

REALISE the News – December 2021

IN THIS EDITION

[Meet your HBITO executives](#)

[Upcoming HBI REALISE modules](#)

[Other UCalgary workshops and events](#)

MEET YOUR HBITO EXECUTIVES

Kelsea Gorzo, HBITO Education Director

Written by Joanna Keough



Kelsea Gorzo is the Education Director for the HBITO. Kelsea started as an MSc student at the HBI and has since transferred into a PhD in Neuroscience under the supervision of Dr. Grant Gordon.

Kelsea was born in Calgary, and completed her Bachelor of Science (BSc) honours in Neuroscience at the University of Calgary. Kelsea's drive for research and interest in astrocytes led her to pursue her PhD work investigating calcium signalling in astrocytes and the effects that this communication can have on neuronal activity. Specifically, Kelsea is looking at how signalling in astrocyte mitochondria is affected by ischemic stroke.

As a part of her PhD research, Kelsea is taking advantage of an exchange opportunity to pursue international collaborations with researchers at University of Bordeaux in France. One of the experiences she is most looking forward to is using a new and innovative imaging technique to visualize cells called super-resolution shadow imaging or SUSHI. This imaging method provides a means to visualize cells, including all their tiny processes, without having to individually label the cells of interest.

Kelsea loves her research with astrocytes and being in academia. She hopes to establish a lab of her own one day, and is interested in bringing super-resolution imaging to Calgary.

As the Education Director, Kelsea is responsible for planning and organizing educational opportunities and events. Her primary goal is to provide educational events that are in line with the goals of current students in the Neuroscience Graduate Program. Outside of academia, Kelsea spends most of her time playing sports and enjoying the outdoors. She plays competitive tennis and was a member, and captain, of the Dino's tennis team for three years. More recently she has also started mountain biking and rock climbing. Kelsea loves being involved with the trainee organization and cannot wait to see everyone soon at some in-person events!

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

[Careers in Research Administration](#)

December 6 | 1 to 3 pm

Changes in the research funding landscape have led universities to increase their investment in resources to manage the research process. Research administration has become the key mechanism for delivering research goals. Unlike many careers, there is no standard career path for university research administrators, but one thing is certain: holding a graduate degree and being involved in the research enterprise from a trainee perspective makes you a hot

commodity for these positions. We will cover a range of topics related to research administration, and will also focus on the potential training and qualifications that are available from varied professional associations.

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

Our program is designed to be adaptable 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.

OTHER UCALGARY WORKSHOPS AND EVENTS

[CFD - 10 Days of Foothills Holiday Activities](#)

December 1 – 10 | various times (*starts today at 2 pm!*)

The CFD will be hosting 10 days of Foothills activities between December 1st and 10th! Activities range from making a gingerbread house to movie night to a virtual games night. The HBITO will be co-hosting events on Dec. 5th and 9th.

[Using YuJa in Teaching and Learning](#)

December 7 | 10:30 am to 12 pm

This course will introduce you to the basics of YuJa, a video content management platform available to the UCalgary community for teaching and learning.

[Mitacs Workshop | Reconciliation & EDI](#)

December 7 | 2 to 3:30 pm

How do you foster a culture of reconciliation, equity, diversity, and inclusion (REDI), and incorporate these principles in your project plan? Following a 1-hour asynchronous module, a facilitated session on December 7 will provide you the opportunity to identify and incorporate REDI considerations into your own project.

[Launchpad Live](#)

December 7 | 6 to 7 pm

Launchpad Live is a weekly 1-hour event series running until March. Learn the basics of growing an idea, building a startup or social venture, and more at Launchpad Live, a new public speaker series presented by the Hunter Hub for Entrepreneurial Thinking.

[Utilizing LinkedIn](#)

December 8 | 12 to 1 pm

Learn how to create an effective LinkedIn profile and use it for job searching and networking. You'll learn how to develop a professional profile, join groups, research and follow companies and connect with others.

[Getting Started on Creating an Open Educational Resource \(OER\)](#)

December 8 | 12:30 to 2 pm

Creating a new OER can be a labour intensive process. This session will break down the steps associated with OER creation. You'll also learn about the tools and platforms for hosting OER materials, and discuss key accessibility and universal design principles.

[Mitacs Workshop | Enhance your communication skills & refine your project communication plan](#)

December 13 | 1 to 3 pm

Learn the key elements of communications, how to identify and create appropriate content tailored to the audience, and explain complex concepts. Following a 2-hour asynchronous module, a facilitated session on December 13 will provide you the opportunity to present your project communications plan and receive feedback.

[Mitacs Workshop | Project and time management](#)

December 15 | 9:30 to 11:30 am

Learn how to use time management strategies to be more effective and efficient on the job and when working remotely. Following a 2-hour asynchronous module, a facilitated session on December 15 will provide you with the opportunity to practice delivering project status updates to stakeholders.

[GradO \(Graduate Orientation\) - Winter 2022](#)

January 5 | 10:30 am to 12:30 pm

Join the Faculty of Graduate Studies and Graduate Students' Association for their virtual GradO (Graduate Orientation) to help you get started in graduate studies at the University of Calgary.
