

# REALISE the News – November 2021

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## UPCOMING HBI REALISE MODULES

### [Introducing the Individual Development Plan: an Essential Career Development Tool](#)

November 24 & 30 | 12 to 1 pm

You've put a lot of time and effort into pursuing your graduate degree. NOW is the time to start thinking about how you can focus and leverage your expertise into a fulfilling career, whether it's within or outside academia.

Having a career development plan in place will help you bridge the gap between your education and the realm of career possibilities open to you within and beyond academia. The Individual Development Plan (IDP) is an essential part of your professional development: it provides the opportunity to think about how you will complement the disciplinary and professional knowledge you've gained throughout your program with skills, competencies, and experiences academic and non-academic employers are looking for. The IDP will help you:

- assess your career-related skills, interests, and values
- explore careers paths appropriate to your discipline
- create self-defined goals
- map out next steps for career and professional development success

The first module will introduce the concept of Individual Development Planning and the second will get you started on developing your own IDP:

#### [Part I – Individual Development Planning](#)

Wednesday, November 24 | 12 to 1 pm

Learn about what an IDP is and its function and benefits. You'll start thinking about your strengths and skills, and how you might leverage them into your ideal career.

#### [Part II – Creating an Individual Development Plan](#)

Tuesday, November 30 | 12 to 1 pm

Set aside the time to make some real progress on developing your own IDP. You'll set goals, outline a plan for personal and professional development, and review IDP samples.

### [Careers in Research Administration](#)

December 6 | 1 to 3 pm

Changes in the research funding landscape have led universities to increase their investment in resources to manage the research process. Research administration, and the varied career opportunities within, 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

from a trainee perspective makes you a hot commodity for these positions. We will cover a range of topics related to research administration, and will also focus on the potential training and qualifications that are available from varied professional associations.

Keep an eye on the [REALISE Calendar](#) or [REALISE Intranet site](#) for updated programming!

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## MEET YOUR HBITO EXECUTIVES

### Dion Kelly, Vice President HBITO

*Written by Shane Nicholls and Charmaine Szalay-Anderson*



Dion Kelly is the vice president of the [Hotchkiss Brain Institute Trainee Organization \(HBITO\)](#). She was born and raised in Elora, Ontario, and pursued a Bachelor of Medical Sciences (BMSc) with a double major in physiology and pharmacology at Western University. Currently, she is a third year PhD candidate in the neuroscience program under the supervision of Dr. Adam Kirton at the Alberta Children's Hospital. She is also a Vanier Scholar.

After completing her undergraduate degree, Dion's passion for adventure led her to Canmore where she spent a year hiking and snowboarding in the Rocky Mountains. She was drawn to Calgary in pursuit of her interest in medical innovation, where she completed a Master of Biomedical Technology (MBT) degree.

With a strong interest in advanced neurotechnologies, Dion's PhD projects are focused on establishing and optimizing brain-computer interface (BCI) technology for children with severe neurological disabilities. Amidst the COVID-19 pandemic, she has since adapted her project to provide a home-based program for families using a personalized BCI package, allowing them to continue using the technology without needing to come into the hospital.

After her successful tenure as the 2019/2020 HBITO social director, she was elected HBITO vice president. This fulfilled her interest in taking on new duties such as managing funding, finances, and investing for the HBITO. She also hopes to host seminars for trainees that go beyond their academic training to cover themes such as industry and entrepreneurship. Dion is working to champion her larger goals of promoting inclusivity, diversity and innovation within the HBI, particularly through upcoming fundraising campaigns to bring awareness to the health-related disparities faced by racial and ethnic minorities in Canada.

Outside of Dion's academic involvement, she thoroughly enjoys the outdoors and is an avid traveller, with dreams to explore a new country each year.

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

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## DID YOU KNOW?

**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.

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## **OTHER UCALGARY WORKSHOPS AND EVENTS**

### [Entrepreneur Essentials | Part 1](#)

**November 10 | 12 to 1 pm**

Do you have a business idea that excites you? Join this engaging two-part webinar series on the fundamentals of entrepreneurship. Learn how to start successfully, build a brand that resonates, and connect with the right audience from the beginning.

### [Entrepreneur Essentials | Part 2](#)

**November 15 | 12 to 1 pm**

Learn how to create a prosperous business model, make the right strategic decisions, and focus on what matters most as an entrepreneur.

### [Launchpad Live](#)

**November 16 | 6 to 7 pm**

A weekly public speaker series open to anyone looking to build their entrepreneurial thinking skills. 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.

### [Resume and cover letter](#)

**November 17 | 12 to 1 pm**

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!

### [The Pre-Med Journey to Medical School](#)

**November 17 | 5 to 6 pm**

Interested in learning about possible pathways to medicine? Join Career Services and UCalgary students to learn how to set yourself up for success.

### [Leveraging your Strengths for Career Success \(graduate students\)](#)

**November 18 | 12 to 1 pm**

Explore your top five strengths in relation to your own experiences, practice talking about your strengths, and apply them throughout your career journey to achieve your career goals.

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

**November 25 | 11 am to 12 pm**

Take control of your job search and explore different careers and network effectively to create your own opportunities.

### [REHAB i2c Pitch Competition](#)

**November 25 | 6 to 9 pm**

A \$100K pitch competition that fosters innovation and commercialization to grow a cutting-edge idea in the rehabilitation field.

### [Professional Development Day: Journey To Science](#)

**November 30 | 4 to 6 pm**

Join the MDSC-SA, CFD, and HBITO to share in a thought-provoking discussion with experienced researchers about the journey that got them to where they are today!

## [Ace the Interview](#)

December 1 | 12 to 1 pm

Discover the steps to succeed in the interview, and learn how to speak confidently about your skills and accomplishments. As well, learn how to prepare stories to answer the behavioural and situational questions!

## [Utilizing LinkedIn](#)

December 8 | 12 to 1 pm

Learn how to create an effective LinkedIn profile and use it for job searching and networking. You'll learn how to develop a professional profile, join groups, research and follow companies and connect with others.

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

### [My GradSkills Online/Virtual Training](#)

This comprehensive resource provides an overview of the opportunities available to you to develop your skills in a number of areas including: [academic & research management](#), [teaching & mentoring](#), [communication](#), [management & leadership](#), [career preparation](#), [innovation & entrepreneurship](#), and [personal wellness](#).

### [Graduate Professional Skill Development Program](#)

The GSE's Professional Development Program aims to establish a framework for professional development for CSM graduate students. This involves developing competencies that are essential for academic and career success. The GSE has also recently added a [Health & Wellness Resources](#) page.

### [Career Services](#)

UCalgary's Career Services inspires students to embrace their potential, strive for career excellence, and connects employers with future leaders and innovators. Visit [elevate.ucalgary.ca](http://elevate.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 gain the skills necessary to advance their careers during this transitional training period. Visit the [postdoc office's professional development website](#) to view all resources.

### [Library Workshops](#)

UCalgary's Libraries and Cultural Resources host a number of workshops to support your learning and research. Visit [Library Workshops - Upcoming Events](#) for more information.

### [Student Wellness Services](#)

Wellness Services provides [workshops](#), group support, supportive check-ins and problem-solving, online resources, peer listening, counseling, referrals to physicians/psychiatry, and more.

### [GSE Health & Wellness Resources](#)

The Graduate Science Education office values the health and wellness of all students. Visit their webpage to view a list of campus health and wellness resources to support students' journey through graduate school.

### [Taylor Institute for Teaching and Learning](#)

The Taylor Institute offers comprehensive teaching development courses and workshops on a range of topics and issues.