



# REALISE

Helping HBI students and scholars REALISE their potential

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## REALISE LEARNING OPPORTUNITIES

### [How to connect with anyone \(and why “networking” is overrated\)](#)

March 9 | 1 to 3 pm | Foothills Campus (HSC)

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 12 pm | Online via Zoom

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.

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## What can you be with your grad degree?

March 28 | 1 to 2:30 pm | Foothills Campus (HSC)

**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.

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## Media 101

April 12 | 2 to 4 pm | Foothills Campus (HSC)

**Learn about the media landscape and develop strategies to effectively promote your research.**

Join CSM communications and media experts Kelly Johnston and Jordanna Heller to learn how the media functions and how to effectively communicate your research to attract media attention. The workshop will also explore alternative methods to amplify your research beyond the media, and illustrate how social media can impact media coverage, both positively and negatively.

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## Building Professional Relationships

April 26 | 9 am to 4 pm | Foothills Campus (HSC)

**Learn the secrets to 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 is designed to help you understand and evaluate your individual strengths in the context of relationships with other people, and will help you build effective professional relationships, workplace politics, and communication.

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## Interview Preparation

May 2 | 9 am to 12 pm | Foothills Campus (HSC)

**Learn key employer expectations, how to purposefully prepare for an interview, collaborative negotiation techniques, and practice interviewing.**

This half-day session will help you understand key recruiter/employer expectations, and how to purposefully prepare for an interview so you stand out from other candidates. The workshop will include collaborative negotiation techniques and will be followed up by a 30-minute one-on-one mock interview on May 9, 2023.

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## Informational Interviews: the key to your career advancement

May 8 | 2 to 3:30 pm | Foothills Campus (HSC)

**The informational interview is an essential tool to find out more about career paths and opportunities, and develop important connections to advance your career.**

Have you ever wondered how you could effectively use your time to find out about specific job types, organizations, career paths and opportunities? The informational interview is an extremely effective networking strategy, and is the key to success for today's job seekers. Learn how to advance your career and engage in meaningful conversations through information interviews.

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## VIDEO SCIENCE COMMUNICATION 2023 FILM FESTIVAL

The GSE presents the 2023 Video Science Communication Film Festival on March 8

The GSE is excited to announce the 2<sup>nd</sup> annual [Science Film festival](#) on March 8 at 6 pm in the Clara Christie theatre! Join your colleagues to watch videos created by graduate students enrolled in the Video Science Communication Badge. Register at [eventbrite.ca/e/video-science-communication-2023](https://eventbrite.ca/e/video-science-communication-2023). *Everyone is welcome!*

## 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 10!

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 10](#) and visit [REALISE External Module Registration Award](#) to see if you're eligible for financial support!

## 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.

[Student passes](#) are on sale now for \$99 and the REALISE program will cover the cost for the first 5 trainees who sign up! [Contact us by March 16 to find out more.](#)

## HEALTH AND WELLNESS

GSE Health and Wellness Resource Hub + CSM Student Advocacy and Wellness Hub

The Graduate Science Education office values the health and wellness of all students. As a part of the Campus Mental Health Strategy, the new [Health & Wellness Resources webpage](#) contains a list of internal and external health and wellness resources to support your journey through graduate school. Additional workshops are available on the [Wellness Services](#) calendar.

Also check out the [Student Advocacy and Wellness Hub](#) which provides counselling on advocacy, academic, wellness, and personal matters.

## ADDITIONAL LEARNING & DEVELOPMENT OPPORTUNITIES

Neuroscience and mental health

- [HBI Seminar Series](#) | Weekly on Fridays, 12 to 1 pm
- [VAST Seminar Series](#) | Weekly on Fridays, 10 to 11 am
- [Mathison-Littmann Research Day](#) | Mar 3, 9 am to 2 pm
- [Patient Engagement in Mental Health Research](#) | Mar 14, 1 to 2 pm

## Professional and career development

- [Mitacs: Leadership Skills](#) | Mar 3, 11 am to 1:30 pm
- [Mitacs: Project and Time Management](#) | Mar 6, 10 am to 12 pm
- [Mitacs: Career Planning](#) | Mar 7, 11 am to 2 pm
- [Ace the Interview](#) | Mar 7, 2 to 3 pm
- [Money or Meaning?](#) | Mar 8, 10 to 11 am
- [Mitacs: Networking Skills](#) | Mar 8, 5 to 7 pm
- [Mitacs: Leadership Skills](#) | Mar 9, 7:30 to 10 am
- [Career Conversations: Women in Leadership](#) | Mar 9, 12 to 1:30 pm
- [Designing Your Career as an International Student](#) | Mar 16, 2 to 3:30 pm
- [Mitacs: Project and Time Management](#) | Mar 17, 7 to 9 am
- [Explore Micro-Placements Info Session - Students](#) | Mar 21, 12 to 12:30 pm
- [Calgary Job Fair Celebrating Diversity](#) | Mar 22, 3 to 6 pm

## Communication and knowledge translation

- [The ABCs of Health Misinformation](#) | Mar 3, 10:30 am to 12 pm
- [#SciComm on Social Media for Researchers](#) | Mar 7, 11 am to 1 pm
- [Mitacs: Communication Skills](#) | Mar 10, 7 to 9 am
- [Mitacs: Writing and Presentation Skills](#) | Mar 15, 1 to 4 pm
- [Combatting Misinformation on Social Media](#) | Mar 28, 10 to 11 am

## Technical and research

- [The case for a small footprint head-only MRI system](#) | Mar 9, 12 to 1 pm
- [Principles of Biostatistics](#) | May 8, 1 to 4 pm

## Entrepreneurial thinking and innovation

- [Launchpad Live: Negotiation](#) | Mar 2, 6 to 7:30 pm
- [Innovate Calgary - Social Innovator Breakfast Club](#) | Mar 6, 9 to 10 am
- [Ask Me Anything About Social Enterprise](#) | Mar 8, 3:30 to 5 pm
- [Launchpad Live: Go-to-Market Strategy and Sales](#) | Mar 9, 6 to 7:30 pm
- [Innovate Calgary - Social Innovator Work Sprint](#) | Mar 14, 1 to 3 pm
- [Launchpad Live: How to Scale](#) | Mar 16, 6 to 7:30 pm

# REALISE Career Development Program

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

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

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