



REALISE

Helping HBI students and scholars REALISE their potential

WELCOME BACK HBI STUDENTS AND SCHOLARS!

Welcome back to a new academic year, and welcome new HBI students and scholars! We're excited to launch a new year of REALISE programming which will include a range of professional development, technical, knowledge translation, innovation, and wellness learning opportunities to support your academic and career goals now and in the future! Read on for upcoming REALISE modules and more.

New students and scholars: Keep up to date on resources and opportunities available to you as an HBI trainee!

- [Sign up for the HBITO mailing list](#) and consider joining their [mentorship program](#).
- [Sign up for HBI Seminar Series notifications](#).
- [Sign up for HBI's Brainworks newsletter](#).

REALISE LEARNING OPPORTUNITIES

[Introduction to Immunohistochemistry and In Situ Hybridization](#)

Wednesday, September 20 | 9 to 11 am | Foothills Campus - HSC

Learn the powerful techniques of Immunohistochemistry and In Situ Hybridization using RNAScope.

Visualizing your protein of interest in the tissue can provide valuable information to your project. Immunohistochemistry is a powerful technique that uses antibodies to visualize and locate specific proteins within tissue samples at the cellular level. Since antibody specificity can sometimes be a limiting factor, In Situ Hybridization is another histology-based technique that enables us to visualize gene expression in the cells and, for example, show specific mRNA expression patterns in different cell types.

>> [more information & registration](#)

[Molecular Biology Lunch and Learn Series: Introduction to Molecular Cloning](#)

Tuesday, October 3 | 12 to 1 pm | Foothills Campus - HSC

An introductory presentation on the basic concepts of amplifying, manipulating and cloning DNA sequences and their applications.

Learn the basic concepts and practical aspects of working with nucleic acids. Introduction to PCR and primer design, DNA and RNA modifying enzymes, purification, cloning and various approaches to building custom constructs.

>> [more information & registration](#)

HBI Wellness Series: Wholistic you

Information Session: Wednesday, October 4 | 10 to 11 am | 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 graduate student or postdoctoral fellow, you are already successful. Despite this, do you ever feel like an imposter? Do you ever experience what feels like failure? This series 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. This series consists of four 1.5-hour sessions, to be scheduled at your convenience.

>> [more information & info session registration](#)

Molecular Biology Lunch and Learn Series: Introduction to Real Time qPCR

Tuesday, November 28 | 12 to 1 pm | Foothills Campus - HSC

A detailed technical walk through of real time qPCR applications and techniques from experimental design, sample preparation, assays and data analysis.

An introductory lecture and informal discussion covering all aspects and applications of real time qPCR. The presentation is based on the MIQE guidelines for publication of real time qPCR data which includes experimental design, sample collection, nucleic acid preparation, assay setup, data analysis and other considerations.

>> [more information & registration](#)

REALISE Program Calendar

REALISE modules are regularly added to the [REALISE Program Calendar](#). Please bookmark it and check back often for new modules!

SCIENCE COMMUNICATION PROGRAM

Improve your science communication skills and your graduate school experience by participating in the certificate program in science communication at UCalgary!

The [Science Communication Certificate Program](#) offers you an opportunity to develop science communication expertise and skills that are relevant across disciplines in postsecondary education. Throughout the program, you'll develop skills and confidence in writing, speaking and creating visuals to communicate science. You'll also document your understanding of teaching and learning into a robust dossier that reflects your evolving experience, goals and skills. The program runs on Wednesdays from Sept 20 to Oct 25, 3 to 5 pm. [Register here](#).

GRAD STUDENT/POSTDOC CAREER DEVELOPMENT PROGRAM

Are you a current graduate trainee in health sciences or a related field? Are you ready to embark on a journey towards a rewarding career in clinical, regulatory, and medical affairs? The CANTRAIN Graduate and Postdoctoral Trainee (GPT) Career Development Program is tailored for aspiring professionals like you who are looking to transition into impactful roles within the clinical research, medical, and regulatory affairs sector. This program is designed to equip you with the essential knowledge, skills, and experience needed to excel in roles such as: Medical Science Liaison, Clinical Research Coordinator, Regulatory Affairs Specialist and more. [Register for a GPT Info Session to learn more](#).

2023 POSTDOC APPRECIATION WEEK

The UCalgary Postdoctoral Office is celebrating the 5th annual [Postdoc Appreciation Week](#) from September 18 (*today!*) to 22 to highlight postdoctoral scholars' important work and significant contributions. See [2023 Postdoc Appreciation Week Events](#) for details.

In addition, **HBI Education** is sponsoring a postdoc photoshoot with professional photographer [Adrian Shellard](#) on Friday Sept 22; [sign up here](#) and contact hbipdf@ucalgary.ca for more information.

NEURALBERTATECH UCALGARY KICKOFF

Join NeurAlbertaTech UCalgary on Sept 26 for an afternoon of neurotech and neuroimaging discussions!

Get ready to dive into the world of neuroscience and technology. Whether you're a seasoned professional or just starting out, there's something for everyone. The UCalgary NeurAlbertaTech Kickoff is the perfect opportunity to expand your knowledge, gain insights, and connect with the neuroscience and technology community. Food and refreshments provided! [Sign up here.](#)

EVEN MORE EVENTS AND OPPORTUNITES

Neuroscience and mental health

- [HBI Seminar Series](#) | Weekly on Fridays, 12 to 1 pm
- [VAST Seminar Series](#) | Weekly on Fridays, 10 to 11 am
- [Mathison Centre Welcome Back Town Hall](#) | Sept 27, 11:30 am to 1 pm
- [Psychedelics in the Treatment of Addictions](#) | Oct 5, 6 to 7 pm

Professional and career development

- [Mitacs: Project and Time Management](#) | Sept 21, 1 to 3:30 pm
- [Mitacs: Leadership Skills](#) | Sept 22, 11 am to 1:30 pm
- [Mitacs: Networking Skills](#) | Sept 26, 11 am to 1:30 pm
- [Navigating Your Future Self](#) | Oct 18, 2:30 to 3:30 pm

Communication and knowledge translation

- [Mitacs: Communication Skills](#) | Sept 19, 8 to 10 am
- [Mitacs: Elevator Pitch](#) | Sept 28, 9 am to 12 pm

Entrepreneurial and Innovation

- [Launchpad 2023 Info Session](#) | Sept 21, 5 to 7 pm
- [Life Sciences Industry Night](#) | Sept 27, 4 to 6 pm

Health and Wellness

- [Discover Your Self Care Workshop](#) | Sept 21, 4 to 5 pm
- [Transforming Habits Workshop](#) | Sept 25, 12 to 1 pm
- [Healthy Thinking Workshop](#) | Sept 28, 4 to 5 pm
- [From Bystander to Upstander: Intervention Training](#) | Oct 3, 9 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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