

A banner with a red-to-purple gradient background. It features a network of white nodes connected by thin lines, with some nodes glowing. The word "REALISE" is written in large, white, sans-serif capital letters on the left side.

# REALISE

Helping HBI students and scholars REALISE their potential

## IN THIS EDITION

[REALISE Learning Opportunities](#)

[CIHR Science Communication Workshops](#)

[Additional Opportunities Across Campus](#)

## REALISE LEARNING OPPORTUNITIES

### [Modern Approaches to Optogenetics and Behavioural Neuroscience](#)

November 21 & 23 | 10 am to 12 pm

Learn the basics of optogenetics, behavioural testing, and modern data analysis techniques.

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.

### [An Introduction to MATLAB for Optogenetics and Behavioural Neuroscience](#)

November 28 & 30 | 10 am to 12 pm

Learn the basics of computer coding in MATLAB for practical applications related to optogenetics and behavioural neuroscience.

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.

### [Figures First](#)

December 8 | 2 to 4 pm

Improve your scientific figures by learning how figure design can affect readability, interpretation, and impact.

This workshop focuses on identifying the elements that make a data visualization successful, including tailoring to your audience, designing with purpose, and formatting for function. Examples from published literature are used to highlight how figure design can affect readability, interpretation, and impact.

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.

## TRAINING OPPORTUNITIES IN SCIENCE COMMUNICATION

CIHR is offering several [training opportunities in science communication](#). These workshops are free of charge and are available to health researchers, including grad students and postdocs, across Canada. Current workshops include *Foundations of Science Communication*, *#SciComm on Social Media for Researchers*, *Instagram and TikTok for #SciComm*, and *Combating Misinformation on Social Media*. Visit [CIHR Science Communication](#) for all details and see below for select dates and registration links.

## ADDITIONAL LEARNING OPPORTUNITIES ACROSS CAMPUS

### Neuroscience and mental health

- [HBI Seminar Series](#) | Weekly on Fridays, 12 to 1 pm
- [VCID: white matter alterations, exercise and pharmacotherapy](#) | Nov 25, 10 to 11 am
- [VAST Seminar Series: Deep learning for neuroimage segmentation](#) | Dec 9, 10 to 11 am
- [VAST Skills Workshop: Stroke Clinical Trials Design](#) | Dec 16, 11 am to 12:30 pm

### Professional and career development

- [Designing your Life: Envision and Achieve your Goals with Design Thinking](#) | Nov 17, 10 to 11:30 am
- [Mitacs: Networking Skills](#) | Nov 21, 7 to 9 am
- [Mitacs: Leadership Skills](#) | Nov 22, 3 to 5:30 pm
- [Mitacs: Project and Time Management](#) | Nov 25, 11 am to 1 pm
- [Mitacs: Career Planning: transferable skills + elevator pitch](#) | Nov 28, 1 to 4 pm

### Communication and knowledge translation

- [Grad Writing community \(login to Elevate required\)](#) | Various dates and times
- [Mitacs: Writing and Presentation Skills](#) | Nov 23, 12 to 3 pm
- [Writing at the graduate level series: Revising for sentence level errors](#) | Nov 23, 3 to 4:30 pm
- [Instagram and TikTok for #SciComm](#) | Nov 30, 10 to 11:30 am
- [Mitacs: Communication Skills](#) | Nov 30, 11 am to 1 pm
- [Preparing to submit: Revising for clarity and concision](#) | Nov 30, 3 to 4 pm
- [#SciComm on Social Media for Researchers](#) | Jan 17, 10 am to 12 pm

### Technical and research

- [Python Basics](#) | Nov 15, 2 to 3 pm
- [Navigating DORA: Manage Your Research Identity and Track Your Impact](#) | Nov 24, 12 to 1 pm
- [Navigating DORA: Report Your Research in the Context of DORA](#) | Dec 1, 12 to 1pm

### Entrepreneurial thinking and innovation

- [Launchpad Live: Customer discovery and market intelligence](#) | Nov 17, 6 to 7:30 pm
- [Launchpad Live: Prototyping and agile product development](#) | Nov 24, 6 to 7:30 pm
- [Launchpad Live: The pitch](#) | Dec 1, 6 to 7:30 pm

### Equity, Diversity, and Inclusion

- [Anti-Racism, EDI and Positionality in Teaching and Learning](#) | Asynchronous
- [Implicit Bias in Medicine](#) | Nov 21, 1 to 4 pm

- [Mitacs - Reconciliation and EDI](#) | Nov 24, 8 to 10 am
- [Bystander Intervention Training \(login to Elevate required\)](#) | Dec 7, 5 to 7:30 pm
- [From Bystander to Upstander: Intervention Training](#) | Dec 7, 9 am to 12 pm

## Wellness

- [What to Do When You Don't Know What to Do](#) | Nov 16, 12:30 to 1:30 pm
- [Healthy Thinking](#) | Nov 21, 12 to 1 pm
- [Mitigating Procrastination](#) | Nov 23, 11 am to 12 pm
- [Managing Stress and Anxiety Workshop](#) | Nov 23, 12 to 1 pm
- [Imposter Syndrome and Tackling your Inner Saboteurs](#) | Nov 23, 2:30 to 4 pm
- [Pushing Past Perfectionism](#) | Nov 24, 5 to 6 pm
- [Motivation and Procrastination Workshop](#) | Nov 29, 12 to 1 pm
- [Boosting Self-Compassion Workshop](#) | Nov 30, 12 to 1 pm
- [The Comments Section: Addressing Harassment \(login to Elevate required\)](#) | Dec 1, 3 to 4:45 pm

## REALISE Career Development Program

Web: [hbi.ucalgary.ca/education/realise](https://hbi.ucalgary.ca/education/realise)

Calendar: [hbi.ucalgary.ca/education/realise/current-modules](https://hbi.ucalgary.ca/education/realise/current-modules)

Email: [realise@ucalgary.ca](mailto:realise@ucalgary.ca)