



REALISE

Helping HBI students and scholars REALISE their potential

REALISE LEARNING OPPORTUNITIES

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.

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 your individual strengths in the context of relationships with other people, and will help you build effective professional relationships, navigate workplace politics, and enhance communication.

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.

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 optimize your time to learn more 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.

An Introduction to Mindfulness Meditation

May 17 | 10:30 to 11:30 am | Foothills Campus (HSC)

An introduction to mindfulness meditation, including research findings and practical techniques, with the aim of improving attendees' ability to practice mindfulness in their daily lives.

Join Dr. Todd Hill, PhD, Senior Instructor and Director of Behavioural Medicine in the Department of Family Medicine at the Cumming School of Medicine, for an interactive workshop to learn about the basic principles and research currently supporting mindfulness meditation practice. You'll have the opportunity to practice specific skills, reflect on practice, and discuss ideas with colleagues.

DID YOU KNOW?

Are you looking for ways to gain teaching experience? Consider leading a REALISE module!

Are you passionate about a topic and keen to share your knowledge? Opportunities for trainees to teach can be difficult to come by. If you are interested in developing and leading a module – perhaps in a skill, technique, or knowledge area where you have a particular interest or talent – please contact us at realise@ucalgary.ca.

ADDITIONAL FEATURED LEARNING OPPORTUNITES

Verbal Science Communication

April 19 to May 24 | 2 to 4 pm

The [Science Communication Certificate Program](#) offers grad students and postdocs an opportunity to develop science communication expertise and skills that are relevant across disciplines in postsecondary education. Enrol in the Verbal Science Communication badge to improve your communication skills through improvisation in a fun interactive environment. **[Spots are in high demand so sign up soon!](#)**

Specialist Knowledge Translation Training

April 26 to 28

An online workshop for those interested in sharing research knowledge with audiences beyond the academic community. You'll learn the unique skillset associated with KT practice, including how to increase the impact potential of research, building practical KT planning skills, as well as skills required to communicate with a variety of audiences. See [Specialist Knowledge Translation Training](#) for details.*

Principles of Biostatistics

Section 1: Fundamentals of Biostatistics (May 8 to 19)

Section 2: Applied Statistical Modelling for Data Analysis in R (May 23 to June 2)

Do you need to improve your data analysis skills, but don't have time for a traditional biostatistics course? One Health at UCalgary's fast-track online biostatistics course is designed for you! Learn the fundamental principles and practical tools for statistical analysis in healthcare and research, and how to perform data analysis using R software, ideal for managing and analyzing large and complex datasets. See [Principles of Biostatistics](#) for more information and registration.*

Fundamentals of Effective Figure Design for Academics

A self-paced, online course created by Sarah Treit, PhD, of Figures First Consulting that teaches students the essential elements of good scientific figure design, providing practical tips to improve the impact of their work. This course is not program specific, and will be beneficial for students using any statistical analysis and graphing software. REALISE students get 20% off until May 31 with code REALISE20 see [Fundamentals of Effective Figure Design](#) for details.*

***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.

HBI RESEARCH DAY

Join the us on May 25 for HBI's 19th Annual Research Day! Research Day showcases HBI's innovative and outstanding contributions to science and medicine. [Click here to register.](#)

Trainees – [submit your abstracts](#) for a chance to win cash prizes! Deadline to submit is April 14.

REALISE Career Development Program

Web: hbi.ucalgary.ca/education/realise

Calendar: hbi.ucalgary.ca/education/realise/current-modules

Email: realise@ucalgary.ca
