

BHScoop

The Official BHSc Newsletter



issue 02

contents

Winter 2019



BHSc students Liam and Kaelyn volunteering at the Sage Hill Retirement Residence on November 15, 2018. Read more on page 11.

4-5

2018 BHSc RESEARCH SYMPOSIUM

Over 60 students showcased their research projects at the annual BHSc Research Symposium. One student reunited with her former high school science teacher!

7

NEW BINF DIRECTOR

Dr. Anderson breaks down the mysterious world of Bioinformatics. What is it? Spoiler: it's a world of opportunities.

8

BHSc STUDENT WINS RHODES SCHOLARSHIP

Rahul Arora, 4th year BHSc student, becomes one of 11 Canadian scholars this year, 16th to date for UCalgary to win prestigious scholarship.

10

FORMER STUDENT CHASES HIS DREAM OF BECOMING A DENTIST

Class of 2017 graduate Lorenzo Marcil moves across the country to pursue his dream of becoming a dentist.

13

FRIENDSHIP VIA THE BUDDY PROGRAM

Alexander Vanc, a first year BINF student, explains the benefits of the buddy program and why he's happy to have been paired up.

IMPORTANT WINTER 2019 DATES

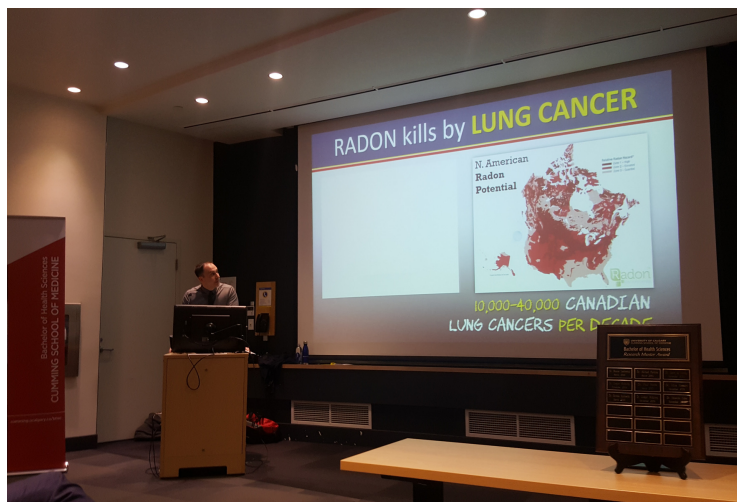
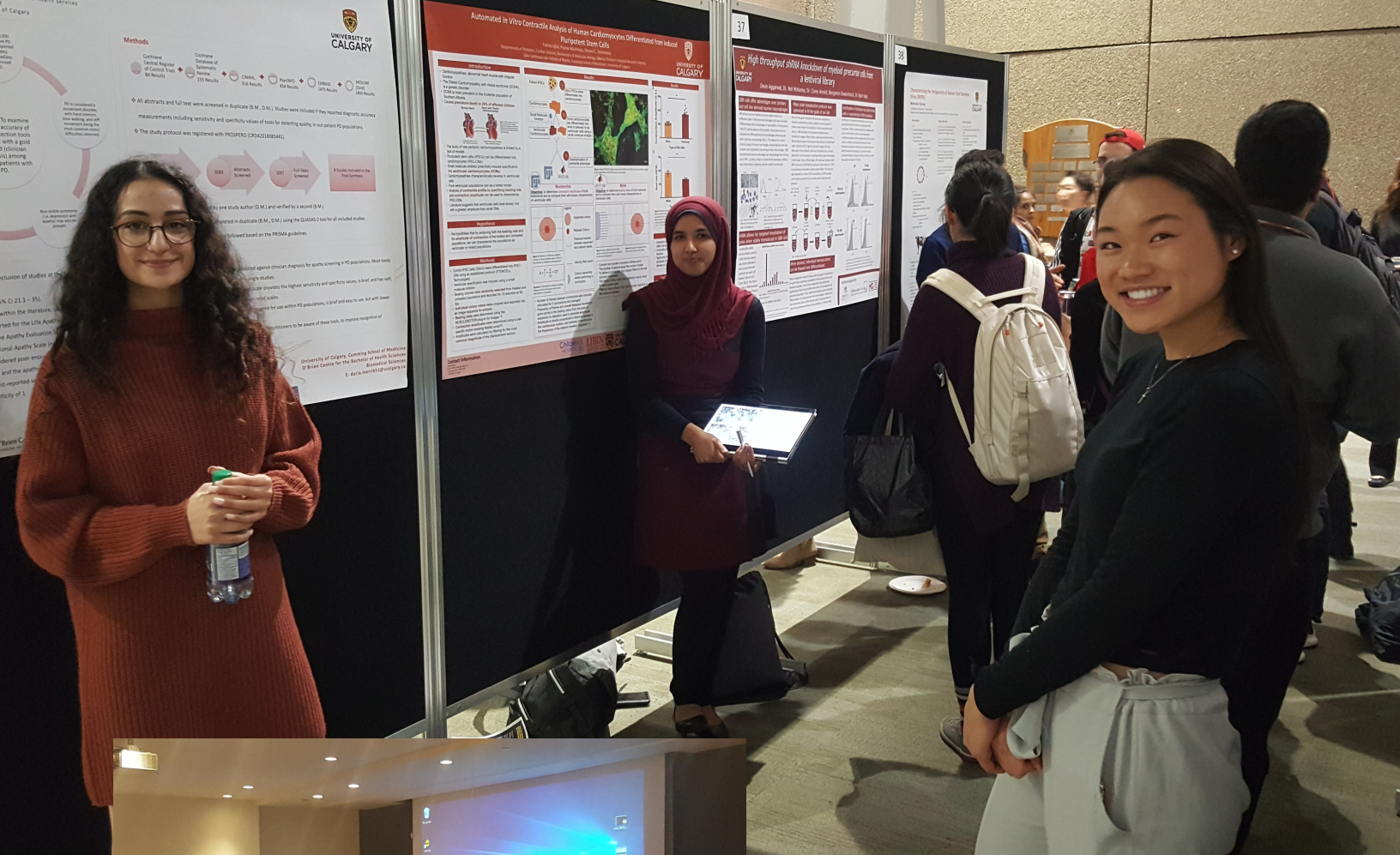
	Fall Term 2018	Winter Term 2019
Academic Dates		
Start of Term	Monday, August 27	Wednesday, January 2
End of Term	Monday, December 24	Tuesday, April 30
Block Week	Monday-Friday, August 27-31	Wednesday-Tuesday, January 2-8
Start of Classes	Thursday, September 6	Thursday, January 10
