

REALISE the News – September 2021

Hello REALISE program members, and welcome to the 2021/2022 academic year! We hope you had a fantastic summer. Read on for some great opportunities for professional and other skill development, and take note of the following resources:



Our goal is to provide you with the professional and technical skills you need to enhance your academic and professional success! Please contact us at realise@ucalgary.ca anytime with module ideas and requests.



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

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HBITO NEURO ORIENTATION AND NEURO 0 SERIES

[HBITO Neuro Orientation](#)

September 13 | 10 am to 1:15 pm

A great opportunity to learn everything you need to know about the Neuroscience graduate program! You'll hear about scholarship opportunities, meet important faculty members, learn about program milestones and deadlines, and hear about additional resources available on and off-campus. New neuroscience grad students are strongly encouraged to attend!

Registration not required. Just join the HBITO at <https://ucalgary.zoom.us/j/93688259324> (passcode: 596408) on September 13 at 10 am.

[Neuro 0 Series](#)

The [HBITO](#) is offering three introductory modules that complement the Neuro I course (MDSO 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 14 | 12 to 1 pm

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

[Introduction to Proposals and Abstracts](#)

September 15 | 12 to 1 pm

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 16 | 12 to 1 pm

This module will review research tools and techniques commonly used to investigate cellular and molecular signaling and neurodevelopment. These are techniques covered in Neuro I and include calcium imaging, FRET/BRET imaging, immunohistochemistry, Western Blot, PCR, CRISPR, optogenetics, and the CRE-Lox system.

UPCOMING HBI REALISE MODULES

[Science Communication Workshop Series](#)

The [Branch Out Neurological Foundation](#), in collaboration with HBITO and REALISE, is pleased to offer a three-part online science communication series providing a high-level overview of three critical aspects of science communication: writing, speaking, and visual communications. **Sign up for all three modules on the [REALISE Intranet Site](#)** (UCalgary username and password required).

[Part 1 – Writing: The difference between messing around and science is writing it down](#)

September 23 | 2 to 3 pm

Scientists typically communicate their research to other scientists, often in very similar fields, with pristine clarity on details. When communicating with a more general audience, different strategies are needed to convey information and decide what information needs to be conveyed. This workshop will introduce a general framework for prioritizing information and selecting the appropriate level of detail in written content.

[Part 2 – Speaking: You have a 24 story elevator ride – let's hear about your research](#)

September 29 | 2 to 3 pm

Oral communication of science is much more interactive than written communication, which can change our strategy. The goal of developing an elevator pitch is to simplify the message as much as possible and practice a smooth delivery. This workshop will extend the lessons from the previous week on written content and practice them by building your own elevator pitch.

[Part 3 – Visual Communication: Captivate your audience with good visuals](#)

October 7 | 2 to 3 pm

One of the most overlooked aspects of science communication are the visuals. Learning how to make a presentation or a poster flow is essential to help others understand your research. Graphics and illustrations are fundamental tools to help the general public understand science. Learn about the basics of design, gestalt principles, and how to make simple graphics in PowerPoint with an introduction to Adobe Illustrator.

OTHER UCALGARY WORKSHOPS, EVENTS, AND OPPORTUNITIES.

[Mitacs Workshop Series – Overview of Programs](#)

September 9 (today!) | 4 to 5 pm

Learn about the funding and programming that Mitacs has to offer graduate students. Mitacs supports collaborative research and innovation projects ("internships") between industry and academia. These paid internship projects will provide you with valuable industry experience for your future career!

[Lunch and Learn: EntrepreNeuro Program Launch](#)

September 10 | 12 to 1 pm

Campus Alberta Neuroscience is proud to launch its inaugural [EntrepreNeuro Program](#), a 7-week program to support early-stage neuroscience projects. The EntrepreNeuro Program aims to build the capacity and knowledge needed to commercialize neuroscience research, and help with the navigation and integration into the entrepreneurship and neuroscience start-up ecosystem.

[Career Development for Grad Students](#)

September 14 & 15 | 12 to 1:30 pm

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.

[Improve your Resume and Cover letter](#)

September 15 | 11 am to 12 pm

The resume and cover letter should convey your skills and experiences in a clear, concise, and effective manner. Learn the tips and strategies on how to write resumes and cover letters that are targeted and eye-catching! Appointments are available for a personalized review of your resume/cover letter. [Another session is available on Oct. 19, 1 to 2 pm.](#)

[Behind the Scenes: How Employers Hire](#)

September 16 | 2 to 3 pm

Ever wonder what employers look really for and how they recruit students or employees for the company? This workshop will help you gain a broader perspective of how companies search for and hire candidates.

