

The banner features a network of white nodes and connecting lines on a gradient background from orange to purple. The word "REALISE" is written in large, white, sans-serif capital letters.

REALISE

Helping HBI students and scholars REALISE their potential

WELCOME

Welcome back REALISE Program members, and welcome new HBI students and scholars!

We've redesigned the REALISE newsletter to make it easier for you to find the opportunities that are important to you. Our goal remains the same: to provide you with enhanced training and skill development opportunities to advance your academic, personal, and professional success! Please contact us anytime at realise@ucalgary.ca with suggestions or ideas. Be sure to bookmark the [REALISE Calendar](#) and see below for several learning opportunities that will help you achieve your academic, personal, and career goals. In this edition:

- [REALISE Learning Opportunities](#)
- [Mitacs Professional Development Program](#)
- [Postdoc Opportunities](#)
- [HBITO Mentorship Program](#)
- [Additional Learning Opportunities on Campus](#)

REALISE LEARNING OPPORTUNITIES

[Exploring Roles for Values in Neuroscience Research](#)

October 12 | 12 to 1 pm | Online

Join “philosopher in science” [Dr. Kevin Elliott](#) to discuss how values influence science and how researchers can manage them responsibly.

What roles do values play in scientific research? In recent years, philosophers of science have shown that research is permeated with value-laden choices, including decisions about what topics to study, what questions to ask about those topics, what kinds of study designs to employ, how to interpret results, and how to frame findings. Learn about some of the important value-laden choices associated with scientific research and discuss strategies for managing them responsibly. >>[more information and registration](#)

HBI Wellness Series: Psychological First Aid

October 21 | 9 am to 4:30 pm | Foothills campus (HSC)

Red Cross Psychological First Aid is a resiliency-based program that offers prevention and coping strategies for dealing with different types of stress.

This certificate course equips learners with an understanding of the effects of stress, loss, trauma, and grief on others, with emphasis on self-care and personal protection. Learners will be introduced to the Red Cross *Look, Listen, Link, Live model* - a resiliency-building approach to emotional, psychological, and social wellbeing that teaches learners how to support themselves and others to cope with the effects of various types of stress. See [Red Cross Psychological First Aid](#) for course details. >>[more information and registration](#)

HBI Wellness Series: Wholistic you

October 26, November 2 & 9 | 10:30 am to 12 pm | Foothills campus (HSC)

Cultivate your best self by developing a growth mindset, honing your self-awareness, and realizing your self-worth and value.

Maximize your personal and professional success by cultivating your best self. As a grad student or postdoc, you are already successful. Despite this, do you ever feel like an imposter? Do you ever experience what feels like failure? This three-part module will help you develop compassionate self-awareness, without judgment, which will help you let go of thought patterns that no longer serve you. You'll learn how to set healthy boundaries and advocate for your needs with calm confidence and clear communication. >>[more information and registration](#)

Do you have an idea for a REALISE module? We want to hear from you!

Our program is designed to be adaptable to the evolving needs of our trainees. If you have an idea for a module, we'd love to hear it! Please contact us at realise@ucalgary.ca.

MITACS PROFESSIONAL DEVELOPMENT PROGRAM

Mitacs offers several professional development course bundles (now with official certificates of completion) for graduate students and postdocs.

Mitacs offers an array of free training in several areas including [networking skills](#), [project and time management](#), [reconciliation and EDI](#), [communication skills](#), [career planning](#), [R&D management](#), [leadership skills](#), and [writing and presentation skills](#). Visit [Mitacs Training Courses](#) for general information and sign up on [EDGE](#).

ATTENTION POSTDOCS!

Are you a postdoc at the HBI? Make sure you stay informed by signing up for the PDF newsletter.

Nynke van den Hoogen is HBI's new postdoctoral representative. She's here to advocate for your needs and seeks to enhance opportunities and the working environment for all postdocs. [Sign up for the postdoc mailing list](#) to stay informed of job and training opportunities and changes in policies relevant to you.

HBITO MENTORSHIP PROGRAM

The HBITO EDI subcommittee is excited to launch a new and improved mentorship program for the 2022-2023 school year!

Are you a new student looking for peer support? Are you're interested in meeting new people? If so, [sign up for HBITO's mentorship program!](#) The HBITO is also looking for senior students, professors, or staff who are interested in mentoring students. If you'd like to be a mentor, sign up at [HBITO Mentorship Program: Mentors.](#)

ADDITIONAL LEARNING OPPORTUNITIES ACROSS CAMPUS

Professional and career development

- [Current Job search Trends \(Grad Students\)](#) September 22 | 12 to 1 pm
- [Interviews: Answering General Questions \(Grad Students\)](#) September 27 | 12 to 1 pm
- [Interviews: Answering Behavioral Questions \(Grad Students\)](#) September 28 | 12 to 1 pm
- [Interviews: Practice Interview Questions \(Grad Students\)](#) September 29 | 12 to 1 pm
- [Keynote: Navigating an Unpredictable Future](#) October 12 | 6:30 to 9:30m

Technical

- [Data Visualization with Tableau](#) September 22 | 10 to 11:30 am
- [NeurAlbertaTech Workshop Series – Software](#) Starting September 27 | 5 to 6 pm
- [NeurAlbertaTech Workshop Series – Neuroscience](#) Starting September 29 | 6 to 7 pm

Wellness

- [Healthy Thinking Workshop](#) September 21 (today!) | 5 to 6 pm
- [Motivation and Procrastination Workshop](#) September 22 | 5 to 6 pm
- [Boosting Self-Compassion](#) September 28 | 5 to 6 pm

REALISE Career Development Program

Web: hbi.ucalgary.ca/education/realise

Calendar: hbi.ucalgary.ca/education/realise/current-modules

Email: realise@ucalgary.ca



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