REALISE the News – February 2021

IN THIS EDITION

DID YOU KNOW?

Interested in an external workshop or course? REALISE can provide up to $500 towards the registration fees!

We are pleased to support training opportunities for REALISE program members attending approved workshops and courses external to the REALISE program. In recognition of the tremendous benefits that these programs can provide to our trainees, REALISE will provide a financial contribution towards the associated tuition costs. See REALISE External Module Registration Award for details.

MEET YOUR HBITO EXECUTIVES

Samantha Baglot, HBITO Outreach Director

Written by Tyler Soule and Brooke Belanger

Samantha Baglot is HBITO's 2020-2021 outreach director. Originally from Vancouver, Sam found a passion for outreach at the University of British Columbia. Recognizing the importance of promoting science literacy in the community, Sam became the Vice President of Outreach for the Neuroscience Graduate Student Association at UBC during her Master's degree. She worked to facilitate better exposure of science to the public through events like BrainBee and public talks at ScienceWorld. It was a natural progression for Sam to step into her current role promoting science in Calgary through Beakerhead, Brain Awareness Week, Calgary Public Library "Think Big" talks and more.

After joining Dr. Hill's lab at the University of Calgary for a PhD, Sam's achievements were recognized by being awarded a Vanier scholarship. Her project uses a rodent model to investigate if and how cannabis exposure affects infants during pregnancy. Although no harmful effects are currently known, this is an unexplored area and many questions remain. Her research has shared a common theme of investigating how stresses before birth can have effects later in adults. Organizing the Calgary Chapter of the Canadian Students for Sensible Drug Policy and advocating for better education and policies is just one of many things Sam is involved in.

After graduating, Sam is considering staying in research or further pursuing science advocacy. Either way, she plans to continue to connect important scientific findings with community understanding. In her spare time, Sam loves to get outside. Whether that means cruising on a bike, skis, or trekking in a pair of hiking boots, for her, the mountains are the place to be.

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

UPCOMING HBI REALISE MODULES

Do you have an idea for a REALISE module? We want to hear from you!

Our program is designed to be adaptable to respond to the evolving needs of our trainees. If you have an idea for a module, we'd love to hear it! Please contact us at realise@ucalgary.ca.

Reproducible Research using RStudio: How to save time using Literate Programming

March 2 to April 20 | Weekly on Tuesdays from 1 to 2 pm

Have you ever found yourself frustrated by having to redo statistical analyses, figures and/or tables as part of an ongoing manuscript? Have you ever had to go back to an old research project and found yourself completely lost and missing files? This eight-part workshop series will introduce you to reproducible research practices (AKA literate programming) using R+RStudio.

Over the course of eight modules, you will learn about the core concepts of reproducible research and literate programming using hands-on examples. You will learn about project directories, introductory statistics (ANOVA), figure creation (ggplot2), and dataframe manipulation. You will be shown how RMarkdown can be used to quickly and effectively make changes to your document and render them into a Microsoft Word document (docx). The tools and concepts taught in this series will not only help you become a better researcher, they will save you precious time in the long run.

Trainees who are uncertain about joining the workshop series are encouraged to attend the first module on March 2 to learn more.

Please visit the links below to find out more and to register:

> **Module 1: The Advantages of Reproducible Science Workflows**
> **March 2 | 1 to 2 pm**
>
> **Module 2: Asking a Question**
> **March 9 | 1 to 2 pm**
>
> **Module 3: Installation**
> **March 16 | 1 to 2 pm**
>
> **Module 4: Essentials of RMarkdown**
> **March 23 | 1 to 2 pm**
>
> **Module 5: Introductory Statistics #1**
> **March 30 | 1 to 2 pm**
>
> **Module 6: Introductory Statistics #2**
> **April 6 | 1 to 2 pm**
>
> **Module 7: Data Wrangling**
> **April 13 | 1 to 2 pm**
>
> **Module 8: Plotting Using the Grammar of Graphics**
> **April 20 | 1 to 2 pm**

Introduction to Scientific Programming Series

January 15 to April 16 | Weekly on Fridays from 9:30 am to 12 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 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 4: R*
March 5, March 12 and March 19 | 9:30 am to 12 pm

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

* Waiting list only. If you're interested in attending, please sign up as we hope to accommodate most people. If we can't, we'll send the workshop materials and a link to the recording after the workshop.

OTHER UCALGARY WORKSHOPS AND EVENTS

STEMCELL Technologies Inc. Virtual Information Session

February 16 | 4 to 5:30 pm

In this virtual event, representatives from STEMCELL Technologies will share their personal stories of transitioning from academic research into careers in the biotechnology industry. Each will provide insights into the types of roles available to scientists and offer tangible advice for pursuing careers outside of academic research.