Term Break, no classes	Sunday-Saturday, November 11-17	Sunday-Sunday, February 17-24
End of Classes	Friday, December 7	Friday, April 12
Start of Exams	Monday, December 10	Monday, April 15
End of Exams	Thursday, December 20	Saturday, April 27
Registration Dates		
Last day to drop a class without financial penalty*	Thursday, September 13	Thursday, January 17
Last day to add or swap a course	Friday, September 14	Friday, January 18
Last day to withdraw from a course**	Friday, December 7	Friday, April 12
Tuition and Refund Dates		
End of refund period	Thursday, September 13	Thursday, January 17
Tuition and Fee Payment Deadline	Friday, September 21	Friday, January 25
Important Dates		
Deadline to Apply for Fall Convocation	Saturday, September 15	
Fall Convocation	Friday, November 16	
Deadline to Apply for Winter Conferral of Degree		Tuesday, January 15
Winter Conferral of Degree		Friday, February 15
Deadline to Apply for Spring Convocation		Sunday, March 31
Recognized Holidays (university closed)		
Labour Day	Monday, September 3	
Thanksgiving Day	Monday, October 8	
Remembrance Day	Sunday, November 11 (university closed Nov. 12)	
Holiday Observance	Monday-Monday, December 24-31	
New Year's Day		Tuesday, January 1
Alberta Family Day		Monday, February 18
Good Friday		Friday, April 19

*There will be no academic record of a course that is dropped by this date and tuition will be refunded.

