

REALISE the News – October 2021

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REALISE COMMUNITY MENTORSHIP PROGRAM

After a two-year hiatus, we are pleased to announce that the [REALISE Community Mentorship Program](#) is running this year! The new and improved program provides a valuable opportunity for trainees to learn from Calgary's most engaged and dynamic leaders. We partner eligible graduate students and postdoctoral scholars with professionals who can provide insights into the business world and broader community, helping our young leaders achieve their potential as they transition into their future careers. Visit hbi.ucalgary.ca/education/career-development-realise/community-mentorship for more information.

Since demand for this program typically exceeds availability, we have implemented a formal selection process. **To be considered for the program, please complete the [REALISE Community Mentorship Program Application](#) by October 22, 2021.** Don't hesitate to contact us at realise@ucalgary.ca with any questions.

MEET YOUR HBITO EXECUTIVES

Trevor Low, HBITO President

Written by Stephanie Di Vito



Trevor Low is the President of the [Hotchkiss Brain Institute Trainee Organization \(HBITO\)](#). He is a 5th year PhD student in the Neuroscience program under the supervision of Dr. Sean Dukelow. After graduating, Trevor plans to transfer into Medicine and receive his MD/PhD, with the eventual goal to become a clinician scientist.

Trevor was born in Chestermere, located just outside of Calgary, and completed his Bachelor of Science (BSc) in Neuroscience at the University of Calgary. He worked in multiple labs throughout his undergraduate degree, including the labs of Dr. Cam Teskey and Dr. Brian Brooks. Trevor's passion for research led him to his PhD project investigating stroke recovery interventions specifically related to aphasia, or loss of speech. Trevor plans to pursue his MD, which will allow him to transfer his knowledge from the world of research into a clinical setting, while also continuing to discover new interventions for recovery of stroke. His research experience, coupled with his passion for medicine, will serve as the backbone for his future dream of treating stroke patients and continuing to research mechanisms of recovery.

As the President, Trevor is responsible for overseeing the HBITO executive team. His primary goal is to provide support, encouragement, and assistance to HBITO directors. Trevor brings an extensive background to the HBITO as he was previously the Outreach Director in the 2019/2020 academic year, which included planning events within the community. His other duties include working with university representatives for funding or support as well as assisting in organizing and planning of events. His goal is to ensure that the HBI trainees receive the best student experience possible.

Outside of academia, Trevor has many hobbies and enjoys the outdoors. He likes photography, snowboarding and hiking. He also loves to bake and cook, and even taught an online cooking class for the trainees! He is very grateful and happy to be part of the HBITO community and is looking forward to seeing everyone soon!

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

UPCOMING HBI REALISE MODULES

[Benchling: Making Genetic Experimental Design a Piece of Cake](#)

October 21 | 1 to 4 pm

Learn about a free open source software that integrates multiple genetics tools to make designing genetic experiments intuitive and easy!

[Benchling](#) is an innovative open source software used to design DNA- and RNA-based experiments. In this three-hour interactive workshop—designed by trainees for trainees—you will learn new approaches for designing DNA and RNA based experiments with Benchling. Trainees will also develop skills in genetics and cloning experimental designs.

[Sign up on the REALISE Intranet Site](#)

DID YOU KNOW?

Are you looking for ways to gain teaching experience? Are you passionate about a topic and keen to share your knowledge? Consider leading a REALISE module!

Opportunities for trainees to teach can be difficult to come by. If you are interested in developing and leading a module – perhaps a skill, technique or knowledge area where you have a particular interest or talent – please contact us at realise@ucalgary.ca. We may be able to help you with the costs of supplies, as well as with support and feedback before and after you deliver your module!

OTHER UCALGARY WORKSHOPS AND EVENTS

[Bringing Joy amidst a sh*t storm](#)

October 14 | 4:30 to 5:30 pm

Join the Graduate College virtually to hear from keynote speaker, Jessica Janzen (motivational speaker, published author and a 'serial-perneur') on finding joy in the face of adversity.

