

REALISE the News – January 2021

Happy New Year, everyone, and welcome back! We hope you had a great holiday and had a chance to rest, rejuvenate, and connect with family and friends. Read on to learn about the many technical and professional development workshops and services available to support your academic and career development. As always, please don't hesitate to contact us at realise@ucalgary.ca with any questions or ideas for workshops!

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DID YOU KNOW?

Are you passionate about a topic and keen to share your knowledge? REALISE program participants are welcome to deliver modules through REALISE! Contact realise@ucalgary.ca to find out more.

MEET YOUR HBITO EXECUTIVES

Brooke Belanger, HBITO Communications Director

Written by Tyler Soule



Brooke Belanger originally comes from Ontario, but grew up in Calgary. She obtained a Bachelor's degree in Biological Sciences at the U of C. During this time, she joined Dr. Alim Mitha's lab to complete an undergrad thesis. She returned to the same lab for graduate studies, and is now a PhD candidate in the [BRAIN CREATE program](#). Her project aims to improve outcomes of patients with brain aneurysms. Aneurysms affect up to 1 in 20 Canadians and can lead to stroke, neurological conditions, or be fatal. To combat this, she is employing stem cells to create a patch for damaged blood vessel walls in the brain. She hopes to make this innovative approach available to patients before she graduates, improving upon current treatment methods.

Brooke is the current Communications Director for the HBITO. After completing her undergraduate degree, Brooke strove to be more active in the community, starting with HBITO's new student orientation. This year, she eagerly accepted the offer to fill the role of Communications Director. She is passionate about science communications and facilitating meaningful connections between students. Right now, that means bringing people together through social media.

Aside from her dedication to research and science communications, Brooke is also a talented musician and artist. During her undergrad, she taught guitar, ukulele, voice, and French horn. With her minor in visual arts and certificate in graphic design, Brooke help scientists visualize their research. Brooke hopes to join the Leaders in Medicine program and use her abilities and talents to help serve others in the community.

See [HBITO - About Us](#) for more information and follow the HBITO/REALISE Instagram account [@hbitouc](#). Stay tuned for more HBITO executive team bios, courtesy of the [Science Writers Journal Club](#), in future REALISE newsletters.

UPCOMING HBI REALISE MODULES

Introduction to Scientific Programming Series

January 15 – April 16 | Weekly on Fridays from 9:30 am to 12 pm

This workshop series is designed to prepare trainees to use computing tools in research. Workshops will cover the fundamentals of computer science, including computer architecture, data types, types of computer programming languages, operators, branching/looping, syntax and semantics, basics of software design, and testing. Trainees will learn how to use three tools commonly used in the scientific community: MATLAB, R, and Python. Lectures and assignments will focus on data analysis: reading/writing data, manipulation, statistical analysis, and visualization.

Module 1: Computing basics*

January 15 | 9:30 am to 12 pm

Module 2: MATLAB*

January 22, January 29 and February 5 | 9:30 am to 12 pm

Module 3: Command line interfaces and high-performance computing

February 12 and February 26 | 9:30 am to 12 pm

Module 4: R

March 5, March 12 and March 19 | 9:30 am to 12 pm

Module 5: Python

March 26, April 9 and April 16 | 9:30 am to 12 pm

** Waiting list only. If you're interested in attending, please sign up as we hope to accommodate most people. If we can't, we'll send the workshop materials and a link to the recording after the workshop.*

OTHER UCALGARY WORKSHOPS AND EVENTS

Grad Writing Community

January 7 – 21 | Weekly on Thursdays from 1 to 4 pm

Join the Graduate Writing Community to share a supportive virtual space with others while writing. Increase your writing productivity and add structure to your writing sessions by setting a writing goal. Receive feedback from writing tutors and connect with other students in this virtual space.

NeurAlbertaTech Workshop Series

January to March 2021 | Register by January 11

NeurAlbertaTech will offer a variety of accessible and applied workshop streams for students interested in neurotechnology. All workshops are accessible with minimal to no prior knowledge. Workshop topics include Software, Hardware, Machine Learning, and Neuroscience.

Taking the Wheel – Start with You & Plan for Success (grad students)

January 12 & 14 | 12 to 1:30 pm

Not sure where to start the career process? In this two-part workshop series, you will learn to understand and apply the career management framework, engage in self-reflection to know and describe yourself better, and create an Individual Development Plan for life-long career management and success.

Researching and Refining Your Career Options (grad students)

January 19 | 12 to 1:45 pm

Tired of not having an answer to the question “What are you going to do after graduate school?” In this workshop, you'll learn how to employ research to generate a list of real career options and use effective career decision-making strategies to narrow the list to your 2 to 3 best-fit options.

[Create the Future: An Interactive Introduction to Entrepreneurial Thinking](#)

January 21 | 12 to 1:30 pm

What is entrepreneurial thinking? How can it contribute to your future career and personal growth? How will it help you create the future you want? To thrive in the next economy requires a new kind of mindset and future-focused skills. Learn how you can use entrepreneurial thinking to find your place in a rapidly changing and complex world.

[Networking for introverts \(and extroverts too!\)](#)

January 21 | 1 to 2:30 pm

Networking is hard, and it may be more challenging if you are introverted. In this workshop, we will discuss the differences between introverts and extroverts, and how each type handles networking situations. Be prepared to practice, discuss, and share ideas and strategies that will help one another out!