**There will be a "W" recorded for the course and tuition will not be refunded.



- Apr. 12, 2019 - Last day to withdraw from a course



A Night Showcasing Research

On Thursday, October 11, 2018 over 60 Bachelor of Health Science students presented their research projects at the annual BHSc Research Symposium. Four students were selected to give oral presentations, which were attended by the dean of the Cumming School of Medicine, Dr. Jon Meddings, the associate dean (undergraduate health and science education), Dr. Ebba Kurz and other esteemed guests.

Winners:

Oral Presentation: Jeffrey McLean, HSOC
Poster: Alexandra Kellington, BMSC

2018 BHSc Research Symposium



Student Judged By Former High School Science Teacher at BHSc Research Symposium

For the second year in a row, Ms. Rachel Toews, a science teacher at Bowness High School, volunteered to judge at the BHSc Research Symposium. Kaitlyn Wong, a fourth year Health and Society student was unaware her former high school science teacher would be judging her poster. She was pleasantly surprised to be reunited with her former teacher.

Sit down with Ms. Toews

1. **How long have you been a teacher?** 21 years
2. **Where do you currently teach? How long have you been there?** Bowness High School for 13 years.
3. **What do you enjoy most about teaching?** The energy of the students; their enthusiasm for life and for learning.
4. **How many years have you been attending the BHSc Student Research Symposium?** 2 years.
5. **What do you like most about the Research Symposium?** It's humbling and exciting to see these talented young minds deeply connected with such important and cutting edge research.
6. **What impresses you about the research on display?** The students have such enthusiasm for their topics; it's fascinating to see how the students successfully create an ever expanding pursuit of knowledge.
7. **Do you plan on attending next year's Research Symposium?** Yes!

"It's humbling and exciting to see these talented young minds deeply connected with such important and cutting edge research."

UCALGARY OPEN HOUSE & DISCOVERY DAYS

On Saturday, September 29, 2018, the University of Calgary held its annual **Open House** and welcomed nearly 6,000 high school students and guests. The BHSc booth was buzzing as hundreds of students stopped by to ask questions about the BHSc program. Dr. Kurz, Dr. van Marle, Dr. Slater, Dr. Aparicio-Ting, Ms. Logan, Mr. Skeik and a handful of current BHSc students were inundated with questions. Hopefully we see some of these faces in our corridors in September!



Discovery Day in Health Sciences is an annual event organized by the Canadian Medical Hall of Fame and hosted by the University of Calgary. This year more than 300 high school students from the Calgary area spent the day learning about the wide variety of careers in the health field. More than 32,000 students nationwide have benefited from this program since 1997. The BHSc booth was wildly popular, as many students came to ask questions about the program. We look forward to next year's event, which will be held on October 18, 2019.



Welcome

DR. DAVE ANDERSON

Director of Bioinformatics

Dr. Anderson joined the faculty on October 1, 2018 as the new Director of Bioinformatics.

Bioinformatics is the use of computational approaches and tools to answer questions about biology and medicine. Because of the dramatic improvements in recent years in computer science and biotechnology, it is an exciting time to be a bioinformatician; the scale and depth of the questions we can answer is unprecedented and stands only to grow in the near future. Whether you want to be a software engineer or a bench scientist with the ability to develop and apply computational analyses in your work, training in bioinformatics will open up those opportunities.

"AS 'BIG DATA' REVOLUTIONIZES BIOLOGY, BIOINFORMATICS WILL BE THE KEY"

Bioinformaticians can also work on a huge variety of projects, from analyzing ancient genomes, to examining the molecular variation and causes of disease, to simulating all manner of biological systems – from individual molecules to whole ecosystems – to name just a few.

We are keen to move the bioinformatics BHSc program into the modern “big data” world. Bioinformatics is poised to grow as computational approaches become essential in modern biological and medical research, and we plan to emphasize those applications throughout.



