

AlumniNews

A monthly newsletter for UCalgary alumni and friends

Office of Advancement



De-Stressing the Holidays

Just Googling the term “holiday stress” is, well, stressful. With some 265 million results, it’s obviously a very real physical and psychological state, explains Mr. Google, spurred on by our brain’s prefrontal cortex that flips into overdrive when there is some kind of external circumstance that we can’t completely control.

Between the food prep and shopping marathons, as well as age-old traditions and mega guest lists, it’s tough to do what we vow to do every year — scale back our expectations and simplify.

So, what can we do to take the stress out of the holidays? Here’s some advice, care of Dr. Keith Dobson, PhD, and Dr. Scott Patten, MD, PhD’94, professor of Community Health Services at the Cumming School of Medicine.

Things to Do

Alumni Exclusives



Alumni's Cookie Tin: From Us to You

We love freshly fallen snow and an overstuffed stocking as much as the next person, but not even a snapping fire can touch the feeling that buttery shortbread or gooey Nanaimo bars gives us. December is when we in Alumni turn into sugar-dusted maniacs with presents (or, at least the recipes) for you.

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The Arts are Returning to Their Winning Ways

The toll COVID-19 has inflicted on artists is impossible to measure, which is why last month's Celebration for the Arts was doubly poignant. Three of the eight honourees were UCalgary grads, two of whom were former international students whom we spoke to about why they've remained in Calgary.



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This is Your Brain (and Body) on Alcohol

Newly proposed low-risk alcohol consumption guidelines are a big change from long-held official recommendations. Nobody's saying the party is over, but UCalgary experts make a convincing case to slow it down.

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What's on Deck?



Sharpen Your Virtual Interview Skills

Want to improve your interview skills? UCalgary researchers are recruiting participants for a study on asynchronous video interviews, a new form of virtual interviews, used by employers.

Register NOW!



Harvard Prof Jamaica Kincaid to Speak at UCalgary

Join Kincaid as she reflects on life and literature at MacEwan Ballroom on Feb. 9 with the Calgary Distinguished Writers Program.

Register NOW!



Social Innovator Makes an Impact

In this episode, we chat with Julia Imanoff, a PhD Candidate in the Faculty of Nursing, about how supporting mental health (her field of research) led her to pursue social innovation.

Watch NOW!

University News

UCalgary Shines at ASTech Awards

ASTech Awards recognize Alberta's innovation leaders in academia, industry and entrepreneurship. UCalgary researchers were spotlighted for their impressive discoveries and impact on society. Here are some examples: monitoring wastewater for traces of COVID; creating new health-care and supply-chain tools powered by artificial intelligence; predicting forest fire risk using remote-sensing technology; and enabling vehicles of the future to communicate with one other.

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5 Ways to Create a Compassionate Workplace Culture

The emotions of sympathy, empathy and compassion play an important role in developing a compassionate work culture, by helping us pay attention, in professionally appropriate ways, to the suffering of our students, patients, clients, colleagues, managers and leaders.

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Online Bargain Hunters Cash in on Social Connection with Group Deals

More than 50 million people around the world look for deals on Groupon and other online platforms that offer daily discounts if a minimum number of customers sign up for the product or service on offer. A new study suggests these vendors could sell more by offering people a further discount for bringing their friends into the deal.

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Upcoming Events and Programs

Jan. 20 | Pro-Series Two: Just Breathe (an immersive journey into and out of climate anxiety)

Jan. 27 | Crowchild Classic (Save the Date)

Feb. 9 | Harvard Prof Jamaica Kincaid to speak at UCalgary as Distinguished Visiting Writer

On Demand | Check out *[now innovating]* a new research-to-impact podcast series, from the Office of the Vice-President

Coming Soon | Chinook Blast

A promotional banner for FreshPrep meal kits. The background is a solid mustard yellow. On the left, there is a black cast-iron skillet filled with a colorful meal of diced vegetables, meat, and two sunny-side-up eggs. To the right of the skillet, the text "UP TO 75% off" is displayed in a large, bold, black serif font. Further to the right, the word "freshprep" is written in a lowercase, black, sans-serif font. Below this, there is a small, realistic illustration of a green leafy herb. At the bottom right, the text "Canada's homegrown Meal Kit" is written in a black, sans-serif font, with "Canada's" on one line and "homegrown Meal Kit" on the next two lines.

UP TO 75% off

freshprep

Canada's
homegrown
Meal Kit

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