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AlumniNews

A monthly newsletter for UCalgary alumni and friends



Olympic Hopeful Sam Effah, BComm'14, Shares His Use-It-or-Lose-It Workout

Seven exercises to make you strong, fast and explosive in 2021. After a vaccine, isn't that what we all want?

[Get Ready to Pump it UP!](#)

Alumni Exclusives



How Deep is the Impact of a Non-Season on the Dinos?

In a COVID-19 world, the unknowns on a campus are extensive — for everyone. For athletes, whose lives revolve around a game, the drive to achieve is being redefined.

[Meet these Six Dinos](#)



It May Feel Like Winter but it's Time to Think About the Arch Awards

If you have ever had doubts about the power of a chunk of glass, a trophy, a plaque — read what these eight past Arch recipients have to say about their awards.

[Discover the Meaning of an Arch Award](#)



Calgarians (and Alumni) We Love

From Lourdes Juan and Andrew Phung to Erica Wiebe and Matt Masters — so many of *Avenue* magazine's roundup of inspiring Calgarians have UCalgary connections.

[Be Inspired](#)

Events and Programs



Improve Your Career in 2021

Kick off 2021 by joining our Virtual Career Club and soon you'll walk away with fresh insights into career planning, resume writing, interview skills and optimizing LinkedIn for networking and career growth. The four-part series begins Feb. 8.

[Register NOW](#)



Building a Better Calgary

On Jan. 28, join Mayor Naheed Nenshi and Dr. John Brown, UCalgary's dean of the School of Architecture, Planning and Landscape, to discuss how the city and the university are working together to build a safer, more inclusive and vibrant Calgary.

[Register NOW](#)



Federal Funding for Students to Explore the World of Work

Hire a UCalgary co-op or internship student and receive up to \$7,500 from the federal government's Student Work Placement Program. Up to \$9 million in total funding is available for registered businesses and organizations.

[Discover MORE >](#)

University News

Most-Read News Stories of 2020

From research rankings and new buildings to prioritizing equity, diversity and inclusion, these are the news stories that resonated most with the campus community last year.

[In Case You Forgot](#)

Most-Read Research Stories of 2020

Despite lab shutdowns and quarantines due to the COVID-19 pandemic, UCalgary researchers still managed one major breakthrough after another.

[Resilient Researchers](#)

Disney, Pixar and Netflix are Teaching Your Children the Wrong Messages About Pain

New research reveals a pervasive societal stigma around pain that is being communicated to young children. How do we dismantle and change these narratives?

[Improve Children's Pain-Management Skills](#)

Social Connections



CJSW has made an exclusive-for-alumni playlist highlighting some of last year's greatest hits released by Calgary artists in 2020.

[It's a Wrap!](#)

More Events & Programs

Jan. 13 | Women Leaders Speaker Series: Leadership in Law

Jan. 25 | Conversations with a Career Coach

Jan. 28 | The PETRONAS International Energy Speaker Series

Feb. 5 | Queering Religion: A Look at Faith and Belonging with Pam Rocker

Feb. 11 | Chinook Blast

UCalgary Introduces Embedded Certificate in Entrepreneurial Thinking



Entrepreneurial U

Starting next fall, a new certificate in entrepreneurial thinking will be available to all UCalgary undergraduate students who are interested in using entrepreneurial thinking to serve our world and achieve their dreams.

[Discover More](#)



Our New Year's Gift to You

10% Off any Alumni Merchandise

From hoodies and T-shirts to coffee mugs and sweatshirts, kickstart 2021 in style.

Limited Time Only
Jan. 15–Feb. 15

Use Promo Code **ALUMNI**

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