[Crafting Abstracts that Connect with your Audience](#)

January 22 | 12 to 1 pm

Abstracts can be challenging to write, especially when you have a limited word count. Learn about the differences between technical and general abstracts, and how to craft them to gain the attention of your specific audience. This workshop will support students in the [Images of Research Competition](#) see below, but everyone is welcome.

[Images of Research Competition](#)

Deadline to register January 24

Unleash your inner photographer and tell a story that showcases the impact of your research in the 2021 UCalgary Images of Research Competition. Graduate students are challenged to capture an image that highlights their research. A great opportunity to win cash prizes and have your research presented to a wider community!

[Digital Health Innovation - Reimagining Healthcare](#)

January 26 | 9 am to 12 pm

Alberta Innovates brings digital health to centre stage with the Digital Health Summit, part of Inventures Unbound and Alberta Innovates Digital Health Strategy. Hear directly from thought-leaders, entrepreneurs, and change-makers to explore what's possible in digital health and how to get there.

[Job Search Strategies for Non-Academic Careers \(grad students\)](#)

January 27 | 12 to 1:45 pm

It is estimated that up to 80% of non-academic jobs are not posted online. Despite this, many students continue to focus all of their efforts on looking and applying for jobs online. Learn practical, proactive strategies and resources for conducting a more effective job search to uncover hidden job opportunities and stand out in the candidate pool.

[SPARK Calgary - Call for applications](#)

Apply by January 31

Do you want to move your idea into clinical practice? SPARK Calgary is a translational research program supporting digital health innovators within UCalgary. Successful applicants receive guidance from industry experts, educational seminars and workshops, project management support, and in-kind research services.

[Successes in Neuroscience](#)

February 3 | 11 am to 3 pm

Join Campus Alberta Neuroscience for a virtual event showcasing neuroscience and mental health achievements across Alberta. Hear from nine amazing leaders from the Universities of Alberta, Calgary and Lethbridge describing their successes, challenges and lessons learned in research, innovation and translation.

[Resumes and cover letters for non-academic careers \(grad students\)](#)

February 9 | 12 to 1:45 pm

Employers receive hundreds of applications for a job posting in today's market. Knowing how to create a professional resume and cover letter that catches the reader's attention is more important than ever. Increase your chances of getting an interview by creating a targeted resume and impactful cover letter.

[Mitacs: Networking Skills](#)

February 10 | 9 am to 5 pm

You've all heard the saying "you are only as good as your network," but have you ever wondered how to get one? This full day interactive course will provide insight on how to build and stabilize business relationships through effective networking.

[Interview 101: Strategies and best practices for hiring situations \(grad students\)](#)

February 24 | 12 to 1:45 pm

How do you prepare for an interview so that you stand out from the other applicants? In this webinar, you will gain an understanding of the hiring process, learn strategies to answer common questions, and practice answering questions. Strategies on how to negotiate your salary will also be presented.

[Mitacs: Foundations of Project Management](#)

February 24-25 | 9 am to 5 pm

Developed by a team of masterful project managers, this two-day workshop provides core project management knowledge and skills. These are blended with practical learning on key interpersonal skills essential to successfully achieve project goals.

MORE RESOURCES TO SUPPORT YOUR LEARNING, WELLNESS, AND CAREER DEVELOPMENT

[Student Wellness Services](#)

Wellness Services provides workshops and group support, supportive check-ins and problem-solving with Student Support Advisors, online resources, peer listening, counseling, referrals to physicians/ psychiatry, and assistance navigating campus and community resources to meet diverse student needs. Some of their workshops include [Motivation and Procrastination \(Jan. 11\)](#), [Managing Stress and Isolation in a Pandemic \(Jan. 12\)](#), [Healthy Thinking \(Jan. 13\)](#), [Stress Management \(Jan. 14\)](#), [Anxiety Management \(Jan. 15\)](#), plus many more!

[Library Workshops](#)

UCalgary's Libraries and Cultural Resources host a number of workshops including [Research Data Management 101 \(Jan. 8\)](#), [Understanding Systematic Reviews in Human Health \(Jan. 13\)](#), [Searching MEDLINE Systematically \(Jan. 13\)](#), [EndNote Desktop on Windows \(Jan. 14\)](#), [Data Visualization Meetup Group \(Jan. 29\)](#), and more!

[MyGradSkills Online/Virtual Training](#)

Access professional and academic development opportunities remotely. This comprehensive resource provides an overview of the opportunities available to you to hone your skills in a number of areas including: Academic & Research Management, Teaching & Mentoring Development, Communication Skills, Management & Leadership, Career Preparation, Innovation & Entrepreneurship, and Personal Wellness.

[Career Services](#)

UCalgary's Career Services inspires students and alumni to embrace their potential, strive for career excellence, and connects employers with future leaders and innovators. Visit careerlink.ucalgary.ca to view their calendar and other opportunities, including one-on-one career counselling via Zoom!

[The Graduate College](#)

A place for graduate students and postdocs to access training and other professional development opportunities to become leaders in their communities. The Graduate College strives to build a community to discuss ideas openly and expand scholars' personal and professional networks.

[Professional development for postdocs](#)

UCalgary encourages postdoctoral scholars to acquire the varied skills necessary to advance their careers during this transitional training period. The university provides a number of professional development opportunities and resources to enrich your experience and allow you to get the most from your appointment.