Grad Writing Community

February 18 to April 22 | Weekly on Thursdays from 1 to 4 pm

Tired of writing alone? Want to develop a writing routine? Need some writing accountability? Join your peers and experienced writing tutors in a virtual space with others while writing. Increase your writing productivity and add an element of structure to your writing sessions by setting a writing goal.

Quarantine Cooking with the HBITO!

February 19 | 5:30 to 7 pm

Looking to learn a new recipe? Join the HBITO on February 19th for a virtual cooking class! The HBITO's president, Trevor Low, will teach you how to make fresh gnocchi including a simple way to prepare it.

Introductory Workshop on Computational Methods in Neuroscience

Application deadline: February 21

Campus Alberta Neuroscience is offering their eighth annual Introductory Workshop on Computational Methods in Neuroscience from May 11-21, 2021. This online workshop aims to provide students with an introduction to the theory and practical application of computational methods for the analysis of neurobiological data.

Create the Future: An Interactive Introduction to Entrepreneurial Thinking

February 24 | 12 to 1:30 pm

What is entrepreneurial thinking? How can it contribute to your future career and personal growth? To thrive in the next economy requires a new kind of mindset and future-focused skills. Learn how you can use entrepreneurial thinking to find your place in a rapidly changing and complex world.

Interview 101: Strategies and best practices for hiring situations (grad students)

February 24 | 12 to 1:45 pm

How do you prepare for an interview so that you stand out from the other applicants? In this webinar, you will gain an understanding of the hiring process, learn strategies to answer common questions, practice answering questions, and learn how to negotiate your salary.

Mitacs: Foundations of Project Management

February 24-25 | 9 am to 5 pm

Developed by a team of masterful project managers, this two-day workshop provides core project management knowledge and skills. These are blended with practical learning on key interpersonal skills essential to successful achieve project goals. This workshop will also be offered on March 10-11 and March 23-24.

NAT Chat: Innovation in Neurotech
February 24 | 5 to 7 pm

A free virtual chat session hosted by U of A's NeurAlbertaTech. NAT Chat is a networking and speaker series focused on neurotechnology. Leaders across the field will present their innovative solutions in the health sciences and consumer domains.

Inspirational Dialogue: How to Pivot your Career without Tripping
February 24 | 5:30 to 6:30 pm

The Graduate College is excited to invite all UCalgary students, faculty and staff to join their Feb. 24th Inspirational Dialogue event with special guest speaker, Kathleen Petty, executive producer of News for CBC Calgary.

Strength stories: How to explore, maximize and communicate your top five strengths (grad students)
March 2 | 12 to 1:45 pm

Explore your top five strengths in relation to your own experiences, practice talking about your strengths, and apply them to build strong team dynamics.

Launch Your Career: Extended program
March 8 to April 8 | Online via D2L

Join Career Services for a virtual career development journey. This five-week D2L program will prepare you for the next steps in your career. Learn more about yourself, including your career aspirations, and build the tools and skills needed for an effective job search.

Building Career Resilience in a Constantly Evolving World (grad students)
March 17 | 12 to 1:45 pm

In today's world, it is increasingly important 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, optimism, and collaboration.

Mitacs: Designing Your Personal & Realistic Career Plan
March 18-19 | 9 am to 5 pm

A unique opportunity 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.

MORE RESOURCES TO SUPPORT YOUR LEARNING, WELLNESS, AND CAREER DEVELOPMENT

Student Wellness Services
Wellness Services provides workshops, group support, supportive check-ins and problem-solving, online resources, peer listening, counseling, referrals to physicians/psychiatry, and assistance navigating campus and community resources to meet diverse student needs. They offer many workshops including Coffee & Connection: Kindness (Thursday mornings), Stress Management (Feb 11), Anxiety Management (Feb 12), Safer Substance Use: Harm Reduction Training (Feb 18), Motivation and Procrastination Workshop (Feb 26), plus more!

Library Workshops
UCalgary's Libraries and Cultural Resources host a number of workshops including Introduction to R syntax Part 1 (Feb 16), Introduction to R syntax Part 2 (Feb 17), Basic Survey Building and Distributing Using Qualtrics (Feb 17), EndNote Desktop on macOS (Feb 18), Education: Finding Lesson Resources Online (Feb 24), Understanding Systematic Reviews in Human Health (Mar 2), and many more.

My GradSkills Online/Virtual Training

Access professional and academic development opportunities remotely. This comprehensive resource provides an 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, and Personal Wellness.

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.

Professional development for postdocs

UCalgary encourages postdoctoral scholars to acquire the varied skills necessary to advance their careers during this transitional training period. The university provides a number of professional development opportunities and resources to enrich your experience and allow you to get the most from your appointment.