HEALTH SCIENCES STUDENT WINS PRESTIGIOUS RHODES SCHOLARSHIP

Rahul Arora becomes one of 11 Canadian scholars this year, 16th to date for UCalgary
By Nouran Abdellatif, Student and Enrolment Services

Rahul Arora is headed to Oxford University next fall as a Rhodes Scholar.

Arora is a fourth-year student in the Bachelor of Health Sciences program at the University of Calgary, where he majors in biomedical sciences. He has maintained a 4.0 GPA and is a member of UCalgary's Scholars Academy, an innovative program that supports and challenges high-achieving students.

The application and selection processes for the scholarship are rigorous; there are only 11 awarded in Canada every year, three of which are designated for the prairie region.

"This is an opportunity that I'm so, so grateful for," says Arora. "It means I'll be able to spend the next couple of years studying my interests in Oxford's world-class environment."

Arora has a strong interest in cancer research, particularly data science and how it can change cancer care. Part of his research at the Tom Baker Cancer Centre brought to his attention that patients with inflammatory breast cancer (IBC) — an aggressive form of cancer — are routinely excluded from clinical trials for new breast cancer therapies. As a result, Arora put together the first database of IBC patients across the province and studied how to use clinical data to personalize radiation treatment. Arora has presented some of his research at several national and international conferences.

[Read the full article - click HERE](#)



