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AlumniNews

A monthly newsletter for UCalgary alumni and friends



Reboot and Reset Your Resolutions

January is the month for making big promises to yourself. Don't set yourself up for failure — instead, lay a lasting foundation while you kick things into high gear.

[Set Yourself Up for Success](#)

Alumni Exclusives



UCalgary Alumna Wins Canada's Top Art Prize

Celebrating the creativity of people who see the world in an unconventional way has a radical history in art. Saluting Laakkuluk Williamson Bathory, BA'04, with the \$100,000 Sobey Art Award does just that.

[Step Into Her World](#)



SAD = MDD: Fact or Fiction?

Whether you call it the "Winter Blues" or cabin fever — seasonal MDD is a very real state of depression, reports Dr. Ted Jablonski. Its unique features are a serially repetitive and cyclical depression that reoccurs with a specific season.

[What Can You Do About It?](#)



Most-Read Research Articles in 2021

Understanding the impact of daylight savings, *The Curse of Oak Island*, tracking how horses feel about rodeo, and using wastewater to pinpoint infection rates were just a few topics that got a lot of attention last year.

[Dive Into the Top 10 Most-Read Articles](#)

Events and Programs



Grow your Career Conference 2022

Whether you are looking to launch, advance, or reimagine your career, this year's conference sessions are sure to inspire you. Join us for engaging panel discussions, an uplifting keynote and interactive mentorship opportunities!

[Register NOW!](#)



Join Alumni Built

To celebrate and support the entrepreneurial flair of our alumni, we've created an online directory of UCalgary alumni-owned businesses. If you're a UCalgary grad and a business owner, join Alumni Built by submitting your listing.

[Join Alumni Built NOW!](#)



Nominate Visionary Alumni for an Arch Award

Let's celebrate and recognize alumni who are shaping the world around us, creating innovative solutions and redefining what is possible. Nominate an outstanding UCalgary graduate before March 6.

[Do it NOW!](#)

University News

Most-Read Student Stories of 2021

Pandemic pivots, a rescue dog named Mississippi, and a sneak peek of future academic stars were featured in some of the most-read articles about students.

[Read More](#)

Economics Alumnus Ryan Dunfield Honoured as One of Canada's Top 40 Under 40

The 38-year-old CEO of global asset management firm SAF Group gives back to his alma mater by establishing a bursary, scholarship, and fellowship.

[Read More](#)

Keep an Eye on these Compelling Calgarians in 2022

In the *Calgary Herald*'s annual lineup of influential individuals who are making a difference you'll find UCalgary alumni such as Mayor Jyoti Gondek, musician Matt Masters, Prof. Craig Ginn, CEO of the Centre for Newcomers Anila Lee Yuen, hip hop artist Thabo Chinake, and so many others worth celebrating!

[Read More](#)

More Events & Programs

Jan. 18 | Community Engagement Webinar with Mayor Jyoti Gondek

Jan. 20 | Courageous Conversations — Decolonizing Disciplines and Structures of Inequality

Jan. 21-Feb. 27 | Chinook Blast

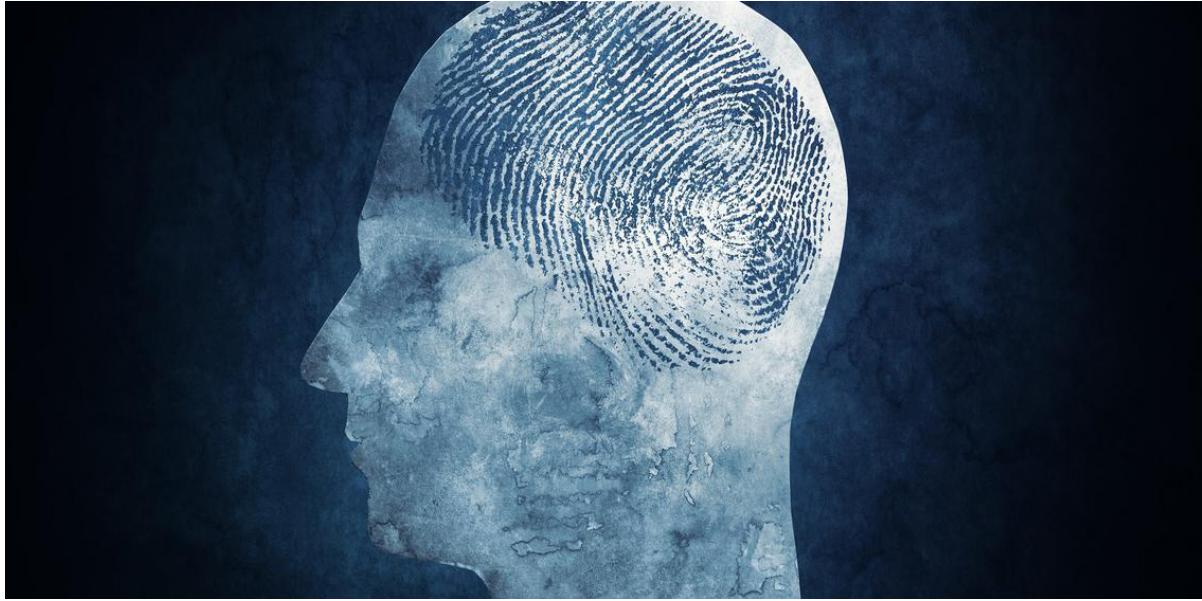
Jan. 31 | EDI Week — Embedding and Sustaining Equity and Decolonial Praxis in Higher Education: Actualizing ProLovePedagogy (Dr. Ann Lopez)

Feb. 2 | EDI Week — Black and Minority Ethnic Experience in Higher Education: Social Justice, Inclusion and White Privilege (Dr. Kalwant Bhopal)

Feb. 1-March 1 | Black History Month

On Demand | Stepping Out of Reactivity: UCalgary Mindfulness podcast series

UCalgary Researchers Aim to Stop or Prevent Epileptic Seizures



Entrepreneurial U

The brain is the most complex electrical circuit in the world — precisely why Dr. Colin Dalton, PhD, and several colleagues across the University of Calgary are working together to solve its inner mysteries. The group is taking a multidisciplinary approach to narrow down how billions of neurons and other cells send signals to each other to control our bodies and thoughts.

[Discover More](#)

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