Graduate Student Conference
October 14, 2017
The Morning

9:00 AM

Navigating Career Paths
Susan McKay - ED 616

Navigating Career Paths (non-academic) in Industry, Government and Non-Governmental Organizations

This session will provide a toolbox of strategies, skills and resources for finding employment and developing a rewarding career in sectors outside of academia. Topics will include: a) job searching in specialized fields, b) customizing writing resumes to present relevant transferable knowledge and skills with academic examples, and c) avoiding common pitfalls of transitioning into non-academic work environments.

As Career Counsellor at the U of R Career Centre, Susan works in Career Exploration and Counselling, and Student Employment Services, where she facilitates students with making informed decisions about their direction, finding meaningful work and managing a rewarding long-term career. Susan has a Master of Counselling and is a Canadian Certified Counsellor (CCC). She currently serves as a founding Board Member of the Saskatchewan Career Development Association.

UR International Student Services & Global Learning Centre
Haroon Chaudhry & Andrew Osborne – ED 623

An overview of the academic support workshops for international students. This will include a workshop overview of: Critical Reading + Writing, Avoiding Plagiarism and Other Academic Misconduct, Library & Research Skills Development, Polishing your Academic Writing & Understanding Teacher’s Feedback, Understanding Classroom Expectations & Communicating with your Professors, Enhancing Note Taking Skills, Enhancing Exam Study Skills, and Appreciating & Adapting Learning Styles

Haroon Chaudhry completed his Bachelor of Arts in Public Administration from the City University of New York, and completed his Masters of Arts in Public Administration from the University of Regina. Haroon currently serves as Associate Director of International Student Services & Global Learning Centre at the University of Regina, and is a Regulated International Student Immigration Advisor. With a dedicated focus on ensuring that students are entering into a harmonized and welcoming atmosphere, Haroon, along with his team, is responsible for developing, managing, and implementing new programs and services designed to assist international students in adjusting to a new culture, new country, and new academic system. Haroon’s vast experience as an international student in Canada and the United States of America, allows him to fully understand and be aware of the challenges of transitioning to a new country and educational institution.
Andrew Osborne is a Life Skills Advisor with UR International Student Services. Andrew has enjoyed a ten year career as an ESL teacher, instructor to newcomer Canadians, and as a sessional lecturer for the Faculty of Arts. He completed a Bachelor of Arts in History at the University of Regina and a Master of Arts in Intercultural and International Communication at Royal Roads University in Victoria, BC. Between postsecondary experiences, Andrew lived and worked in the Republic of Korea for six years. It was this intercultural immersion experience that inspired Andrew to pursue a greater understanding of the nexus of communication and culture. Within the dynamic cultural environment at the University of Regina, Andrew enjoys supporting international students to navigate any potential cross-cultural challenges they may encounter on their journeys to personal and academic success.

Mitacs Funding Options
Zsuzsanna Papp - ED 619

One of Mitacs’ mandates is to help graduate students and postdocs train in applied research with companies and eligible NFPs for career advancement, whether academia or private sector. We also offer business skills training. In addition, our international program can help graduate students conduct research at a university in another country. Zsuzsa will describe programs and funding opportunities for graduate students and postdocs through Mitacs and is happy to answer questions afterwards or at zpapp@mitacs.ca

Zsuzsa Papp is the Saskatchewan representative for Mitacs, a national not-for-profit network and funding agency. She is the main contact person for Mitacs Accelerate, Elevate, Globalink, and other programs at the University of Regina. She facilitates applied research collaborations across all disciplines, meeting professors, companies, students and postdocs about their projects and needs, helping with proposal drafts, promoting programs and helping with the administration of grants. Prior to joining Mitacs, she conducted research and extensively published in the fields of infectious diseases and ecotoxicology, served as a project manager at Environment and Climate Change Canada and had earned a PhD in Veterinary Microbiology from the University of Saskatchewan and a Biology/Biotechnology degree from Hungary. Besides being committed to lifelong learning in sciences, her personal interests include arts and culture, science education, habitat/wildlife conservation, gardening, languages, sports and a variety of outdoor activities. She has also served as board member, manager, coordinator, liaison and mentor in various roles at not-for-profit organizations and schools.
The Morning

10:00 AM

Conducting a Literature Review
Cara Bradley - ED 616

As a graduate student, you are expected to place your work in the context of past and present research on your topic. Adopting a systematic approach to this task early in your project will save you time and stress. Learn more about different types of literature reviews, how to get started, as well as how to keep track of sources, searches, and stay on top of new research.

