

REALISE the News – April 2022

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MEET YOUR HBITO EXECUTIVES

Brooke Belanger, HBITO Communications Director

Written by Tyler Soule



Brooke Belanger continues as this year's Communications Director for the HBITO. Brooke's drive to be active in the community started with student orientation, and now takes the form of her second year as Communications Director. Her motivation comes from being able to facilitate meaningful connections between students. This means spreading awareness of social events as well as bringing people together through social media.

She was born in Thunder Bay, ON but grew up in Calgary. Brooke stayed in Alberta to obtain a Bachelor's degree in Biological Science at the U of C. During this time she met her supervisor, Dr. Alim Mitha, at Stampede and joined his lab for an undergrad thesis. After returning to the same lab for graduate studies, Brooke is now a PhD candidate in the BRAIN CREATE program. Her project aims to improve outcomes of patients with brain aneurysms. Aneurysms affect 1 in 20 Canadians and can lead to stroke, neurological conditions, or be fatal. To combat this, she is employing stem

cells to create a patch for damaged blood vessel walls in the brain. She hopes to make this innovative approach available to patients before she graduates, improving upon current treatment methods.

Aside from her dedication to research, Brooke is also a talented musician. She plays and teaches guitar, ukulele, voice, and French horn. Before graduating, Brooke hopes to join the Leaders in Medicine program. This would be a great step towards her goal of combining her passions for music and helping people.

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

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

April 14 | 1 to 3 pm

Join 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. *[Note: the calendar event says waiting list only, but we've held several spots for REALISE trainees, so please don't hesitate to sign up!]*

[HBITO - Picture a Scientist Movie Night](#)

April 27 | 5 to 8 pm

When you picture a neuroscientist, who do you see?

The HBITO invites the CSM community to a panel discussion of the film [Picture a Scientist](#), hoping to ask the question “When you picture a neuroscientist, who do you see?” Following a screening of the documentary, a panel discussion will focus on perspective taking and discussing how to make neuroscience more diverse, equitable, inclusive and just. Food and drink provided.

[Interview Preparation](#)

May 5 | 9 am to 12 pm

Learn key recruiter/employer expectations, how to purposefully prepare for an interview, collaborative negotiation techniques, and practice interviewing.

This half-day session facilitated by [Terry Wasylak of The Career Clinic](#) will help you understand key recruiter/employer expectations, and how to purposefully prepare for an interview so you stand out from other candidates. The workshop will include collaborative negotiation techniques and will be followed up by a 30-minute one-on-one mock interview on **May 12**. *Presented in partnership with ACHRI STEP.*

[Figures First](#)

May 18 | 10:30 am to 12:30 pm

Learn about the importance of figures in a variety of academic contexts and how to design high quality, impactful figures to best showcase your research.

The Figures First 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.

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 in a skill, technique or knowledge area where you have a particular interest or talent - please contact us at realise@ucalgary.ca. We will provide support before and after you deliver your module and may be able to help with the costs of supplies.

OTHER UCALGARY WORKSHOPS AND EVENTS

[MITACS Professional Development Program](#)

Various dates

Mitacs offers several professional development workshops for graduate students and postdocs consisting 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.

[Managing Wellness in a Pandemic](#)

April 14 | 12 to 1 pm

This 50-minute workshop will cover a number of wellness topics including isolation, mindfulness, stress, self-care, and overall wellbeing. Learn how to define mental health, create a self-care plan, and how to manage stressful times.

[Professional Development of TAs](#)

April 19 | 10:30 am to 12 pm

Graduate students working as teaching assistants (TAs) or those interested in working as TAs will reflect on their TA experiences, discuss emerging teaching practices, identify teaching goals; and explore available campus resources to promote further development.

[Calgary Women's Health Research Symposium](#)

April 21 | 9 am to 12:30 pm

The inaugural Calgary Women's Health Research Symposium is an interdisciplinary event connecting faculty, staff, and trainees from across UCalgary to share ongoing research in women's health across the lifespan, and share ideas to build capacity for women's health research at the UCalgary.

[Myth Busting Grant Seeking and Writing](#)

April 26 | 12 to 1 pm

For early career scholars, the task of finding and applying for grants can seem daunting. Early career researchers can feel overwhelmed by processes and requirements and confused by what may seem at first like conflicting or inconsistent guidelines.

[Developing Research Proposals in the Sciences](#)

May 3 | 10:30 am to 12 pm

Are you new to writing research proposals, or have you struggled with writing them in the past? This workshop offers practical advice about how to work through the process of developing and finishing a research proposal.

[Strategies for Writing Literature Reviews: Part 1](#)

May 3 | 10:30 am to 12 pm

A literature review is more than a series of summaries. It presents a synthesis of current knowledge that connects to and informs your own research. This workshop focuses on resources and strategies for researching, selecting, and analyzing literature. It will also demonstrate ways to organize your final review.

[Introducing Writing Support](#)

May 3 | 12:10 to 1:10 pm

Join the Writing Support Coordinator and the Student Success Centre Writing Tutors as they share the various ways all students at the university can access regular support for their writing.

[Project Managing Your Dissertation](#)

May 3 | 1 to 2 pm

Applying project management principles to your dissertation can help you avoid conflict with your supervisor, reduce procrastination, manage feelings of being overwhelmed, and increase your motivation.

