

# REALISE the News – October 2020

---

## IN THIS EDITION

- Meet your HBITO executives
  - Upcoming HBI REALISE modules
  - Other workshops, events, and opportunities
- 

## MEET YOUR HBITO EXECUTIVES

### Pauline de Jesus, HBITO Orientation Director

Written by Shane Nicholls



Pauline de Jesus is the Orientation Director for the Hotchkiss Brain Institute Trainee Organization (HBITO). She is an MSc student in the Neuroscience program under the supervision of Dr. Michael J. Esser, with plans to transfer into the PhD program in the near future.

Pauline was born in Calgary and pursued a Bachelor of Science (BSc) majoring in Zoology with a double major in French (BA) at the University of Calgary. Her drive for research led her to an MSc project in Dr. Esser's lab investigating multimodal outcomes in pediatric mild traumatic brain injury at the Alberta Children's Hospital. For her PhD program, Pauline plans to transfer her knowledge and expertise to a new population in the pediatric intensive care unit. This experience, coupled with her passion and drive for medicine, will serve as a backbone for her future dream of studying maternal fetal health medicine and advancing research in the field.

As the Orientation Director, Pauline is responsible for welcoming incoming students. Her primary role is to organize and host the student orientation for new graduate students in the Neuroscience program. Her other duties include coordinating the Neuro 0 modules and organizing the Peer Mentorship Program. Pauline brings an extensive background to the HBITO as she is the current Senior Director of Programming for NeuroNexus: a neuro-focused health hackathon design competition which gathers participation from many students in different healthcare fields.

Outside Pauline's involvement in academia, she has a great aptitude for the arts. She enjoys painting and is currently learning to play the cello. Pauline loves to stay active outdoors by skiing in the winter and hiking with her dog in the summer. She hopes everyone is staying happy and healthy during this time and is looking forward to seeing everyone soon!

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

### [Learning to Lead: Tips from Tried and True Mentors](#)

October 8 | 11 am to 12:30 pm | Online via Zoom

Looking to improve your leadership and mentorship skills? Want to gain confidence in tackling complex challenges? Mentorship and leadership are important to your career development, and you are often asked to take on these roles in your lab without having the necessary training. This REALISE module—designed by trainees for trainees—will give you the opportunity to learn about effective mentorship and leadership skills. A panel of respected leaders including Drs. Jeff Dunn, Hedwich Kuipers, Deborah Kurrasch and Wee Yong will describe how they developed their own mentorship style, how they handle failures/setbacks/conflict, and how they motivate others. A Q&A session will follow.

## [Introduction to MRI Physics](#)

**October 14 – December 9 | Biweekly on Wednesdays from 10 am to 12 pm | Online via Zoom**

Join HBI postdoctoral fellow Dr. Bryce Geeraert in this five part series to learn about the fundamental and physical mechanisms of an MRI scanner. This interactive workshop will provide participants with an intuitive, yet accurate, understanding of how an MRI scanner works. Participants will learn about the fundamental physics behind MRI, explore how common image types are acquired, and discuss common issues with MRI images. The focus will be on providing simple, clear descriptions of complicated physical interactions, and will provide attendees with a strong understanding of MRI scanners and images, along with common pitfalls and how to account for them.

## [Limbic system and pathophysiology of mood disorders](#)

**October 20 & 22 | 1 to 2 pm | Online via Zoom**

Join recent PhD grad Dr. Nikita Nogovitsyn for an in-depth discussion about possible pathological processes that may occur in the depressed brain. In this two-part lecture series, you will review what is already known in the field, the role of stress in depressive disorder(s), how the limbic system is involved in regulating emotions, and what brain changes are seen when patients present with anxiety and depressive symptoms.

---

## **OTHER WORKSHOPS, EVENTS, AND OPPORTUNITIES**

### [HBITO Trivia Night](#)

**October 1 (*tonight!*) | 7 pm | Online via Zoom**

The HBITO is proud to present an all new virtual trivia night filled with more random trivia questions to assess just how much random knowledge is held by the bright trainees of the HBI! Compete to win Skip the Dishes credits. Link opens at 7 pm on October 1: <https://ucalgary.zoom.us/j/3365958372>.

### [Think Big - A Night “In” with Your Brain: The Brain-Gut Connection](#)

**October 2 | 6:30 to 8 pm | Online via Zoom**

Did you know your brain and gut are constantly “talking” to one another? This dialogue plays a vital role in physical and mental health. Join Host Jay Ingram and experts from the HBI and Snyder Institutes to learn about new research into the brain-gut connection and how it impacts our understanding of aging, mental health, and sleep.

