REALISE
Helping HBI students and scholars REALISE their potential

IN THIS EDITION

REALISE LEARNING OPPORTUNITIES

HBI Wellness Series: Wholistic you

February 8, 15, 22 & March 1 | 4 to 5:30 pm

Cultivate your best self by developing a growth mindset, honing your self-awareness, and realizing your self-worth and value.

Back by popular demand! Maximize your personal and professional success by cultivating your best self. As a grad student or postdoc, you are already successful. Despite this, do you ever feel like an imposter? Do you ever experience what feels like failure? This four-part module will help you develop self-awareness, which will help you let go of thought patterns that no longer serve you. You'll learn how to set healthy boundaries and advocate for your needs with calm confidence and clear communication.

Impact assessment: taking your research outside the lab

February 28 | 1 to 2:30 pm

Maximizing impact: a framework for conceptualizing, measuring, and sharing the impact of your research.

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.

How to connect with anyone (and why "networking" is overrated)

March 9 | 1 to 3 pm

Go from seeing networking as a chore to being equipped with fun, easy, and effective ways to build connections for your current and future career aspirations!

Have you ever been told that "networking is important?" While the underlying sentiment is true, you could be one of the many people who feel resistance to the concept. Let's discard "networking" and focus on how to make genuine human-to-human connections in a way that is fun and that can support you during your time in university and beyond. Whether it is making more friends or connecting with people in your desired career path, making meaningful connections is easier than you think.

Careers in Research Administration

March 15 | 10 am to noon

Learn more about career opportunities in research administration.

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 makes you a hot commodity for these positions.

What can you be with your grad degree?

March 28 | 1 to 2:30 pm

Transitioning from academia to industry: leveraging your research and science skills.

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 make you an ideal candidate for an industry career.

EQUITY, DIVERSITY, AND INCLUSION WEEK 2023

Celebrate EDI Week 2023, February 6 to 10!

EDI Week is an annual week-long series of events and activities showcasing the University of Calgary's commitments and efforts toward advancing equity, diversity and inclusion. Each year, the Office of Equity, Diversity and Inclusion, along with the entire campus community, celebrates UCalgary's commitment to creating an inclusive and equitable climate, while fulfilling the institution's EDI mission.

Visit Equity, Diversity, and Inclusion Week 2023 for more info and events!

INVENTURES – THE START UP AND INNOVATION EVENT

Join the best and brightest in global innovation for three days of learning, inspiration and creative collisions!

From rousing keynotes and expert panels, to startup pitch competitions and informal networking opportunities, **Inventures** is the must-attend event of 2023. Make connections meet prospective employers, mentors, global thought leaders and industry pros.

Visit inventurescanada.com for more info. Student passes are on sale now for $99 and the REALISE program may be able to cover the cost! Contact us by February 17 to find out more.

THREE MINUTE THESIS COMPETITION

Your thesis, three minutes, one slide

The Three Minute Thesis (3MT) is an internationally recognized research communication competition. Participants have three minutes to deliver a compelling presentation on their thesis research for a general audience using a single, static slide. The 3MT helps graduate students develop skills in translating their research and its impact for non-specialists. Several workshops will be held to support this valuable experience!

See **UCalgary Three Minute Thesis Competition** for details!

COMPUTATIONAL METHODS IN NEUROSCIENCE

Campus Alberta Neuroscience is offering their annual Introductory Workshop on Computational Methods in Neuroscience from May 8-19. Applications due March 1!

Contemporary neurobiological experiments often generate complex data sets with many dependent variables collected continuously through time. Appropriate analysis tools are needed to uncover relationships among signals and allow for a better understanding of the underlying biological processes. This workshop aims to give students an introduction to the theory and practical application of computational methods for the analysis of neurobiological data.

Register by March 1 and visit REALISE External Module Registration Award to see if you're eligible for financial support!

ADDITIONAL LEARNING & DEVELOPMENT OPPORTUNITIES

Neuroscience and mental health
- HBI Seminar Series | Weekly on Fridays, 12 to 1 pm
- Successes in Neuroscience Symposium | Feb 8, 10 am to 3:30 pm
- Psychiatry Quarterly Updates - Opioid Use Disorder | Feb 10, 1 to 4 pm
- Nat Workshops: Neuroscience + Machine Learning | Fridays from Feb 10 to Mar 24, 4 to 5 pm
- VAST Seminar Series - Dr. Sarah Gagliano Taliun | Feb 17, 10 to 11 am
- Mathison-Littmann Research Day | Mar 3, 9 am to 2 pm

Professional and career development
- Interviews: Answering General Questions | Feb 7, 12 to 1 pm
- Interviews: Answering Behavioural Questions | Feb 8, 12 to 1 pm
- Interviews: Practice Interview Questions | Feb 9, 12 to 1 pm
- Creating your Future: Planning your Next Steps | Feb 9, 2 to 3 pm
- Explore Micro-Placements Info Session - Students | Feb 14, 12 to 12:30 pm
- Using Life Design: Reading Break Studio | Feb 21 & 22, 10 am to 3 pm
- Getting Great Reference Letters | Feb 22, 1 to 2 pm
- Designing Your Career: Finding Your Way | Mar 2, 1 to 2 pm
- Using Life Design: March Studio | Fridays from Mar 3 to 24, 2 to 4 pm

Communication and knowledge translation
- Instagram and TikTok for #SciComm | Feb 7, 10 to 11:30 am
- Writing at the graduate level: Strategies for writing literature reviews | Feb 15, 1:30 to 2:30 pm
- The ABCs of Health Misinformation | Feb 16, 10 to 11:30 am,

Technical and research

- [Nat Workshops: Neuroscience + Machine Learning](#) | Fridays from Feb 10 to Mar 24, 4 to 5 pm
- [Sex and Gender Considerations in Health Research](#) | Feb 14, 12 to 1 pm
- [NAT Chat - Artificial Intelligence & Neurotechnology](#) | Feb 16, 5 to 7 pm

Entrepreneurial thinking and innovation

- [Tech Fest 2023](#) | Feb 7, 10:30 am to 4 pm
- [Launchpad Live: Innovation Ecosystem Overview](#) | Feb 9, 6 to 7:30 pm
- [Innovate Calgary: Curious Conversations: Mental Health](#) | Feb 10, 10 to 11:30 am
- [Launchpad Live: From Founder to CEO: Building and Managing a Team](#) | Feb 16, 6 to 7:30 pm
- [Launchpad Live: Negotiation](#) | Mar 2, 6 to 7:30 pm
- [Launchpad Live: Go-to-Market Strategy and Sales](#) | Mar 9, 6 to 7:30 pm
- [Launchpad Live: How to Scale](#) | Mar 16, 6 to 7:30 pm

Wellness

- [Boosting Self-Compassion Workshop](#) | Feb 7, 12 to 1 pm
- [Mitigating Procrastination](#) | Feb 8, 11 am to 12 pm
- [Managing Stress and Anxiety Workshop](#) | Feb 8, 12 to 1 pm
- [Healthy Thinking](#) | Feb 15, 12 to 1 pm

REALISE Career Development Program

Web: [hbi.ucalgary.ca/education/realise](#)
Calendar: [hbi.ucalgary.ca/education/realise/current-modules](#)
Email: [realise@ucalgary.ca](#)