REALISE the News – March 2021

IN THIS EDITION

Get social with the HBITO!

Upcoming HBI REALISE modules

Other UCalgary workshops, events, and opportunities

More resources to support your learning, wellness, and career development

GET SOCIAL WITH THE HBITO!

The HBITO is running a social media campaign for Brain Awareness Week and would love to highlight your research!

To get involved: 1) send in a <1 minute video on your current research or something else you are working on in the lab; or, 2) send a headshot and a short blurb about your research (~2 sentences in lay terms - no more than 50 words) to Sam (samantha.baglot@ucalgary.ca) by March 12. All submissions that meet criteria will be featured throughout the week on HBITO social media accounts.

The HBITO's social media channels bring you highlights from around the HBI with everything from upcoming and past events, to recent updates from professors and trainees! If you have a new publication coming out, got an exciting award, or are passionate about something, please reach out to the HBITO at hbito@ucalgary.ca.

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 gone 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.

In this series, 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 learn how RMarkdown can be used to quickly and effectively make changes to your document and render them into a Microsoft Word document. 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.

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** *Recording available*

> **Module 2: Asking a Question**
> **March 9 | 1 to 2 pm** *Today! Recording will be available if you can't make it.*

> **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 5: Python *Last module in the series!*
March 26, April 9 and April 16 | 9:30 am to 12 pm

Benchling: Making Genetic Experimental Design a Piece of Cake

April 14 | 9 am to 12 pm

Learn about a free software that integrates multiple genetics tools to make designing genetic experiments intuitive and easy. Benchling is an innovative open source software used to design DNA- and RNA-based experiments. In this three-hour interactive workshop—designed by trainees for trainees—you will learn new approaches for designing DNA- and RNA-based experiments with Benchling. Trainees will also develop skills in genetics and cloning experimental designs.

Building Professional Relationships

April 28 & 30 | 9 am to 12 pm

Learn the secrets of building productive and professional relationships to maximize your success at university and beyond! This two-part session facilitated by Terry Wasylak of The Career Clinic is designed to help you understand and evaluate your individual strengths in the context of relationships with other people. You will complete the Meyers-Briggs' Type Indicator questionnaire, which will the help you understand yourself and improve your relationships with others. The workshop focuses on building effective professional relationships, workplace politics, and communication. *Enrolment is limited, so register soon!*

Modern Approaches to Optogenetics and Behavioural Neuroscience

May 10 & 12 | 1 to 3 pm

This module will provide participants with an introduction on how to effectively incorporate optogenetics and behavioural analysis into their research. Lectures will cover the basics and general principles guiding optogenetics and rodent behavioural testing and analysis. Participants will also become familiar with classic and more modern approaches for behavioural and statistical data analysis. *Enrolment is limited, so register soon!*

An Introduction to MATLAB for Optogenetics and Behavioural Neuroscience

May 18 & 20 | 10 am to 12 pm

This module will introduce computer coding in MATLAB with a focus on basic principles and practical applications for optogenetics and behavioural neuroscience. Participants will be provided with an introduction on how to navigate the MATLAB environment and effectively code in MATLAB. *Enrolment is limited, so register soon!*

OTHER UCALGARY WORKSHOPS, EVENTS, AND OPPORTUNITIES

Transformative Talent Internship Bootcamp

March 9 | 1 to 4 pm *(Today!)*

Interested in pursuing an internship in your graduate program but unsure of how to find these opportunities? Join My GradSkills to discover strategies for connecting with employers remotely, eligibility requirements and securing the perfect Transformative Talent Internship.

Mitacs: Foundations of Project Management

March 10 & 11 | 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 23-24.

An Industry Panel and Mixer: Applying Innovations in Life Science

March 11 | 6 to 7 pm

Grad College Scholars and Industry professionals will demonstrate the transitional process from on-campus research to career applications of emerging technology in the life and medical sciences.

Exploring Social Impact: An Interactive Problem Discovery Workshop

March 15 | 12 to 2 pm

Are you interested in tackling complex societal problems? Want to learn practical tools and principles that will improve your impact as a social innovator? This interactive workshop we will explore how COVID-19 is affecting mental health, and how we can employ entrepreneurial approaches address the challenge.

One Health at UCalgary Launch

March 15 | 3 to 4 pm

Attend the virtual launch of One Health at UCalgary, a new cross-cutting research theme. One Health builds transdisciplinary research teams and training programs around problems at the convergence of people, animals, and the environment with the goal of finding innovative and sustainable solutions to improve the well-being of all ecosystems.

Praxis Ideation Challenge

Multiple events/dates starting March 15

The Praxis Ideation Challenge is a six-month global design challenge to develop ideas to improve the lives of people living with spinal cord injuries. The program will help you develop potentially commercializable ideas for those living with spinal cord injury (SCI). Through an active learning curriculum, mentorship, milestone awards, and prototyping support, the Praxis Ideation Challenge will help you get your idea or concept ready for investment.

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.

NAT Chat: Innovation in Neurotech

March 17 | 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 neurotechnologies. Leaders across the field will present their innovative solutions in the health sciences and consumer domains.

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.

COVID-19 Intervention Challenge

March 19 - 21 | 9 am to 4 pm

Spend 48 hours collaborating, innovating and creating a solution to a grand challenge. The challenge will be something everyone can approach, and you'll have access to expert help along the way to develop your idea.

Motivation and Procrastination Workshop

March 30 | 5 to 6 pm

Learn about the nature of motivation and strategies to reduce procrastination and improve time management in this 50-minute virtual workshop.

Promoting Healthy Brain Aging and Preventing Dementia International Symposium

May 18 & 19

Campus Alberta Neuroscience is pleased to present the third edition of an international conference that brings together experts from around the world to share knowledge to improve the prevention, detection, intervention and management of dementia to promote healthier brain and cognitive aging.

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

Graduate Professional Skill Development Program

The GSE's Professional Development Program aims to establish a framework for professional development for CSM graduate students. This involves developing competencies within our graduate programs that are important to become a successful researcher and to support excellence in health research.

My GradSkills Online/Virtual Training

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 gain the 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.

Library Workshops

UCalgary's Libraries and Cultural Resources host a number of workshops to support your learning and research. Visit Library Workshops - Upcoming Events for more information.

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.

Taylor Institute for Teaching and Learning

The Taylor Institute offers comprehensive teaching development courses and workshops on a range of topics and issues.