



REALISE

Helping HBI students and scholars REALISE their potential

IN THIS EDITION

[REALISE Community Mentorship Program – applications now open!](#)

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REALISE COMMUNITY MENTORSHIP PROGRAM

The [REALISE Community Mentorship Program](#) provides a valuable opportunity 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 professional careers.

To be considered for the program, please complete the [REALISE Community Mentorship Program Application](#) by October 26, 2022. Don't hesitate to contact us at realise@ucalgary.ca with any questions.

REALISE LEARNING OPPORTUNITIES

See below for several opportunities that will enhance your academic, personal, and professional success! Be sure to bookmark the [REALISE calendar](#) as new modules are added regularly.

- [HBI Wellness Series: Wholistic you](#) Oct 26, Nov 2 & 9 | 10:30 am to 12 pm
- [Engineering and applications of genetically encoded fluorescent indicators](#) Nov 1 | 1 to 2 pm
- [Science Communications Workshop with Jay Ingram](#) Nov 4 | 1 to 3 pm
- [Project Management Fundamentals](#) Nov 7 & 8 | 8:30 am to 4:30 pm
- [Figures First](#) Dec 8 | 2 to 4 pm

[HBI Wellness Series: Wholistic you](#)

October 26, November 2 & 9 | 10:30 am to 12 pm

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](#)

Engineering and applications of genetically encoded fluorescent indicators

November 1 | 1 to 2 pm

Learn the basics of fluorescence imaging, available sensors, and their applications.

Join Dr. Rochelin Dalangin, Research Professional at the CERVO research centre's [Canadian Optogenetics and Vectorology Foundry](#), for an informal presentation on fluorescence imaging and biosensors. You will learn the basics of fluorescence imaging, the available sensors, and their applications. You'll also learn about the COVF and how you will be able to access the resources there for your research. >>[more information and registration](#)

Science Communications Workshop with Jay Ingram

November 4 | 1 to 3 pm

Learn strategies to communicate your research ideas to a general audience in a compelling and clear manner.

Have you ever explained your research project at a conference or to family members and seen a few stifled yawns, or maybe some eyes glaze over? Communicating your research ideas in a compelling manner to a general audience takes considerable skill and often a high degree of creativity. Join Jay Ingram, former host of Daily Planet, author, and public speaker, to learn strategies to present your research to a general audience in a clear, accurate, simple, and understandable way. >>[more information and registration](#)

Project Management Fundamentals

November 7 & 8 | 8:30 am to 4:30 pm

This hands-on and interactive workshop will teach students and scholars how to apply valuable project management tools and techniques to their research project.

Learn the benefits of using basic project management tools and techniques to achieve better research project results and enhance organizational performance. Participants will gain an understanding of how to initiate and plan a project, capture the project's requirements, effectively engage and communicate with project stakeholders, build a vibrant project team, and manage risks and quality through the project life cycle. >>[more information and registration](#)

Figures First

December 8 | 2 to 4 pm

Improve your scientific figures by learning how figure design can affect readability, interpretation, and impact.

This 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. At the end of the workshop, attendees will receive a checklist of important formatting elements to use when creating their next figure. >>[more information and registration](#)

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? 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.

ADDITIONAL LEARNING OPPORTUNITIES ACROSS CAMPUS

Neuroscience and mental health

- [HBI Seminar Series](#) Weekly on Fridays | 12 to 1 pm
- [Youth Mental Health: Innovations in the Canadian & International Landscape](#) Oct 28 | 8 am to 5 pm
- [UFlourish: ROC Talks: Psychedelics](#) Nov 2 | 12 to 1 pm

Professional and career development

- [Social Innovator Celebration](#) Oct 13 | 4 to 7 pm
- [Launchpad Live: How to start a social venture or startup](#) Weekly on Thursdays | 6:30 pm
- [Level Up Your Learning: Academic Success Strategies Digital Badge](#) Oct 17 | 9 to 11 am
- [Intercultural Capacity Building Program: Introduction](#) Oct 20 | 9 to 11 am
- [Canadian Career Symposium for Graduate Students and Postdoctoral Fellows](#) Oct 25-27

Technical

- [Python Basics](#) Oct 17 | 2 to 3 pm
- [Python Basics Drop in Help](#) Oct 20 | 2 to 3 pm

Wellness

- [Motivation and Procrastination Workshop](#) Oct 17 | 12 to 1 pm
- [Mindfulness Practice Group](#) Oct 17 | 12 to 1 pm
- [Managing Stress and Anxiety Workshop](#) Oct 19 | 12 to 1 pm
- [Happiness Basics Group \(In Person\)](#) Oct 24+ | 2 to 4 pm
- [UFlourish: Separating you from your inner critic](#) Oct 25 | 10 to 11 am
- [Healthy Thinking Workshop](#) Oct 24 | 5 to 6 pm
- [Boosting Self-Compassion Workshop](#) Oct 25 | 12 to 1 pm
- [Finding Emotional Balance - Virtual Group](#) Oct 27+ | 10:30 am to 12 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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