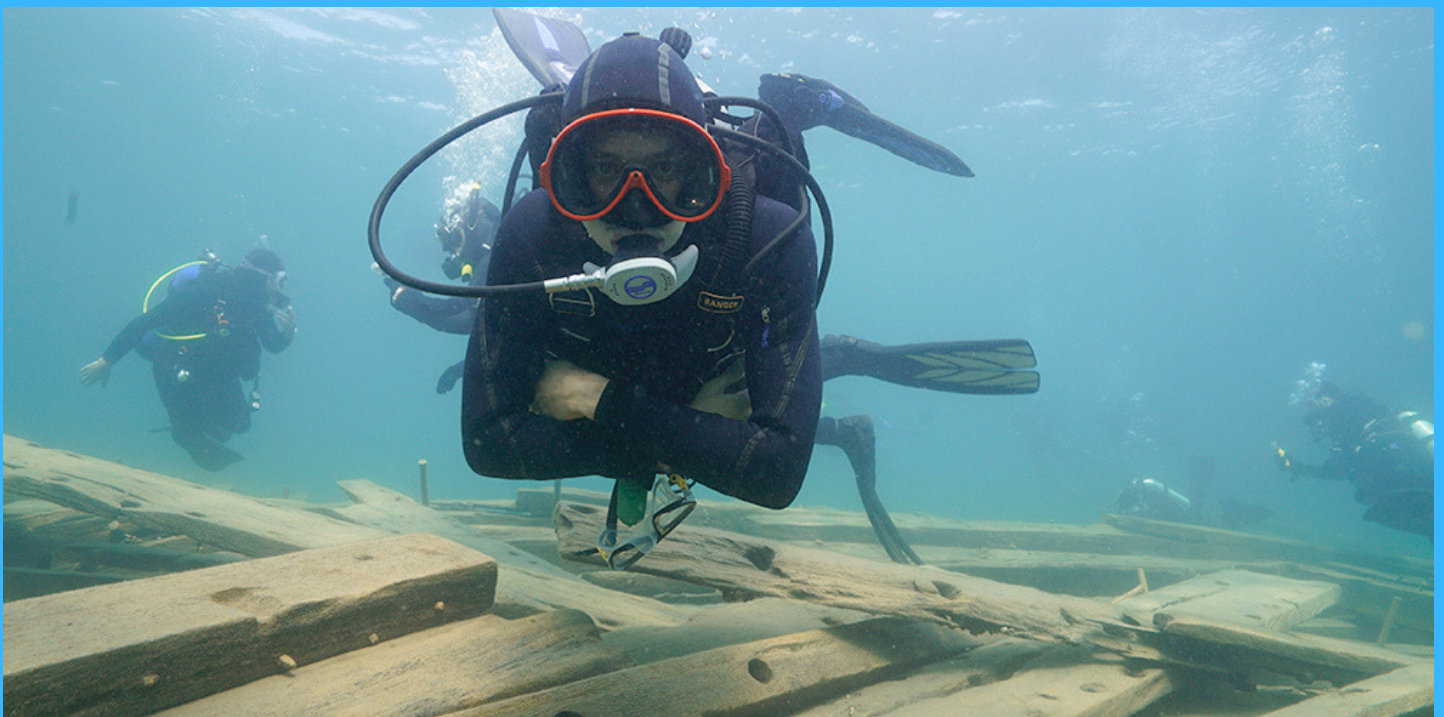
Student Profile - Jeff McLean

4th year Health & Society

My name is Jeffrey McLean and I am a student, a researcher, and a scuba diver. Burlington, Ontario is where I lived until just after my 10th birthday, when my family moved to Bangkok, Thailand. After finishing high school in Bangkok, I knew I wanted to come back to Canada for university but had trouble deciding where I wanted to go. I'm happy because a choice that I made four years ago has given me some really cool opportunities. I always knew "health" was something I wanted to study. Who doesn't want to be a doctor at some point, right? A couple years down the road, my high school geography teacher opened my eyes to the possibility of studying health from a slightly different, but equally important perspective. I am interested in health from a social sciences perspective. Over the course of my four-year degree I have begun to explore the intersection between people and health in numerous different ways.

Research opportunities have allowed me to narrow down what I want to research. A global health research experience made me realize I enjoy the challenge of research in a cross-cultural setting. After third year, I researched child injury prevention. Spending time in the field and collecting data are my favorite aspects of research. Then came fourth year. I wanted to spend my fourth year researching something that was a little closer to home for me.

An 8-month long thesis project is a big commitment. All I needed was to find someone who could help supervise my project. "Networking" is a word that gives me shivers, but at a research conference about injury prevention I thought I'd give it a try. I met Dr. William Bridel, a professor who studies sport from a social sciences perspective. Together with Dr. Bridel's lab, we outlined a project on risk taking and masculinity among scuba divers. The coolest thing about my thesis is how simple it was to find somebody who wanted to help me research something special to me.



Alumni Profile



Biomedical Sciences - Class of 2017

The summer after I graduated, I packed up and moved across the country to Montreal so I could attend McGill University to study Dentistry. I am honored to be the sole representative of the BHSc program in the Faculty of Dentistry. I've always wanted to be a dentist, and I'm so happy that I'm able to finally begin realizing that dream. Dentistry has always been an attractive profession to me; the freedom that it offers you over every aspect of your career, the various different specialties in the field that provide variety, the mix of art and science and the ability to deal with people are all things that drew me to it. To be able to do this in a city as vibrant as Montreal and in a school as prestigious is truly wonderful.

My years in the BHSc program were some of the happiest of my life, and you are truly lucky to be a student at the Cumming School of Medicine. I would recommend that you take advantage of your professors in the faculty; the instructor of every single MDSC course I took ranged from great to sublime. Chat with them, ask them questions about the material, be an active learner and you will get the most out of this experience. I would also like to remind you not to undervalue the quality of your education. I know at times it can seem hard, but I trust you that you're better off being challenged. Having seen students from all sorts of different programs across the country in the dentistry or medicine classes at McGill, I thoroughly believe the programs that challenge you the most prepare you the best. If you are going to be applying to another program once you graduate, I humbly suggest that you try applying to as many programs as you possibly can. I didn't think I would get into the McGill's of the world, but I applied to every Dental school in Canada and it worked out really well. If you know what you want to do, and it's really important to you, I suggest you do everything you can to realize that. Finally, and most importantly, I would like to extend my mantra that got me through undergrad: R.E.L.A.X. Do whatever you can to try and relax a bit. To me, that meant playing pool at the Feasby Student Lounge during our downtime, going to the guitar or improve clubs, or dragging friends out to karaoke. It also helped when I studied with my friends on the weekends in the tutorial rooms on the second floor of the Foothills (those were some of my favorite memories). Make relaxing a priority, and it will always serve you well.