### [Networking for introverts \(and extroverts too!\)](#)

**October 5 | 11 am to 12:30 pm | Online**

Networking is hard, and it may be more challenging if you are introverted. In this workshop, we will discuss the differences between introverts and extroverts, and how each type handles networking situations. Be prepared to practice, discuss, and share ideas and strategies that will help one another out!

### [Virtual Career Fair](#)

**October 6 | 9 am to 4 pm | Online**

Join Career Services for this virtual career fair to meet employers looking to hire students for a variety of opportunities, including part-time, summer, internship, and full-time positions after graduation.

### [Anxiety Management](#)

**October 6 – 27 | 10 to 11 am | Online via Zoom**

During 4 weekly sessions, participants will learn skills and strategies to change thinking and behaviours that contribute to anxiety. The program looks at the physical, cognitive and behavioural aspects of anxiety and uses relaxations strategies, cognitive behavioural therapy, behaviour change and other strategies to cope with anxiety.

## [Interview 101: Strategies and best practices for hiring situations](#)

**October 7 | 2 to 3:30 pm | Online via Zoom**

Congratulations — you have been invited to an interview for your dream job. How do you prepare so that you stand out from the other applicants? In this webinar, you will gain an understanding of the hiring process, learn strategies to answer common questions and negotiate your salary. For grad students only.

## [What I Wish I Knew: Tips for Your First Semester of Grad School](#)

**October 9 | 11 am to 12 pm | Online via Zoom**

Join the Graduate College for a panel discussion on tips for your first year of Graduate studies! Graduate College scholars from various backgrounds will share their experiences and answer questions from incoming graduate students.

## [Professional networking skills for graduate students](#)

**October 13 - 14 | 2 to 3:30 pm | Online via Zoom**

Networking can be intimidating for many people. This interactive workshop will help you gain more confidence and comfort with networking by learning what networking really is, and how to best leverage your personality style when talking with others.

## [Mitacs: Practice your presentation skills I](#)

**October 15 | All Day | Online**

In this one-day course, theory is introduced in short bursts and participants spend the majority of time practicing their presentation skills while receiving expert feedback. The focus on extensive practice and feedback is what makes the program meaningful, and is what makes the learning stick.

## [Healthy Thinking](#)

**October 15 | 12 to 1 pm | Online via Zoom**

Having trouble with difficult or negative thoughts? Learn strategies to manage negative thoughts, emotions and mood in this 50-minute workshop. Open to UCalgary students only. Other dates available: [October 23](#), [October 28](#).

## [HBITO T-Shirt Design Competition](#)

**Deadline to submit your design: October 19**

The HBITO will be creating new t-shirts this fall and would like the help of our talented trainees to create the design! Visit [HBITO T-Shirt design competition](#) for more information.

## [Mitacs: Skills of Communication](#)

**October 20 | 9 am to 5 pm | TBA**

A full-day workshop featuring tools and tips to help you become a better communicator in your work and personal life. The workshop will test your assumptions and mental models, and will introduce tools such as the Ladder of Inference, the Johari Window and more.

## [Writing at the Graduate Level Series: Academic integrity and using sources effectively](#)

**October 20 | 4:30 to 6 pm | Online via Zoom**

At the graduate level, sources are used to clarify a future project by discussing theory, methodology, or background information on a particular topic. Learn a variety of approaches and sentence structure patterns for summarizing research, while avoiding plagiarism.

## [Your social media brand: LinkedIn, Twitter and beyond](#)

**October 21 | 12 to 1:30 pm | Online via Zoom**

In this webinar, you'll explore how you can use social media platforms, such as LinkedIn, Twitter and others, to enhance your professional online presence and develop a plan to connect with influential people within your desired career field. For grad students only.

## [Discover your Self Care](#)

**October 26 | 12 to 1 pm | Online via Zoom**

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. Open to UCalgary students only.

## [Writing at the graduate level series: Strategies for writing literature reviews](#)

**October 26 | 4:30 to 6 pm | Online via Zoom**

A literature review is more than a series of summaries – it is a way to dive deeply into your research. This hands-on workshop offers approaches that students can use to identify and evaluate sources and organize their initial literature.

## [Strength stories: How to explore, maximize and communicate your top five strengths](#)

**October 27 | 12 to 1:30 pm | Online via Zoom**

Explore your top five strengths in relation to your own experiences, practice talking about your strengths and apply them to build strong team dynamics. For grad students only.

## [Motivation and Procrastination](#)

**October 28 | 12 to 1 pm | Online via Zoom**

Is your motivation low? Are you struggling to get started on work? Learn practical strategies to increase motivation and reduce procrastination in this 50-minute workshop. Open to UCalgary students only.

---