

REALISE the News – January 2022

Happy New Year, everyone! We hope you had a fantastic holiday and found some time to relax, have a bit of fun, and connect with family and friends. Please read on for new REALISE modules and other workshops 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!

IN THIS EDITION

[Meet your HBITO executives](#)

[Upcoming HBI REALISE modules](#)

[Other UCalgary workshops and events](#)

MEET YOUR HBITO EXECUTIVES

Samantha Baglot, HBITO Outreach Director

Written by Tyler Soule and Brooke Belanger



Samantha Baglot is returning as HBITO's outreach co-director for 2021-2022. Originating from Vancouver, Sam found a passion for outreach at the University of British Columbia. There, she recognized the importance of promoting science literacy to the public and specifically focused on communicating neuroscience. Sam became Vice President of Outreach at UBC during her Master's degree. During this time, she worked to facilitate better exposure of science to the public through events like the BrainBee and public talks at ScienceWorld. It was a natural progression for Sam to step into her current role as she continues to promote science in Calgary through Beakerhead, Brain Awareness Week, Calgary Public Library "Think Big" talks, BrainBee, and more.

After joining Dr. Hill's lab at the University of Calgary for a PhD, Sam's achievements were recognized with a Vanier scholarship. Her project uses a rodent model to investigate if and how cannabis exposure during pregnancy affects brain and immune system development and functioning. Some harmful effects have been shown in clinical research, but with limited control or causal proof, this field remains an unexplored area with many unanswered questions. Sam is no stranger to these kinds of questions as her master's project focused on reducing anxiety and stress-related behaviours in adult rodents after fetal alcohol exposure. Her research has shared a common theme of investigating how stresses before birth can have effects later in adults. It is fitting that she is also organizing the Calgary Chapter of the Canadian Students for Sensible Drug Policy, advocating for better drug education and policies.

After graduating, Sam is considering staying in research or further pursuing science advocacy. Either way, she plans on continuing to connect important scientific findings with community understanding. In her spare time, Sam loves to get outside. For her that means the mountains are the place to be, whether that means cruising on a bike, skis, or trekking in hiking boots.

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.

UPCOMING HBI REALISE MODULES

[Telling Your Strengths Story](#)

February 1 | 1 to 2:30 pm

Identifying, understanding, and articulating your strengths will help you optimize your talents to achieve personal, academic, and career success.

One of the most important things we can do for ourselves is to understand the strengths we bring to the table and how to work from a strengths-based perspective. This workshop will give you the opportunity to explore your “Top 5” themes of talent, learn how you can use your talents in different areas of your life, and understand the different talent themes of your peers. You’ll also have the opportunity to begin building a diverse set of interview stories from these areas of your life that will help you prepare for future interviews.

[Working Effectively in Teams](#)

February 10 | 1 to 2 pm

Learn how to cultivate and maintain an effective and strong team to maximize your learning and research success.

Many of us have not been taught how to collaboratively co-build an effective team or manage the ongoing factors needed to maintain a strong team environment. Cultivating and working within a healthy and effective team is critical for maximum learning and research success, and will serve you well in your future career, whether it’s within or beyond academia. This workshop will focus on helping you understand and apply a number of strategies to build an effective team-centred experience that values each team member’s approach to collaboration.

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? REALISE program participants are welcome to deliver modules through REALISE! Contact realise@ucalgary.ca to find out more.

OTHER UCALGARY WORKSHOPS AND EVENTS

[MITACS Professional Development Program](#)

Various dates

Mitacs has launched a brand-new professional development curriculum for graduate students and postdocs! The workshops consist of an online workshop followed by a facilitated session. Topics include career development, leadership and team building, communication, presentations, networking, project and time management, EDI, research management, writing, and more! Visit the [EDGE portal](#) to find out more and register.

[Industry Mingle 2022 – Bridging the gap between students and industry](#)

January 18, 20 & 21

Industry Mingle is an online networking event which connects industry to academia. It provides opportunities for graduate students, faculty and researchers who are the forefront of their fields to liaise with world-class companies in industry.

[Launchpad Live](#)

January 18 | 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.

[Maximize your IP: How to defend a patent](#)

January 19 | 9:30 to 10:30 am

As an emerging life sciences startup, your intellectual property is often your strongest asset. Join Innovation@UCalgary to learn how you can maximize your ability to defend and capitalize on your valuable patent assets in litigation.

[You got the job! Now grow your career!](#)

January 20 | 10 to 11 am

Identify career management strategies and learn how to set career goals. You'll discuss some approaches for managing a career within an organization vs. a career across organizations.

[TENET i2c Info Session](#)

January 21 | 12 to 1 pm

The TENET Innovation to Commercialization (i2c) program provides funding and training to UCalgary researchers, clinicians, postdocs, undergraduate and graduate students to transform their health research into a commercial product or service. Find out more at the info session on Jan. 21.

[Embedded Certificate in Entrepreneurial Thinking Information Session](#)

January 26 | 12 to 1 pm

Join Innovation@UCalgary to learn more about UCalgary's new Embedded Certificate in Entrepreneurial Thinking! Entrepreneurial thinking is about finding problems worth solving and creating impact. It's a way of creating value for others: exploring problems, building solutions, and inspiring change.

[Explore Micro-Placements Info Session](#)

January 27 | 12 to 1:30 pm

You know the phrase, "try before you buy?" You can now apply that to your career! Sign up for the Explore Micro-Placements program, where you can "try out" a career to see if it's right for you, and gain some additional experience along the way.

[NeurAlbertaTech Software Workshops](#)

January 31 – February 28 | Mondays from 6 to 7 pm

Do you consider yourself a neurotech newbie? We have the perfect place for you to start - NeurAlbertaTech's Software Workshop! Over the course of 10 weeks, you will build a sturdy foundation of knowledge and practical skills by being guided through the ins and outs of software development, with a focus on neurotech.

[Video Science Communication](#)

February 9 to March 16 | 3 to 5 pm

The CSM and the HBI are very excited to offer their newest Science Communication badge! This badge, open to grad students and postdocs, focuses on video communication. Participants will develop all the skills needed to produce their very own short film. Learn how to storyboard a short video, use professional equipment and editing software, sound design, and more. **Spots are limited so sign up soon!**

[Introductory Workshop on Computational Methods in Neuroscience](#)

May 24 - June 3 | Apply by March 11

The goal of this 11-day workshop is to improve the educational experience of Alberta neuroscience trainees and increase access to high-quality training opportunities beyond the boundaries of single institutions. Workshop participants will be provided with introductory instruction on the use of Matlab, the most common tool for data analysis and visualization in the quantitative sciences.

[Innovation4Health – Health Hack Competition: Seniors & Healthy Aging](#)

Applications accepted until March 2022

Do you know of a challenge in senior's well-being or healthy aging that needs solving? Innovation4Health is an Alberta-wide organization that runs a Health Hack Competition every year designed to spark collaboration across disciplines and tackle complex challenges. They are now recruiting [Challenge Champions](#) and [Innovators](#).