BHSc students volunteer at Sage Hill Retirement Residence

On Thursday, November 15, 2018, 24 Bachelor of Health Sciences students volunteered at the Sage Hill Retirement Residence for a few hours. The Bachelor of Health Sciences Engagement Committee (BEC) organized this outreach activity during the students' fall reading week as a way to connect with the local community. It was a day spent talking to seniors at the residence, helping the staff prepare meals, assisting with crafts and dog walking Sage Hill's famous pet, coincidentally named, Sage. Staff at the residence were appreciative for the extra help and extended an open invitation to return at any time.



A look at a first year student

**ASHAR SIDDIQUI - BIOMEDICAL
SCIENCES**



Why I chose the BHSc program at UCalgary:

Throughout high school, I have always had a passion towards pursuing medical research – especially in the oncological field. Before choosing which university I would go to, I came to the University of Calgary from Hamilton, Ontario as a part of the UCalgary Fly-In program in March 2018. Upon visiting, I was given the opportunity to see the Foothills campus, as well as meet with staff and students in the BHSc program. I chose the BHSc program at the University of Calgary because of the smaller classroom settings, countless research and funding opportunities that are available. As I am a student who loves to interact and ask questions from professors directly, having smaller classrooms allows me to achieve that, and prevents me from just being a student number throughout my studies.

The move from Hamilton, Ontario to Calgary:

This was the first time that I travelled away from my family for an extended period – and it was the accepting and welcoming nature of staff and students at the University of Calgary who made this transition so much easier.

While living in Cascade Hall as a first year student, I had the opportunity to meet other students with whom I made my first friendships and study groups with after moving to Calgary. In addition, seeing Banff and all the natural beauty of Alberta has been simply an amazing experience.

What I think of the BHSc program after my first semester:

Throughout my first semester at the University of Calgary, I was given the privilege to be taught by award-winning, experienced, and enthusiastic professors from the science, mathematical, and medical fields. Professors would always go out of their way to assist and enhance the learning of their students, including after class review sessions and even online video help rooms. From state-of-the-art labs in EEEL to small-group sessions in Medical Science classes – the BHSc program at the University of Calgary is designed to allow students to think and learn at their full potential.

THE BHSc BUDDY PROGRAM

Ryan Lee & Alexander Vanc



Ryan Lee, 2nd year BINf and Alexander Vanc, 1st year BINF

I attribute a lot of my academic success to the guidance and insight that my buddy Ryan has shared with me. Our personal meetings were relatively infrequent throughout the first semester, but we kept in contact over the phone and through email. This allowed me to reach out to him whenever I needed a second opinion on my paper or some advice with exam stress. Having an upper year Bioinformatics student mentor me through my first semester was especially helpful in showing the different paths of my degree. My buddy introduced me to several functions such as the bioinformatics lab tour, which demonstrated the range of what could be done with the degree. Ryan helped me understand the academic expectations within our program and made the adjustment to university life much easier. It is safe to say that Ryan helped unload a lot of the stress that I had coming into my first semester and I am definitely happy to have him around.

THE BHSc BUDDY PROGRAM

Lea Caplan & Zoe Hahn



Lea Caplan, 2nd year HSOC and Zoe Hahn, 1st year HSOC

Zoe - My buddy and I met up a couple times during the fall 2018 term while also exchanging emails semi-regularly to discuss assignments and general wellbeing. The buddy program has been really helpful for me, both in high achievements in my first term of university and in helping me feel more comfortable and welcome in the program. Lea gave helpful comments on papers that I was unsure about submitting as-is, and she was exceptional at helping me relax when I was high strung before my final exams. Having the support of a senior in the program has proven to be invaluable in helping me get used to the university environment.

Lea - When I was in first year, my buddy was instrumental in helping me settle in to the BHSc program, and provided me with many tools that helped me succeed in first year. I really enjoy the buddy program as it has allowed me to meet first year students with a similar mindset and interests to mine. Zoe and I get along really well, and we have interesting discussions together. I feel very fortunate to have participated in this program as a mentee and a mentor.

