

REALISE the News – March 2022

IN THIS EDITION

[Meet your HBITO executives](#)

[Upcoming HBI REALISE modules](#)

[Other UCalgary workshops and events](#)

MEET YOUR HBITO EXECUTIVES

Shadab Batool, HBITO Social Director

Written by Ibukun Akinrinade



Shadab Batool is the Social Director for the HBITO. She recently completed her PhD degree in neuroscience under the supervision of Dr. Naweed Syed.

Shadab was born in Karachi, Pakistan; one of the largest cities in the country. She obtained her Bachelor's degree in anatomy and physiology and a Master's degree in pathophysiology. Afterwards, she moved to Calgary where she joined Dr. Syed's lab to study the roles of specific genes that regulate cellular and molecular mechanisms underlying neural development and synaptic plasticity. For her thesis, she was able to identify the role of the tumour suppressor gene MEN1 in brain cell connectivity and neurodegeneration. Shadab's well-rounded research experience in both clinical and basic research has equipped her with the necessary skills to jump to industry.

As a social director, Shadab plans and coordinates several events for students in the neuroscience graduate program. Her focus is to ensure students take much-needed breaks to socialize at events such as barbeques, cooking nights, game nights, pub nights, outings, parties, and more. She recently formed a volleyball team where she is the team captain, giving students the opportunity to develop team building while showing their sports skills. Due to the COVID pandemic, she had to adapt social events and created online events such as virtual Halloween parties with games, food, and dancing. Shadab also organized a student's movie club where the movies were discussed over food and drinks. Finally, she organized a virtual costume party where students were encouraged to dress in their most outlandish outfits, with the best dressed crowned as winner.

Shadab has a wide range of hobbies. She prides herself as being a wannabe equestrian, loves dancing, and frequently participates in Zumba classes. She also loves painting, sketching, and writing books. Shadab wrote her first book in grade 6, which was 600 pages long. Be on the lookout for her seven-part personal biography, which should be published soon.

See [HBITO - About Us](#) for more information and follow the HBITO 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

[Building Professional Relationships](#)

March 10 | 9 am to 4 pm

Learn the secrets of building productive and professional relationships to maximize your success at university and beyond.

Knowing how to build and sustain positive and productive professional relationships is essential to success and advancement in academia and beyond. This full day session will help you understand and evaluate your individual strengths in the context of relationships with other people. You will complete the Meyers-Briggs' Type Indicator questionnaire, which will help you understand yourself better and improve your relationships with others. The workshop focuses on building effective professional relationships, workplace politics, and communication.

Registration is limited, so sign up soon!

[Leadership and Building Relationships](#)

March 22 | 9 am to 12 pm

Develop your leadership potential by exploring and practicing your leadership style given different situations.

Leadership involves the art of building relationships to motivate, influence, and guide people to achieve the goals of the team, whether it's within a lab or workplace. In this interactive workshop, you'll learn about the difference between leadership and management, and the various steps towards effective leadership. You'll explore situational leadership theory: a strategy that designates a leadership style to a given situation based on a number of factors. You'll complete a situational case study with your peers and present your findings to the group. *Registration is limited, so sign up soon!*

[Conflict Resolution](#)

March 24 | 9 am to 12 pm

Conflict can be a catalyst for dialogue and creativity. Learn how to handle conflict effectively to turn it into an opportunity for growth and change.

Conflict itself is neither good nor bad, in fact, it can be a catalyst for dialogue and creativity. Successful people know this and learn to manage conflict effectively, turning it into an opportunity for growth and change. This workshop will help you identify your preferred conflict management mode, determine the best approach for each situation, and ultimately handle conflict in a positive and productive way.

[Pragmatic issues in interviewing children for research](#)

April 14 | 1 to 3 pm

Join ACHRI clinical fellow, Dr. Augustina Okpere, to learn the best practices for interviewing children.

Interviewing children for research requires a careful and strategic approach that differs from interviewing adults. You'll learn about the ethical considerations to take into account when interviewing children; guiding principles for developing plans for interviewing children; and best practices for successful interviews.

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.

