

REALISE the News – February 2022

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MEET YOUR HBITO EXECUTIVES

Kelsey Harkness, HBITO Outreach Director



Written by Joel Burma

Kelsey Harkness is the co-director of outreach for the HBITO. Kelsey completed her BSc degree at the University of Lethbridge with a major in Neuroscience and Psychology and a minor in Philosophy. During this time, she was involved in three research projects examining: 1) prenatal maternal and paternal substance exposure and the associated behavioural outcomes in newborns, 2) strategies to ease environmental and academic stressors during the transition from high school to university, and 3) the effect of tail posture on emotional and behaviour outcomes in Japanese macaques.

These opportunities led Kelsey to enroll in an MSc degree at the University of Calgary, where she successfully transitioned into a PhD under the supervision of Dr. Kara Murias and Dr. Signe Bray. Kelsey uses fMRI to look at functional connectivity outcomes in children with different attention abilities. This requires computational models and big data, with the end goal of increasing the efficiency and effectiveness of attention deficit treatment. This could be translated into every day clinical use and increase the overall quality of life for these individuals. Kelsey's passion for this area stems from her past experiences of working as a swimming instructor and lifeguard, where she regularly worked with and taught children with various neurodevelopmental disorders.

In her free time, Kelsey loves to bake and throw heavy objects at other heavy objects, also called curling.

See [HBITO - About Us](#) for more information and follow the HBITO 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

[Working Effectively in Teams](#)

February 10 | 1 to 2 pm

Learn how to cultivate and maintain an effective and strong team to maximize your academic and research success.

Many of us haven't been taught how to collaboratively co-build an effective team or manage the ongoing factors needed to maintain a strong team environment. Cultivating and working within a healthy and effective team is critical for maximum learning and research success, and will serve you well in your future career, whether it's within or beyond academia. This workshop will focus on helping you understand and apply a number of strategies to build an effective team-centred experience that values each team member's approach to collaboration.

[Building Professional Relationships](#)

March 10 | 9 am to 4 pm

Learn the secrets of building productive and professional relationships to maximize your success at university and beyond.

Knowing how to build and sustain positive and productive professional relationships is essential to success and advancement in academia and beyond. This full day session will 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 help you understand yourself better and improve your relationships with others. The workshop focuses on building effective professional relationships, workplace politics, and communication.

[Leadership and Building Relationships](#)

March 22 | 9 am to 12 pm

Develop your leadership potential by exploring and practicing your leadership style given different situations. [Prerequisite: [Building Professional Relationships](#)]

Leadership involves the art of building relationships to motivate, influence, and guide people to achieve the goals of the team, whether it's within a lab or workplace. In this interactive workshop, you'll learn about the difference between leadership and management, and the various steps towards effective leadership. You'll explore situational leadership theory: a strategy that designates a leadership style to a given situation based on a number of factors. You'll complete a situational case study with your peers and present your findings to the group.

[Conflict Resolution](#)

March 24 | 9 am to 12 pm

Conflict can be a catalyst for dialogue and creativity. Learn how to handle conflict effectively to turn it into an opportunity for growth and change.

Conflict itself is neither good nor bad, in fact, it can be a catalyst for dialogue and creativity. Successful people know this and learn to manage conflict effectively, turning it into an opportunity for growth and change. This workshop will help you identify your preferred conflict management mode, determine the best approach for each situation, and ultimately handle conflict in a positive and productive way.

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. Visit [REALISE External Module Registration Award](#) for more information.

OTHER UCALGARY WORKSHOPS AND EVENTS

[MITACS Professional Development Program](#)

Various dates

Mitacs has launched a new professional development curriculum for graduate students and postdocs! The workshops consist of an online workshop followed by a facilitated session. Topics include [career development and planning](#), [leadership and team building](#), [communication](#), [writing and presentations](#), [networking](#), [project and time](#)

[management](#), [Reconciliation & EDI](#), [research management](#), and more! Visit the [EDGE portal](#) for details and registration.

[Intro to Machine Learning Workshop](#)

February 3 | 2 to 3 pm

Get started with machine learning! In this hands-on workshop, you will learn the basics of machine learning in Python, including a hands-on exercise using linear regression. Participants will work with Python libraries used for machine learning such as Pandas and scikit-learn. Basic programming experience is required.

[SPARK Calgary Application Information Session](#)

February 4 | 12 to 1 pm

[SPARK Calgary](#) supports evidence-based digital health innovations and is a [W21C Research and Innovation Centre](#) initiative, supported by [Innovate Calgary](#). Join the info session to learn more about SPARK Calgary and the application process for the 2022 SPARK cohort.

[Building the Equity Bridge Symposium](#)

February 7 | 8:30 am to 1 pm

Join the Office of Professionalism, Equity and Diversity, and the Indigenous, Local and Global Health Office for the annual Building the Equity Bridge Symposium. This year we welcome Dr. Cindy Blackstock, First Nations child health advocate, and Alanis Obomsawin, accomplished Indigenous film maker.

[Video Science Communication](#)

February 9 to March 16 | 3 to 5 pm

The CSM and the HBI are very excited to offer their newest Science Communication badge! This badge, open to grad students and postdocs, focuses on video communication. Participants will develop all the skills needed to produce their very own short film. Learn how to storyboard a short video, use professional equipment and editing software, sound design, and more. **Spots are limited so sign up soon!**

[Ask Me Anything about Social Enterprise](#)

February 15 | 3:30 to 5 pm

Are you curious about social enterprise? Trying to figure out how to solve a social problem using a business model? What burning questions do you have? At the *Ask Me Anything about Social Entrepreneurship* session, a team of experienced professionals will be available to answer your questions.

[Mitacs: How to Find an Internship and Industry Partner – Part 1](#)

February 23 | 4 to 5:30 pm

Join the GSA and Mitacs to learn about funding and programming opportunities. You'll hear about the industry mindset regarding collaboration with academia, including the benefits and challenges. You'll also learn tips and tricks to find an industry partner and how to communicate your value proposition to a potential partner. [Part 2 \(March 9, 4 to 5:30 pm\)](#) will provide a hands-on opportunity to find an industry partner.

[Using YuJa in Teaching and Learning](#)

February 24 | 12 to 1 pm

Learn the basics of YuJa, a video content management platform available to the UCalgary community for teaching and learning. You'll learn how to create, manage and share content in YuJa.

[Innovation4Health – Health Hack Competition: Seniors & Healthy Aging](#)

Apply by March 4

Do you know of a challenge in senior's well-being or healthy aging that needs solving? Innovation4Health is an Alberta-wide organization that runs a Health Hack Competition every year designed to spark collaboration across disciplines and tackle complex challenges. They are now recruiting [Challenge Champions](#) and [Innovators](#).

[Introductory Workshop on Computational Methods in Neuroscience](#)

Apply by March 11 | Workshop dates May 24 - June 3

Campus Alberta Neuroscience's Introductory Workshop on Computational Methods in Neuroscience is back and applications will be open until March 11, 2022. Workshop participants will be provided with introductory instruction on the use of MATLAB, the most common tool for data analysis and visualization in the quantitative sciences.

[2022 Successes in Neuroscience Symposium](#)

March 16 | 11 am to 5 pm

Join Campus Alberta Neuroscience for the second iteration of the highly anticipated Successes in Neuroscience Symposium! Showcasing the amazing work in neuroscience and mental health from Albertan researchers.
