

A banner with a gradient from orange to purple, featuring a network of white dots and lines. 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](#)

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## REALISE LEARNING OPPORTUNITIES

### [Figures First](#)

December 8 | 2 to 4 pm

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

Whether you are writing a grant application, manuscript, or presentation, you have limited space to explain your science. Figures that are clear, intuitive, and robust to misinterpretation are essential to your success. 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.

[Limited spots remaining—register soon!](#)

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### [What can you be with your grad degree?](#)

December 15 | 9 to 10:30 am

Broaden your career options by learning how your research and science skills can be applied outside of an academic context.

Learn how the skills you are developing as a grad student or postdoc will prepare you for a fulfilling career in industry. You'll gain an understanding of what companies are looking for and be able to articulate how the skills you are learning now—including technical writing, oral communication, quantitative analysis, grant writing, technical problem solving, project management, and content expertise—make you an ideal candidate for an industry career.

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## Impact assessment: taking your research outside the lab

December 15 | 10:30 am to noon

Conceptualize, measure, and share the impact of your research with community stakeholders.

This workshop will focus on impact assessment, borrowing from complexity science, psychometrics, and entrepreneurship to collect the information you need to communicate why a research project or community initiative is important and deserves support. You'll learn a framework to conceptualize a project's impact, strategize data collection, evaluate the meaning and potential bias in the data, and communicate the impact with key stakeholders.

## REALISE Program Calendar

REALISE modules are regularly added to the [REALISE Program Calendar](#). Please bookmark it and check back often for new modules!

## 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](mailto:realise@ucalgary.ca).

## MARK YOUR CALENDARS!

### Save the date for Mathison and HBI Research Days!

- [Mathison-Littmann Research Day – March 3, 2023](#)
- [HBI Annual Research Day – May 25, 2023](#)

## EXPERIENTIAL LEARNING OPPORTUNITIES

### Interested in a skills or research internship? How about learning a bit about a career through a micro-placement?

UCalgary supports several experiential learning opportunities. Check out these resources:

- [Internships for Graduate Students](#)
- [Mitacs Accelerate Internships for Grad Students and Postdocs](#)
- [Explore Micro-placements for Students](#) | [Micro-placement Info Session](#) | Dec 15, 11 to 11:30 am
- [More Experiential Learning Opportunities and Resources](#)

## ADDITIONAL LEARNING OPPORTUNITIES ACROSS CAMPUS

### Neuroscience and mental health

- [HBI Seminar Series](#) | Weekly on Fridays, 12 to 1 pm
- [VAST Seminar: Deep learning for neuroimage segmentation](#) | Dec 9, 10 to 11 am
- [Adapted Physical Activity after Traumatic Brain Injury](#) | Dec 14, 4 to 5 pm
- [VAST Skills Workshop: Stroke Clinical Trials Design](#) | Dec 16, 11 am to 12:30 pm

### Professional and career development

- [Resume Rescue](#) | Weekly on Wednesdays, 12 to 1 pm
- [Getting Great Reference Letters](#) | Dec 9, 9 to 10 am
- [Graduate Leader's Circle - Scholarship Drop-in Session](#) | Dec 12, 10 am to 12 pm
- [Leading Others In Learning Digital Badge](#) | Jan 5, 10 am to 4 pm

### Communication and knowledge translation

- [Grad Writing community \(login to Elevate required\)](#) | Various dates and times
- [Peer Beyond Graduate Research Conference](#) | sign up by Dec 15
- [Recording Podcasts and Voice Over](#) | Jan 4, 2 to 3 pm
- [#SciComm on Social Media for Researchers](#) | Jan 17, 10 am to 12 pm
- [Instagram and TikTok for #SciComm](#) | Feb 7, 10 to 11:30 am

### Technical and research

- [Data Visualization & Tools](#) | Jan 3, 10:30 am to 12 pm
- [Introduction to R syntax: Part 1](#) | Jan 3, 12 to 1:30 pm
- [Data Visualization with Tableau](#) | Jan 3, 2 to 3:30 pm
- [Basic Survey Building and Distribution Using Qualtrics](#) | Jan 3, 3 to 4 pm
- [Research Data Management 101](#) | Jan 4, 9 to 10:30 am
- [LaTeX and Overleaf](#) | Jan 4, 10 to 11 am
- [How to Deposit Your Research Data in PRISM Data](#) | Jan 4, 11 to 11:45 am
- [Introduction to R syntax: Part 2](#) | Jan 5, 12 to 1:30 pm
- [Introduction to Personal Digital Archiving](#) | Jan 5, 2 to 3 pm
- [Qualitative Data Visualization](#) | Jan 5, 3 to 4 pm
- [PRISM: University of Calgary digital repository](#) | Jan 6, 1 to 2 pm
- [Deliberate Practice and Technical Skills Acquisition](#) | Jan 10, 12 to 1:15 pm

### Entrepreneurial thinking and innovation

- [Launchpad Live: The pitch](#) | Dec 8, 6 to 7:30 pm
- [Life Sciences Fellowship Demo Day and Graduation](#), Dec 16, 2 to 5 pm

### Equity, Diversity, and Inclusion

- [Anti-Racism, EDI and Positionality in Teaching and Learning](#) | Asynchronous
- [From Bystander to Upstander: Intervention Training](#) | Dec 7, 9 am to 12 pm
- [Bystander Intervention Training \(login to Elevate required\)](#) | Dec 7, 5 to 7:30 pm
- [Implicit Bias in Medicine](#) | Dec 13, 9 am to 12 pm

### Wellness

- [Healthy Thinking](#) | Dec 7, 12 to 1 pm
- [Pushing Through Perfectionism](#) | Dec 14, 12 to 1 pm
- [What to Do When You Don't Know What to Do](#) | Dec 20, 12 to 1 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)