



# REALISE

Helping HBI students and scholars REALISE their potential

## REALISE LEARNING OPPORTUNITIES

### Informational Interviews: the key to your career advancement

May 8 | 2 to 3:30 pm | Foothills Campus (HSC 1405A)

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 informational interviews.

### Beyond the Brain: Exploring Alternative Career Paths for Neuroscientists

May 9 | 11:30 am to 12:30 pm | Foothills Campus (HSC 1405A)

The REALISE program is pleased to host Dr. Daniela Oettler for an informal seminar to hear about her journey from Behavioural Neuroscientist to Scientific Director of TSE Systems, Inc.

Daniela trained in behavioral neuroscience at Max-Planck Institute of Experimental Medicine. With the goal of making the most impact in advancing the scientific understanding of neurodegenerative disorders, she transitioned to industry and now reaches thousands of researchers through her work.

### An Introduction to Mindfulness Meditation

May 17 | 10:30 to 11:30 am | Foothills Campus (HSC 1405A)

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.

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## Crafting a Compelling Graphical Abstract

May 23 | 1 to 2 pm | Foothills Campus (HSC)

Graphical abstracts are one of the best ways to quickly explain your research, and scientific journals are requesting them more often.

Join [Dr. Sarah Treit of Figures First](#) to learn how to create effective and impactful graphical abstracts. You'll learn about the purpose of graphical abstracts, key elements, effective design, optimal level of detail and flow, and programs and resources you can use to create graphical abstracts.

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## Explore Your Story to Design Your Future

June 6 & 8 | 1 to 2:30 pm | Online via Zoom

Design your future and career by gaining clarity on your career desires, strengths, personality, and interests.

Hosted by [UCalgary Career Services](#), this two-part workshop will use the [OneLife Online Storyteller](#) to explore your unique narrative to uncover your career desires, strengths, personality, and interests. You'll also learn about design thinking concepts to help you identify potential paths and possible next steps. Don't miss this opportunity to design your future and make your story a reality!

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## **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).

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## **HBI RESEARCH DAY**

Join us for the 19<sup>th</sup> Annual [HBI Research Day](#) on Thursday, May 25!

This year's theme is Neuroinflammation and will feature a keynote talk from [Dr Walter Royal, III, MD](#), Professor and Chair, Department of Neurobiology, Director, Neuroscience Institute, Morehouse School of Medicine. Dr Royal III's talk is titled "*HIV-Related Neurocognitive Disorders: Insights From Human Studies and Animal Models*." The day will also include talks by trainees and poster presentations, followed by a reception in the HRIC Atrium. [Register for Research Day by May 18](#).

Trainees are also invited to coffee and a chat with Dr. Royal III; [register here by May 22](#).

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## **ELEVATE YOUR FUTURE PROGRAM**

Want focused and structured career development? Take part in Elevate Your Future, a career management program offered by Career Services for graduate students.

You can participate in [Elevate Your Future](#) at any time based on your needs and preferences. Students who complete the program requirements within two years are also eligible to receive a letter of completion. Email [csstdnt@ucalgary.ca](mailto:csstdnt@ucalgary.ca) for details.

Career Services also offers **one-one-one career advising** including help with resumes, cover letters, interview prep, LinkedIn, plus guidance on strengths and help with transitioning from grad school to a career. Contact [csstdnt@ucalgary.ca](mailto:csstdnt@ucalgary.ca) to book an appointment.

## 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
- [Understanding Dementia: causes, treatments and living your best life](#) | May 4, 6 to 7 pm
- [Computational Neuroscience Annual Meeting](#) | May 15, 8:30 am to 5 pm
- [HBI Research Day](#) | May 25, 9 am to 5:30 pm

### Professional and career development

- [Goal-Setting and Future Planning](#), May 3, 1:10 to 2:40 pm
- [Introduction to Peer Review](#) | May 3, 1:10 to 2:40 pm
- [Project Managing Your Dissertation](#) | May 3, 1:20 to 2:50 pm
- [Launch your Career Series - Day One](#) | May 10, 10:30 am to 2:45 pm
- [Writing Resumes that Get Read](#) | May 16, 12 to 1 pm
- [Launch your Career Series - Day Two](#) | May 17, 10:30 am to 12:30 pm
- [Explore Micro-Placements Info Session - Students](#), May 17, 2:30 pm
- [Webinar - Job Search Strategies](#) | May 23, 12 to 1 pm
- [Launch your Career Series - Day Three](#) | May 24, 12:30 to 2:30 pm
- [Webinar - How to stand out in your Job Interview](#) | May 31, 12 to 1:15 pm

### Communication and knowledge translation

- [Successful Academic Posters](#) | May 3, 12 to 12:30
- [Communicating with Confidence as an International Student](#) | May 3, 12 to 1 pm

### Technical and research

- [Life Sciences Industry Partnerships Talk - Drug Discovery](#) | May 3, 11 am
- [Principles of Biostatistics: Fundamentals of Biostatistics](#) | May 8 - 19
- [Principles of Biostatistics: Statistical Modelling for Data Analysis in R](#) | May 23 - June 2

### Health and Wellness

- [Burnout: What To Do When You're Overwhelmed and Exhausted](#) | May 16, 12 to 1:30 pm
- [Shift Your Mindset: Beat Burnout by Reframing Stress](#) | Jun 27, 12 to 1 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)

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