[Fostering an Open Mindset for Career Success](#)

May 3 | 1:20 to 2:50 pm

In today's rapidly changing career landscape, being open to new ideas, learning from mistakes, and focusing on others' needs is critical for career success. This depends largely on your mindset, your view of yourself, others, and the world.

[Online Paraphrasing Tools: Supporting academic writing or facilitating plagiarism?](#)

May 3 | 1:20 to 2:50 pm

This session focuses on the emergence of online paraphrasing tools and explores whether students should use these tools as a strategy for improving their academic writing or whether their use risks academic misconduct.

[Successful Academic Posters](#)

May 4 | 9:30 to 10 am

Academic posters are effective research communication and networking tools common to conferences. Despite the cancellation of many in-person conferences this season, being able to create an effective poster is a necessary academic skill. This session will cover the basics of creating and presenting them.

[Demonstration: Analyzing Data with Qualitative Tools – Getting Started with NVivo](#)

May 4 | 9:30 to 10 am

NVivo is a top-rated qualitative data analysis tool produced by QSR International. NVivo supports researchers who need to analyze text-based documents, surveys, and multimedia files.

[Critical Thinking and Scholarly Writing](#)

May 4 | 10:10 to 11:40 a.m.

This workshop will help students understand the structure of academic argumentation through claims, evidence, and warrants. We will also consider a few critical thinking themes that form the blueprint for all academic writing.

[Research Data Management](#)

May 4 | 10:10 to 11:40 a.m.

Good management of research data, whether made up of spreadsheets, interview transcripts, image collections, digital records, or other material, will be crucial to your career as a graduate student and researcher. This session will focus on how to manage your data before, during, and after your research.

[Manage Your Research Identity and Track Your Impact](#)

May 4 | 1:10 to 2:40 pm

How do you stand out in a crowd of researchers? How can you present a coherent picture of your research and its impact when applying for graduate or post-graduate positions? This session will introduce you to tools to create a researcher profile that highlights your expertise, as well as methods for tracking the impact of your work.

[Reading for Rhetoric: The Art of Reading Research Articles](#)

May 4 | 1:10 to 2:40 pm

Do you have trouble finding a clear path through the forest of information that is a research article? Did you know that there's more to an academic argument than logic? Using sample research articles, we'll practice identifying and distinguishing between the research problem, background to the research problem, and more.

[Preparing an Abstract](#)

May 4 | 2:50 to 4:20 p.m.

Have you ever wanted to present your research at an academic research conference? Unsure of how to present your work to a broad audience? Participants will be introduced to strategies for producing an engaging abstract that is appropriate for a broad audience.

[Researching for a Literature Review \(Library Session\)](#)

May 5 | 10:10 to 11:10 am

Literature reviews are a common task in graduate work, either as part of the background section of a larger paper/thesis, or as a standalone publication. This session will provide you with tips and resources for how to plan, research, and manage your literature for a literature review.

[Preparing Your Research for Conference Presentation](#)

May 5 | 10:10 to 11:40 am

Are you prepared to share your research progress or results in an academic setting? This workshop focuses on creating a clear and appealing visual and oral presentation that accurately represents your research findings without overwhelming your audience.

[Demonstration: Tableau](#)

May 5 | 12 to 1 pm

Learn the basics of how to use Tableau, a tool capable of creating a wide variety of data visualizations. Tableau supports a variety of data formats and through simple interactions allows fast exploration to find the visualization most suited to the data.

[Data Analysis in R and Accessing Advanced Research Computing](#)

May 5 | 1 to 2 pm

The R statistical data analysis language is a standard tool throughout academia. This workshop will provide a brief demonstration of the basics of loading data sets, preparing data for analysis, performing a statistical analysis, and visualizing data.

[Strategies for Publishing in Science, Technology, Engineering, and Mathematics](#)

May 5 | 1:10 to 2:40 pm

Have you ever wondered what journal editors are looking for or what to expect going through the publishing process? Get the inside scoop on getting published in peer-reviewed journals in STEM.

[Let's Talk Mental Health: Graduate Student Panel](#)

May 5 | 3 to 4:15 pm

The pandemic has exposed serious challenges to our mental health system. As our campus comes back together, it's more important than ever to talk openly about mental health and wellness.

[Spit for Science: Using Saliva DNA to Improve Treatment of Mental Health Disorders](#)

May 8 | 2 to 3 pm

In celebration of the 10th anniversary of the Mathison Centre, Science Cafe is presented in partnership with TELUS Spark Science Centre on selected mental health topics.

[Principles of Biostatistics](#)

May 9-20 and May 24-June 3

This course is comprised of two sections: 1) Fundamentals of Biostatistics—the basic concepts of biostatistics with a focus on statistical testing in research studies; and 2) Applied Statistical Modelling for Data Analysis in R—the basics of applied statistical modelling. The cost is \$300 for each section, most of which can be covered by the [REALISE External Module Registration Award](#) if you're eligible. Please contact realise@ucalgary.ca for more information.

[Inspired Science: The Art of a Breakthrough](#)

May 10 | 5:30 pm

Explore the life's work of award-winning researcher and UCalgary professor Dr. Samuel Weiss, PhD'83, as he delves into the driving forces behind a lifetime of science, discovery and impact in the fields of neuroscience and medicine.

[Research Ethics for Community-Engaged Projects](#)

May 11 | 10 to 11 am

This webinar will discuss the history and fundamental principles of ethical practices for research involving human participants and provide an overview of the ethics application, review and renewal processes at UCalgary.