OTHER UCALGARY WORKSHOPS AND EVENTS

[MITACS Professional Development Program](#)

Various dates

Mitacs has launched a new professional development curriculum for graduate students and postdocs! The workshops consist of an online component followed by a facilitated session. Upcoming workshops include [Framing your project in a masterful presentation](#), [Project and time management](#), [Mastering the elevator pitch](#), and [Applying the principles of sound leadership and team building](#). Visit the [EDGE portal](#) for details and registration.

[Innovation4Health – Health Hack Competition: Seniors & Healthy Aging](#)

Various dates | Submit a challenge by March 4

Do you know of a challenge in senior's well-being or healthy aging that needs solving? Innovation4Health is an Alberta-wide organization that runs a Health Hack Competition every year designed to spark collaboration across disciplines and tackle complex challenges. [Submit a challenge by March 4.](#)

[Launchpad Live](#)

March 8 | 6 to 7 pm

Learn the basics of growing an idea, building a startup or social venture, and more at Launchpad Live, a new public speaker series presented by the Hunter Hub for Entrepreneurial Thinking. Launchpad Live is a weekly 1-hour event series running until March 15.

[Entrepreneur Foundations](#)

March 10 | 12 to 1 pm

Join the Women's Resource Centre with guest Jana Boyko to learn how to confidently take your first steps as a new entrepreneur and build your business mindfully, from the start. Jana will be sharing personal stories and lessons throughout the webinar, and there will be a Q&A period at the end.

[Designing Your Work Life](#)

March 10 | 12 to 1:30 pm

This experiential workshop offers an introduction to design-thinking mindsets and tools, based on the New York Times bestselling book *Designing Your Life* by Bill Burnett and Dave Evans. Through activities and reflective exercises, you will explore and gain a deeper awareness of what matters to you in your career journey.

[Elevate Your Career: Navigating Work as a BIPOC Professional](#)

March 10 | 5 to 6:15 pm

This panel discussion by BIPOC professionals will explore the topics of equity, diversity, inclusion and decolonization. Speakers will share experiences, insights and stories about navigating racism and identity in the workplace. The conversation will include strategies for achieving empowered career growth while avoiding burnout.

[Introductory Workshop on Computational Methods in Neuroscience](#)

Apply by March 11 | Workshop dates May 24 - June 3

Campus Alberta Neuroscience's Introductory Workshop on Computational Methods in Neuroscience is back and applications will be open until March 11, 2022. Workshop participants will be provided with introductory instruction on the use of MATLAB, the most common tool for data analysis and visualization in the quantitative sciences.

[Student Assessment and Feedback Strategies for TAs](#)

March 15 | 10:30 am to 12 pm

Participants will explore key pedagogical aspects of assessment and grading in student-centered learning environments. Participants will learn about the importance of formative feedback and summative assessments along with a brief overview of rubrics and their use in grading.

[Job Search Strategies for Grad Students](#)

March 15 | 12 to 1 pm

It is estimated that up to 80% of non-academic jobs are not posted online. Learn the strategies and resources for conducting a more effective job search to uncover hidden job opportunities and how stand out in the candidate pool during the pandemic.

[2022 Successes in Neuroscience Symposium](#)

March 16 | 11 am to 5 pm

Join Campus Alberta Neuroscience for the second iteration of the highly anticipated Successes in Neuroscience Symposium! Showcasing the amazing work in neuroscience and mental health from Albertan researchers.

[Brain Awareness Week Movie Night](#)

March 16 | 6:30 pm

Join the HBITO outreach team for a neuroscience themed movie night followed by a discussion! Brain Awareness Week (BAW) is a global campaign to foster public enthusiasm and support for brain science! This year, the HBITO is putting on a neuroscience-themed movie night on March 16th at 6:30 pm.

[Professional networking skills for graduate students](#)

March 22 | 12 to 2 pm

This interactive workshop will help you gain confidence and comfort with networking by learning what networking really is and how to best leverage your personality style when talking with others. You will also develop a personalized pitch and learn strategies for initiating and following up with contacts.

[Navigating Conflict in Relationships](#)

March 24 | 12 to 1 pm

Conflict is a natural part of relationships. Learn how to navigate conflict effectively to build and maintain healthy relationships. This event is open to students only.

[Save the date: HBI 18th Annual Research Day](#)

May 26 | all day

Mark your calendars for the 18th annual HBI Research Day! Research Day showcases HBI's innovative and outstanding contributions to science and medicine. 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.
