

REALISE the News – May 2022

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MEET YOUR NEW HBITO EXECUTIVES

Congratulations and welcome to the 2022-2023 HBITO executive team!

- President - Zachary Bailey
 - Vice-President/Treasurer - Kelsey Harkness
 - Education Director - Katelyn Shewchuk
 - Social Director - Donovan Smith
 - Outreach Directors - Holley Vogel
 - Orientation Director - Carly Pontifex
 - Communications Director - Tyler Soule
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UPCOMING HBI REALISE MODULES

[Figures First](#)

May 18 | 10:30 am to 12:30 pm

Learn about the importance of figures in a variety of academic contexts and how to design high quality, impactful figures to best showcase your research.

The Figures First workshop focuses on identifying the elements that make a data visualization successful, including tailoring to your audience, designing with purpose, and formatting for function. Examples from published literature are used to highlight how figure design can affect readability, interpretation, and impact. *Limited spots remaining so register soon!*

[How to give a great research talk](#)

May 25 | 10 to 11:30 am and May 27 | 1:30 to 3 pm

Join Dr. Jaideep Bains to learn the key skills needed give a great research talk.

Research talks are a fundamental skill for any scientist. Join Dr. Jaideep Bains for a two-part module on how to give a great research talk. In the first session on May 25, you'll learn how to create an impactful story thread, develop a strategy on organizing a talk and learn tips on how you can control the narrative throughout the presentation. In the second session on May 27, you'll have a chance to practice what you learned in an informal, supportive environment.

[Recording sympathetic activity in humans](#)

May 27 to 29 | 8:30 am to 4:30 pm

Learn how to obtain recordings of muscle sympathetic nerve activity using microneurography, an electrophysiological technique used for recording nerve traffic directly from human peripheral nerves.

This intensive 3-day workshop, held from Friday, May 27 to Sunday, May 29, will interest graduate students and postdoctoral scholars studying blood pressure control mechanisms in humans. This workshop will provide an introduction to the microneurography technique, with specific focus on obtaining and analyzing recordings of muscle sympathetic nerve activity, which is a branch of the sympathetic nervous system that is critical in controlling blood pressure.

[NeurAlbertaTech UCalgary Kick-Off Event – sponsored by REALISE!](#)

June 16 | 5 to 8 pm

NAT UCalgary's first event! An evening of neurotechnology and networking, with live demonstrations and speaker presentations.

The University of Calgary Chapter of NeurAlbertaTech (NAT UCalgary) is hosting their kick-off event on Thursday, June 16th from 5-8 PM in the Libin Theatre. Don't miss out on an evening of neurotechnology and networking, showcasing world-class clinical applications of advanced neurotechnologies from prominent UCalgary neurotechnology experts and live brain-computer interface demonstrations!

[Introduction to Real time PCR](#)

June 21 | 9 am to 5 pm

Learn how to perform a real time PCR assay in the lab and analyze the results.

A one day hands-on introduction to the design, implementation, and analysis of real time PCR assays. Trainees will learn basic concepts, primer design, use of online database tools, efficiency experiments, melting curve analysis, and data analysis. The trainees will then perform a real time PCR assay in the lab and analyze the results. This module is intended for grad students and postdocs with little to no prior experience performing real time PCR assays.

HBI 18TH ANNUAL RESEARCH DAY

Research Day showcases HBI's innovative and outstanding contributions to science and medicine.

You are invited to HBI's 18th Annual Research Day on **Thursday May 26 from 9 am to 3:30 pm**, followed by a Welcome Back Reception until 6 pm! The HBI is delighted to host Dr. Mei Zhen, Professor, Department of Cell & Systems Biology, from the University of Toronto, as our keynote speaker this year. Following the Research Day program, all HBI members, students and staff are invited to a Welcome Back Reception dinner in the HRIC Atrium.

[Register by noon on May 16!](#)

[Poster Abstract Submissions are now open](#) (deadline May 15)

[Smart Art Competition is also open](#) (deadline May 15)

OTHER WORKSHOPS, EVENTS AND OPPORTUNITIES

[MITACS Professional Development Program](#)

Various dates

Mitacs offers several professional development workshops for graduate students and postdocs! The curriculum consists of an online component followed by a facilitated session. Course themes include [networking skills](#), [project and time management](#), [reconciliation and EDI](#), [communication skills](#), [career planning](#), [R&D management](#), [leadership skills](#), and [writing and presentation skills](#). Visit the [EDGE portal](#) for details and registration.

[BioInnovation Scientist Program](#)

The BioInnovation Scientist (BIS) Program is designed to provide early career science professionals with the foundational knowledge and skills to succeed in their careers in the Canadian life sciences industry. The Program is an online, asynchronous program consisting of both curated and proprietary material that introduces learners to the world of drug discovery, drug development, and drug commercialization. Visit www.admarebio.com/admare-academy/bioinnovation-scientist-program/ for more information

[Graduate Research Feedback Sessions](#)

Daily from May 10 to 20

Do you want feedback on your research presentation? Are you looking for one-on-one support with your communications skills? Attend a feedback session offered through My GradSkills to talk about research, communications, and presentation skills.

[Explore Micro-Placements Info Session](#)

May 12 | 1 to 1:30 pm

You know the phrase, “try before you buy”? You can now apply that to your career! Learn about 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. [Offered again on May 26.](#)

[Career Services' Career Conference](#)

May 17 to 19

The world of work is evolving rapidly, and so are the ways we collaborate and connect. This presents an exciting opportunity for students who are looking to make their next move and begin their job search. What skills will be in demand? Where will the next great prospects be? Hear from local leaders and industry experts, grow your professional network and get the information you need to make your next big move.