Cara Bradley is the Research & Scholarship Librarian at the University of Regina, which involves coordinating library services and support for graduate student and faculty research activity. She’s been a graduate student researcher herself and is here to help you through it! She holds BA and MA degrees in English from the University of Regina and a Master’s degree in Library and Information Studies from the University of Alberta. Cara continues to maintain an active research portfolio, having published numerous peer-reviewed journal articles on information literacy-related topics, as well as a book entitled Plagiarism Education and Prevention: A Subject-Driven, Case-Based Approach, which was published by Chandos Publishing in 2011. Cara has presented at conferences across Canada, as well as in the U.S. and the U.K., and in 2014 she received the Canadian Library Association’s Robert H. Blackburn Distinguished Paper Award.

Mental Health on Campus
Cindy Kuster Orban - ED 623

As the first facilitator to initiate a nursing community placement at the University of Regina during the fall of 2015 there was an opportunity to assess, evaluate, and implement strategies to optimize the health of the campus community. The need for additional mental health support was deemed a priority as was the establishment of a caring, safe learning environment. CNUR 401 is a fourth year nursing course which focuses on community development, collaborative relationships and population health. The nursing students have an opportunity to explore nursing roles and to integrate primary health care initiatives by incorporating nursing theory and practice in a community setting.
Cindy Kuster Orban currently teaches in the Saskatchewan Collaborative Bachelor of Science in Nursing (SCBScN) Program which is the newest nursing education program delivered in Canada, where she teaches CNUR 401: Population Health and Community Partnerships. The fourth year nursing students have provided community partnerships, positive health promotion and innovations in the North Central inner city community and with university students on campus. Working with nursing students is the highlight of her thirty five year nursing career. The genuineness, compassion, and love from the community members has greatly impacted Cindy’s renewed passion for community nursing. She is committed to demystifying and celebrating the strengths and assets of the community and supporting the existing resources.

Clear and Concise: Demystifying Academic Writing
Scott J Wilson - ED 619

Students often feel overwhelmed by graduate-level research and writing expectations: discipline-specific demands, supervisor-specific requests, as well as a lack of undergraduate training before writing a thesis. However, academic writing does not need to be perplexing. In this presentation, we will cover strategies for entering into an academic writing including research topic selection, planning and outlining, making effective (and debatable) arguments, developing a methodology, and properly responding to other researchers.

Scott J. Wilson is the Writing Services Coordinator at the University of Regina Student Success Centre and the Writing Across the Disciplines Program Coordinator at Luther College. He also teaches English 100 and English 110.

Excel for non-Excel people
Sean W. Whalley - ED 561 (A computer lab)

For students interested in teaching, this workshop will guide you in creating some basic and very helpful templates design to expedite many grading processes. Microsoft Excel will be used to achieve this goal. The workshop will guide students through the following: altering cells for text, graphic and numbers, basic tabulation, basic calculation, sorting, referencing and inserting items such as images. No math required, the program does it all for you.

Sean W. Whalley was born in St. Catharines, Ontario and moved to Regina in 1997. Between a BFA from York University and an MFA at the University of Regina, Sean studied the old world technologies of blacksmithing and coopering. As a practising artist his area of interest explores a broad range of media and ideas. Sean has taught full-time at the University of Regina for ten years in the Visual Art’s sculpture area, part of the MAP faculty.
11:00 AM

Using the Library: Graduate Student Edition
Cara Bradley - ED 616

This workshop will introduce you to advanced library services and resources that you may not have encountered during your undergraduate years. Topics covered include an overview of databases (including subject-specific resources and Journal Citation Reports), specialized academic software (NVivo, Qualtrics, SPSS, Poster Genius, Camtasia, RefWorks, etc.), liaison librarian services, as well as interlibrary loans, and graduate student borrowing privileges.