[Mindsets for Success](#)

October 18 | 12 to 1:45 pm

In today's volatile career landscape, the ability to adapt and even thrive in the face of setbacks and ongoing changes is more important than ever. Your mindset, how you view yourself, others, and the world, is key to your career resilience. In this webinar, we discuss how to foster three mindsets: growth, optimism, and outward mindsets.

[Resume and cover letter](#)

October 19 | 1 to 2 pm

The resume and cover letter are meant to convey your skills and experiences in a clear, concise, and effective manner. Learn the tips and strategies on how to write resumes and cover letters that are targeted and eye-catching!

[Launchpad Live](#)

October 19 | 6 to 7 pm

Learn the basics of growing an idea, building a startup or social venture, and more at Launchpad Live, a new public speaker series presented by the Hunter Hub for Entrepreneurial Thinking. Launchpad Live is a weekly 1-hour event series running until March.

[Your Social Media Brand: LinkedIn, Twitter and Beyond \(graduate students\)](#)

October 21 | 12 to 1:45 pm

In this webinar, you'll learn how you can use social media platforms, such as LinkedIn, Twitter and others, to enhance your professional online presence and develop a plan to connect with influential people within your desired career field.

[Mitacs Workshop Series – Grant Writing Workshop](#)

October 21 | 4 to 5:30 pm

This workshop will teach graduate students how to write grant proposals. You'll learn what reviewers are looking for how to avoid common errors. The skills developed in this workshop will also be useful for graduate students who are writing research proposals for scholarships.

[BCI Game Jam 2021 – Multiplayer Madness](#)

October 22-24, 2021

Have you ever wanted to design a brain-controlled video game? The BCI Game Jam series is the premier game development event focused on building new interactive experiences designed specifically for use with brain-computer interface (BCI) technologies. Register at bcigamejam.com and follow [@thebcigamers](https://twitter.com/thebcigamers) for details!

[Canadian Symposium for Computational Neuroscience](#)

October 26-27, 2021

Join Campus Alberta Neuroscience (CAN) for a 2-day, virtual event that will include panel discussions, a keynote presentation, and an interactive machine learning workshop. CAN are currently accepting written abstracts for "lightning talk" presentations.

[Researching and Refining Your Career Options \(graduate students\)](#)

October 27 | 12 to 1:45 pm

What are you going to do after graduate school? Tired of not having an answer to the question? 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.

[Career planning, job search and networking](#)

October 27 | 2 to 3 pm

Have you ever wondered "What are my options? What kinds of jobs are out there? Where can I find these opportunities?" From choosing what to study to applying to jobs, there are plenty of options out there. Take control of your job search as we show you how to explore different careers and network effectively to create your own opportunities.

[NATChat: Women in Neurotech](#)

October 27 | 5 to 7 pm

Join NeurAlbertaTech for an exclusive speaker event where influential women will present their innovative contributions to the medical and consumer neurotech spaces. Get involved with our community and grow your network of neurotech enthusiasts while learning about where your passion can take you!

[Ace the Interview](#)

November 3 | 11 am to 12 pm

Interviews are like exams: you have to put in time to study and practice, but this exam isn't about any specific school subject—it's all about you! Discover the steps to help you prepare and succeed in the interview, and learn how to speak confidently about your skills and accomplishments.

[Wellness Wednesday: Building resiliency in job searching and career development](#)

November 3 | 2 to 3 pm

There can be a risk of exhaustion and burnout while completing your degree and balancing multiple and potentially competing responsibilities. Learn how to continue to build your sense of confidence in self, understanding of the job market, and build resiliency throughout your career development.

[Utilizing LinkedIn](#)

November 9 | 12 to 1 pm

Learn how to create an effective LinkedIn profile and how the platform can be used for job searching and networking. You'll learn how to configure and optimize your account and privacy settings, develop a professional profile, join groups, research and follow companies and connect with others.
