help create decreased levels of anxiety, depression, stress, and fatigue. Learn about enhanced feelings of connection, meaning and purpose, together with less fear of the future, less worry, and a better ability to control emotional states.

Move over, anxiety
December 4 | 12 to 1 pm

Do you find anxiety overwhelming? Learn how to work with your anxiety, rather than being consumed by it. Go from surviving to thriving in this 50-minute experiential workshop. Open to current UCalgary students only.

Ask Dr. Dobson: Mental health Q and A

December 8 | 2 to 3 pm

Between final exams, work stress, and planning for the holiday season during a pandemic, many people are experiencing challenges — lack of motivation, low energy, depression and anxiety. Gather virtually with your community and learn about tools to help you work through what's troubling you.

Healthy Thinking

December 8 | 5 to 6 pm

Having trouble with difficult or negative thoughts? Learn strategies to manage negative thoughts, emotions and mood in this 50-minute workshop. Open to current UCalgary students only.

Communication Boot Camp 2: Visual Communication

December 10 | 12 to 1:30 pm

How do you create visual communications to deliver the right impact? There is always so much to say, but limited space to say it. This is especially true with research. Learn how to create appealing visual documents, presentations, or posters with just enough information to communicate your research effectively.

Documentary & Discussion: Picture a Scientist

December 11 | 2 pm

All UCalgary students, faculty and staff are invited to join The Graduate College and CIDE (Chemists for Inclusion, Diversity and Equity) to an expert panel discussion on the documentary film, *Picture a Scientist*.

HBITO - Holiday Edition Trivia/Ugly Holiday Sweater night

December 11 | 4 pm

Join the HBITO on Friday, December 11 at 4 pm on Zoom (https://ucalgary.zoom.us/j/3365958372) for some interesting holiday facts, great conversation, prizes, and to show off your amazing holiday couture!