Cara Bradley is the Research & Scholarship Librarian at the University of Regina, which involves coordinating library services and support for graduate student and faculty research activity. She’s been a graduate student researcher herself and is here to help you through it! She holds BA and MA degrees in English from the University of Regina and a Master’s degree in Library and Information Studies from the University of Alberta. Cara continues to maintain an active research portfolio, having published numerous peer-reviewed journal articles on information literacy-related topics, as well as a book entitled Plagiarism Education and Prevention: A Subject-Driven, Case-Based Approach, which was published by Chandos Publishing in 2011. Cara has presented at conferences across Canada, as well as in the U.S. and the U.K., and in 2014 she received the Canadian Library Association’s Robert H. Blackburn Distinguished Paper Award.
Indigenous Research Methods
Marlene McNab - ED 623

Much has been written about the need to address the underlying cause of mental health and addictions issues in Indigenous communities, yet little research has occurred to understand best practices that can be implemented and/or applied within this demographic. Unresolved trauma creates an imbalance and an inability to cope for many and over time some people in this state of imbalance find outlets in mood altering substances or processes such as drugs, alcohol or gambling addictions. For many this is not a choice insomuch as it is a means for survival and a way to escape the pain. I have witnessed hundreds of First Nations addicts/alcoholics caught up in this coping—survival—addictive process and I have asked myself, “Why is this not being addressed? Why are treatment models failing to interrupt this cycle?” And if the answer lies in developing culturally responsive addiction treatment models, why does it appear these models are not being fully utilized within treatment centres? This presentation will examine these questions and describe the research process that could potentially address trauma and addictions amongst Canada’s First Nations.

Marlene McNab is a member of the George Gordon First Nation and has over 25 years’ experience as a community-based, mental health therapist. She completed a Bachelor of Indian Social Work degree in 1993 and obtained a Master’s Degree in Aboriginal Social Work in 2007 to further her career as an Instructor at the post-secondary level. Currently, Marlene is faculty in the Indigenous Social Work at the First Nations University of Canada, Regina campus and is registered in the PhD program at the Johnson Shoyama Graduate School of Public Policy.

Preparing to Supervise: Health & Safety Responsibilities
Darren Cherwaty - ED 619

This session will help you understand the legal, moral and ethical health and safety responsibilities of a supervisor. If you already are or plan to become a supervisor, this session will offer practical information on keeping those you supervise healthy and safe.

Darren Cherwaty is the Director of the U of R's Health, Safety and Wellness unit. Darren has over 17 years of health and safety experience and has delivered "Safety for Supervisors" to over 300 seasoned, new, and aspiring leaders.
Ask a Librarian - 12:00 – 12:30
Cara Bradley - ED 616

Cara is willing to answer any of your questions about lit reviews, references, and library supports.

Cara Bradley is the Research & Scholarship Librarian at the University of Regina, which involves coordinating library services and support for graduate student and faculty research activity. She’s been a graduate student researcher herself and is here to help you through it! She holds BA and MA degrees in English from the University of Regina and a Master's degree in Library and Information Studies from the University of Alberta. Cara continues to maintain an active research portfolio, having published numerous peer-reviewed journal articles on information literacy-related topics, as well as a book entitled Plagiarism Education and Prevention: A Subject-Driven, Case-Based Approach, which was published by Chandos Publishing in 2011. Cara has presented at conferences across Canada, as well as in the U.S. and the U.K., and in 2014 she received the Canadian Library Association’s Robert H. Blackburn Distinguished Paper Award.