[Networking for Introverts \(and Extroverts too!\)](#)

September 20 | 2 to 3:30 pm

Networking is hard, and it may be more challenging if you are introverted. In this workshop, we will discuss the differences between introverts and extroverts, and how each type handles networking situations. Be prepared to practice, discuss, and share ideas and strategies that will help one another out!

[Industry Career Fair](#)

September 21 | 9 am to 4 pm

Attend UCalgary's biggest fair of the fall term! The Industry Fair is one of two general career fairs throughout the year, engaging employers of all sizes from a diverse number of industries and sectors to ensure that students from all faculties are represented.

[e2i: Evolve to Innovate Information Session](#)

September 21 | 11 am to 12 pm

Innovate Calgary and the University of Calgary are launching a new program to help researchers make an impact by evolving their research and exploring its commercial potential.

[Mitacs Workshop Series – How to Find an Industry Partner – Part 1](#)

September 21 | 4 to 5:30 pm

Learn about the industry mindset regarding collaborating with academia, including the benefits and challenges to industry. Mitacs will describe tips and tricks of finding an industry partner and how graduate students can convey their value proposition to a potential industry partner. Part 2 is scheduled for October 7 from 4 to 5:30 pm.

[Finding a Job in 2021 \(graduate students\)](#)

September 22 | 12 to 2 pm

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

[Leveraging your Strengths for Career Success \(graduate students\)](#)

September 27 | 12 to 1:45 pm

Explore your top five strengths in relation to your own experiences, practice talking about your strengths, and apply them throughout your career journey to achieve your career goals.

[NeurAlbertaTech Fall 2021 Workshops](#)

September 27 - October 8 | Monday to Thursdays from 7 to 8 pm

If you want to learn about the stuff NAT does in a fun, interactive, low-stress environment, this is the series for you! NAT is currently offering four unique 10-session workshop streams in [Software](#), [Hardware](#), [Machine Learning](#), and [Neuroscience](#).

[Writing Resumes That Get Read \(graduate students\)](#)

September 28 | 12 to 2 pm

Employers receive hundreds of applications for a job posting 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 increase your chances of getting an interview by turning your academic CV into a targeted resume, creating an impactful cover letter, and properly responding to the job posting.

[Ace the Interview](#)

October 5 | 1 to 2 pm

Interviews are like exams: you have to put in the time to study and practice, but this exam isn't about any specific school subject, it's all about you. Discover the steps to help you prepare and succeed in the interview, learn how to speak confidently about your skills and accomplishments, and learn how to prepare stories to answer the daunting behavioural and situational questions!

[How to Stand Out in your Interview \(graduate students\)](#)

October 6 | 12 to 1:45 pm

Congratulations: you have been invited to an interview for your dream job! How do you prepare so that you stand out from the other applicants? In this workshop, you will gain an understanding of the hiring process, learn strategies to answer common questions and practice answering questions. Strategies on how to negotiate your salary will also be presented.

[Professional Networking Skills for Graduate Students](#)

October 12 | 12 to 2 pm

Networking can be intimidating for many students. This interactive workshop will help you gain confidence and comfort with networking by learning what networking really is and how to best leverage your personality style. You will also develop a personalized pitch and learn strategies for initiating and following up with contacts.

[Mindsets for Success](#)

October 18 | 12 to 1:45 pm

In today's volatile career landscape, the ability to adapt and even thrive in the face of setbacks and ongoing changes is more important than ever. Your mindset, how you view yourself, others, and the world, is key to your career resilience. In this webinar, we discuss how to foster three mindsets: growth, optimism, and outward mindsets.

[Your Social Media Brand: LinkedIn, Twitter and Beyond \(graduate students\)](#)

October 21 | 12 to 1:45 pm

In this webinar, we will explore how you can use social media platforms, such as LinkedIn, Twitter and others, to enhance your professional online presence and develop a plan to connect with influential people within your desired career field.

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

October 27 | 12 to 1:45 pm

What are you going to do after graduate school? Tired of not having an answer to the question? 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.

[Career planning, job search and networking](#)

October 27 | 2 to 3 pm

Have you ever wondered "What are my options? What kinds of jobs are out there? Where can I find these opportunities?" From choosing what to study to applying to jobs, there are plenty of options out there. Take control of your job search as we show you how to explore different careers and network effectively to create your own opportunities.