Faculty Profile

JESSE HENDRIKSE



Born: Vancouver, BC

Favorite Food: Mexican

Favorite Pizza: Margherita

Favorite Holiday Destination: Wherever there are good trails

Favorite Authors: JG Ballard and Haruki Murakami

Classes: MDSC 203, MDSC 205, MDSC 307, HSOC 401 & HSOC 408

Tip for Students: Stop reading. Start writing. And then maybe read some more.

Staff Profile - Patti Konschuh

Patti is a native Albertan, born in the small country town of Bassano and raised on a farm just outside of Cluny in southern Alberta.

Title: Program Operations Advisor

Born: March 17 and shares her birthdate with her father – it was the one day of the year that we could both be saints and Irish for one day.

Nickname: “Henri”

Favorite foods: full under the Ukrainian and Greek categories

Professional Career: Patti graduated from Cluny Bow Valley High School and went on to pursue her degree from the University of Calgary. She started her career in student advising as a student advisor in the Faculty of General Studies. The student advising section of the Faculty of General Students was renamed the Undergraduate Programs Office after the University of Calgary went through a reorganization of its student advising program. She took on the role of the Faculty of Science program student advisor for several years before taking on the position of Coordinator, Student Programs and Resources in the Department of Biological Sciences. From there, Patti assumed the role of the Manager of Student Services for the Faculty of Social Work. After a 5-year stint in the Oil and Gas Industry, Patti returned to the University of Calgary.

Personal Life: Patti and her husband enjoy travelling, long walks, golfing, kayaking, reading (especially Agatha Christie), watching British shows, gardening and spending time in Victoria, BC and Phoenix, Arizona.

Advice to students: As you progress through your university career, enjoy the ride! There is so much more to learn than what you learn in the classroom. Get to know your fellow classmates, participate in program and university events, engage with the community, and above all have fun. You will look back at the years you spent at the University of Calgary and remember them as some of the best years of your life. I know that I did.

Favorite Quote: Live Well, Laugh Often, Love Always.





ROASTED SALMON

WITH DILL MAPLE-MUSTARD MARINADE

marinade

- 3 tbsp pure maple syrup
- 3 tbsp freshly squeezed lemon juice
- 3 tbsp Dijon mustard
- 2 tbsp minced fresh dill
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 2 tbsp grated lemon zest
- 1 tbsp minced garlic
- 1/4 tbsp each salt and black pepper
- 1 lemon, thinly sliced

In a small bowl, whisk together all of the above ingredients. Pour over the salmon and coat both sides. Arrange lemon slices over salmon. You can refrigerate for 1 to 2 hours or cook straight away. Roast salmon at 425 Fahrenheit for about 20 minutes, or until it's cooked through.

Need extra help? Watch the video
<http://yumyumner.com/roasted-whole-salmon-fillet/>

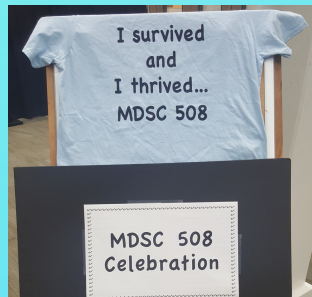
O'Brien Centre *for the* 
BACHELOR OF HEALTH SCIENCES PROGRAM

Upcoming Events



FEB.21

VOLUNTEER
OPPORTUNITY



APR.5

MDSC 508
CELEBRATION



JUN.3

CONVOCATION

Ready to go places?

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including BHSc students. Here five
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- Research - NUS Summer Research [Singapore]
- Research - Liverpool Summer Research [UK]

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ucalgary.ca/studyabroad

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Main Campus (MSC 275) Wednesdays 12 PM

& Thursdays 1 PM (Foothills session coming soon!)





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**THINGS TO DO IN
CALGARY DURING
THE WINTER- [CLICK
HERE](#) TO FIND OUT!**