Lunch – ED 314 & 315
12:00 – 1:30

Form a Writing/Support Group – 1:00 – 1:30
ED 616

You will have the chance to form a faculty specific writing/support group. We will all meet in ED 619 and then break up into groups. There you can form your own group set your own schedule.
## Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>ED 616</th>
<th>ED 623</th>
<th>ED 619</th>
<th>Other Rooms</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Navigating Career Paths</td>
<td>UR International Student Services &amp; Global Learning Centre</td>
<td>Mitacs Funding Options</td>
<td></td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Conducting a Literature Review</td>
<td>Mental Health on Campus</td>
<td>Clear and Concise: Demystifying Academic Writing</td>
<td>Excel for non-Excel people (ED 561)</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Using the Library: Graduate Student Edition</td>
<td>Indigenous Research Methods</td>
<td>Preparing to Supervise: Health &amp; Safety Responsibilities</td>
<td></td>
</tr>
<tr>
<td>Noon</td>
<td>Ask a Librarian</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30 PM</td>
<td></td>
<td>Lunch (ED 314 &amp; 315)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Form a Writing Support Group</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 PM</td>
<td>Demystifying the Research Ethics Board</td>
<td>Developing Mental Resilience</td>
<td>Life as an HR Professional</td>
<td>Undergraduate Session – How to Apply (ED 612)</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>Leadership</td>
<td>Time Management</td>
<td>SSHRC</td>
<td></td>
</tr>
<tr>
<td>3:30 PM</td>
<td>NSERC</td>
<td>PTSD and Post Traumatic Growth – A Personal Account</td>
<td>SSHRC (continued)</td>
<td></td>
</tr>
</tbody>
</table>
The Afternoon

1:30 PM

Demystifying the Research Ethics Board
Dr. Laurie Clune – ED 616

Demystifying the Research Ethics Board. If you need apply for your REB, this session will give you an overview of what to do and what the committee is expecting. Properly filling out the initial request can help avoid delays in your research and keep you on schedule.

Dr. Laurie Clune is a registered nurse and associate professor at the University of Regina Faculty of Nursing. Currently she serves as the Chair of the Research Ethics Board at the University of Regina. She also teaches research at both the undergraduate and graduate level.

Developing Mental Resilience
Ian MacAusland-Berg – ED 623

Strength Based Resilience: There is anecdotal evidence that students are coming to university with less resilience than previous generations. The reasons appear to be both cultural and generational. Regardless; this has resulted in a crisis in student mental health across North America. This presentation is a brief introduction on how to identify internal individual factors that influence stress levels and teaching skills for building strengths.

Ian MacAusland-Berg is a Registered Psychologist with Counselling Services at the University of Regina. Previously he served as the Coordinator of Harassment, Discrimination Prevention and Conflict Resolution Services at the University of Regina. He have over 30 years of clinical and managerial experience in the public and private sectors. He has been a sessional lecturer in psychology for more than 20 years.
Life as an HR Professional
Neil Brotheridge – ED 619

It is recognized that people are vital to the success of any organization. Human resources is actively involved in the achievement of this success through areas like employee recruitment and selection to employee development to developing and measuring a work environment that blends organizational culture and employee engagement. This session will focus on career paths in human resources and the diversity of the educational qualifications of the people filling these paths. This session will be suitable for graduate students of all disciplines.

Neil Brotheridge has been Director of Organizational Development and People Programs with the University of Regina for the past 12 years where he has been tasked with overseeing the hiring of quality faculty and staff, organizational development, organizational effectiveness and change management functions. A graduate of the University of Regina, Neil has held a variety of progressively responsible positions in civic, provincial governments and the private sector in the areas of human resources, finance and systems.

Undergraduate Session – How to Apply to Graduate School
Benjamin Freitag – ED 612

This session will provide an overview of how to apply to graduate school at the University of Regina. It will go through the recommended process and provide hints on how to make improve your application.

Benjamin Freitag is the Manager of Special Projects at the University of Regina. He is responsible for academic and professional skill development of graduate students. He has been working at the University of Regina for seven years and is currently pursuing his Master of Education.
The Afternoon

2:30 PM

Leadership
Loretta Gerlach – ED 616

Leadership is crucial to success in any field. Whether you are driving a successful business, performing cutting edge research, helping others to enrich their lives, or providing a service to those in need, leadership skills are essential. In this session, we will try to come to shared understanding of the definition of leadership and determine how our own leadership style is rooted in our personality and preferences, but other aspects can be learned. We will also discover common errors organizations and individual make in the pursuit of effective leadership.

Loretta Gerlach works at the Public Service Commission and has extensive experience in the public sector in Saskatchewan. She also teaches undergraduate and graduate courses at University of Regina and is a coach for the undergraduate case competition.

Time Management
Raeanne Skihar – ED 623

Feel like you are juggling your way through life? Constantly trying to get ahead or survive the next deadline? Effective time management habits are essential for success at university and beyond. In this workshop, you will explore a variety of time management practices to help you be more efficient.