- May 17, 9 to 10 am - [Workshop: From classroom to boardroom](#)
- May 17, 12 to 1 pm - [Panel: Calgary's Opportunity](#)
- May 18, 12 to 1:30 pm - [Workshop: Negotiating your Salary](#)
- May 18, 4 to 5 pm - [Panel: Pivoting Your Career](#)
- May 19, 12 to 1:30 pm - [Workshop: Conflict Management 101](#)
- May 19, 4 to 5 pm - [Panel: Learning to Embrace Failure](#)

[Papering Partnerships](#)

May 31 | 1 to 2 pm

This session will help you develop an understanding of the relationship maintenance practices for keeping your partnerships strong. This session will explore the variety of research collaboration scenarios available, the benefits/trade-offs of each and the agreements required.

[Medicating Normal film screening](#)

June 10 | 7:15 to 9 pm

Medicating Normal follows the stories of five subjects harmed by prescribed medications they believed would help them. It is the untold story of what happens when profit-driven medicine intersects with human beings in distress. Presented by the O'Brien Institute for Public Health and the Preventing Overdiagnosis Conference.

[One Health Summer Institute 2022](#)

June 11 to 24

Change is possible and you can be part of the solution! The One Health Summer Institute is an in-person class and field-based program, where students will explore the concept of a One Health approach to complex problems.

[Gut Feelings](#)

June 12 | 2 to 3 pm

In celebration of the 10th anniversary of the Mathison Centre, Science Cafe is presented in partnership with TELUS Spark Science Centre on selected mental health topics.

RESOURCES AND EVENTS TO SUPPORT YOUR HEALTH AND WELLNESS

Resources for graduate students

[GSE Health & Wellness Resources](#)

The Graduate Science Education office values the health and wellness of all students. As a part of the [Campus Mental Health Strategy](#), the GSE has compiled a list of external and internal health and wellness resources to support students' journeys through graduate school.

[HBITO EDI and Mental Health Resources](#)

The HBITO website features a comprehensive list of [policies and procedures relevant to equity, diversity, and inclusion](#) and [mental health](#) resources.

Events for graduate students

[Discover your Self Care Workshop](#)

May 12 | 12 to 1 pm

Feeling drained or like you never focus on yourself? Learn how planning can enhance your well-being. You'll get an individual wellness assessment and your own wellness plan in this 50-minute workshop. [Also offered on June 2.](#)

[Boosting Self-Compassion](#)

May 17 | 12 to 1 pm

Are you your own biggest critic? Are you often hard on yourself? Explore the benefits of self-compassion and strategies to increase kindness to yourself and others in this 50-minute workshop.

[Stress Management Workshop](#)

May 19 | 12 to 1 pm

Is your daily stress feeling overwhelming? Learn strategies to develop a stress-positive mindset and explore healthy coping skills in this 50-minute workshop. [Also offered on June 9.](#)

[Workshop: Conflict Management 101](#)

May 19 | 12 to 1:30 pm

This workshop aims to help students strengthen their conflict resolution skills and increase their comfort levels with addressing conflict.

[Anxiety Management Workshop](#)

May 24 | 12 to 1 pm

Do you find anxiety overwhelming? Learn how to work with your anxiety, rather than being consumed by it. Go from surviving to thriving in this 50-minute experiential workshop. [Also offered on June 14.](#)

[Healthy Thinking Workshop](#)

May 26 | 12 to 1 pm

Having trouble with difficult or negative thoughts? Learn strategies to manage negative thoughts, emotions and mood in this 50-minute workshop. [Also offered on June 16.](#)

Resources for postdoctoral scholars

[WellBeing & WorkLife](#)

The university offers programs and services that promote healthy living, a healthy work environment, and that support employees' lives outside of work as well as their working life. These resources include:

- [Resources to Help Navigate Uncertainty](#) - Find support in a challenging time, from mental health and financial resources to resilience-building workshops.
- [Mental Health](#) - Looking for ways to improve or maintain your mental health? A variety of support is available on and off-campus.
- [Resources](#) - Reaching out for help is an important part of maintaining your health and wellness. A number of resources and supports are available on and off campus that can help you or someone you know.
- [Employee and Family Assistance Plan](#) - The Employee and Family Assistance Plan is available to employees and their dependents to help manage work and personal life.

Events for postdoctoral scholars

[Building Personal Resilience](#)

May 12 | 9 to 11 am

This workshop examines emotional and physical wellness to help you learn strategies to increase your personal resilience so you are more prepared to navigate everyday activities and to deal with challenges, setbacks and change in your work and personal life.

[The Working Mind Employee](#)

May 25 | 8 am to 12:30 pm

This workshop aims to increase awareness of mental health, reduce the stigma of mental illnesses, and offer resources to maintain positive mental health and increase resiliency. Equally important goals are to create a supportive environment, strengthen the organizational culture, and contribute to a healthy workplace.

[Health & Wellness in the Workplace](#)

June 1 | 10:30 am to 12 pm

This workshop is designed to equip participants with resources and strategies to improve health and wellbeing in the workplace.

[Building Resilience Through Connection](#)

June 2 | 9 to 11 am

This workshop will examine the value of self-awareness, reflect on our current stressors, provide insight on positive coping strategies like developing and enhancing our social connections and discuss the importance of community resilience.

[Ergonomics at the Office](#)

June 7 | 1:30 to 3:30 pm

Instructions to properly set up your workstation which will provide a demonstration on workstation adjustments and micro-break recommendations to assist with symptom prevention and management.