Raeanne Skihar is the Academic Success Coordinator at the University of Regina’s Student Success Centre. With more than 20 years on campus, in the capacity of student and/or employee, she enjoys working with students through workshops and individual appointments, to assist them to develop their personal study strategies and gain the confidence required to succeed in our academic environment. She understands the need for strong time management skills to succeed as she herself juggles the roles of full-time employee, part-time student, mom, wife, owner of Mom’s Taxi Service, and is a volunteer Sparks (Girl Guide) leader in her community. Join her as she discusses strategies and tools for getting yourself organized for success!
SSHRC Scholarship Application – Two hour session – ED 619
Dr. Pamela Osmond-Johnson, Amanda Wuth, Cassandra Ozog

This session outlines the requirements for SSHRC applications at both the Masters and Doctoral level. Successful SSHRC recipients will share their tips on putting together a winning application. Participants will also have the opportunity to examine and analyze both draft and final versions of sample programs of study. The session is for both graduate students currently enrolled in either Masters or Doctoral programs as well as undergraduates who may be planning to enter graduate studies in September 2018.

Dr. Pamela Osmond-Johnson is an Assistant Professor of Educational Administration with the Faculty of Education. She received both the SSHRC Doctoral Award (2014) and the Ontario Graduate Scholarship (2013) while completing her Doctoral studies at the University of Toronto (OISE).

Amanda Wuth is a graduate from the University of Toronto, with an Honours Bachelor of Science specializing in Forensic Psychology, she is now pursuing my M.A. in Experimental and Applied Psychology under the supervision of Dr. Sandeep Mishra and Dr. Shadi Beshai. Her current research interests include prosocial and antisocial risk-taking and specific affective states and risk attitudes. During her undergraduate experience, she was heavily involved in various artistic, athletic, and academic initiatives on campus, serving in many different leadership capacities. In her final year, she completed an honours thesis looking at perceiver effects and psychopathy, as well as a research-based internship investigating the association between education and recidivism within the Ontario Correctional Institute.

Cassandra is originally from Moose Jaw, SK, but moved to Regina to pursue her education at the University of Regina, from which she holds a Bachelor of Arts in Sociology and English (2009), and a Master of Arts in Sociology (2012). Cassandra is a sessional instructor at the University of Regina (Department of Sociology and Social Studies), and has also taught at the First Nations University of Canada (Indigenous Health, Education, and Social Work). Cassandra began her PhD work in the field of mental illness and media narratives in January 2017. Her research interests include narratives of political economy and fear; perceptions of race, gender, and class in popular culture; the perceptions of mental illness in the media; and apocalyptic thinking in the media and emergency preparedness.
The Afternoon

3:30 PM

NSERC Application
Karen Meagher – ED 616

Writing scholarship or grant applications can be really hard and intimidating, the hardest part is often the research statement. The focus of this workshop is how to write an effective research statement. We will look at and critique some examples. We will also discuss what should be included in a research proposal.

I am currently the Acting Association Dean of FGSR, but in my real life I am a mathematician. I have been at the U of R since 2007 and I have held an NSERC Discovery grant every year that I have been here. I have also received NSERC awards for an undergraduate summer research project, my PhD and a Post-Doctoral Fellowship. I have had several post-doctoral fellows and graduate students under my supervision, I have published around 30 papers and even wrote a book.

PTSD and Post Traumatic Growth – A Personal Account
Jody Salway – ED 623

Jody Salway will be talking about his experience with PTSD and the Post Traumatic Growth (PTG) that followed. He is a former Canadian Forces soldier, who has dedicated almost a decade of service in Canada and abroad. He deployed to Kandahar, Afghanistan in 2006 with Task Force Orion, Operation Archer. During this time he was wounded in action during an intense offensive urban operation against the Taliban and for his dedication and leadership during this operation was awarded several medals and a commendation unique to combat service.
Thank You

This conference was possible thanks to the 20 volunteers who were willing to deliver a presentation on their weekend. Please take a moment to thank the university staff who are living out the University of Regina motto “As one who serves”.

This conference was put on by the Faculty of Graduate Studies and Research in joint partnership with the Graduate Student Society. A special thank you goes to Cara Bradley from the John Archer Library for her willingness to support this project.