

Alumni Engagement



Learning Together Through Mentorship

Mentorship is a powerful exchange that fosters growth, inspiration, and transformation for both mentors and mentees. Through programs like UCalgary's Mentor Link, students and alumni are building connections that transcend professional guidance, sparking collaboration, leadership, and lifelong learning. This January is mentorship month and we are exploring the impact of mentorship through the inspiring journey of **Ericka Emes**, a graduate student, and her mentors, **Cayla Spiess, BCS'19, MBA'22** and **Paige Greenhough, MBA'20**. Their stories demonstrate how mentorship strengthens communities, drives innovation, and creates a lasting impact on everyone involved. Discover how you can be part of this transformative experience and help shape the future through the power of mentorship.

Read Feature

Grow Your Career Conference

Register

Alumni Features



Five Ways to Stay on Track with Your 2025 Health Goals

It's that time of year when the gyms are crowded, holiday dinners and treats are in the rear view and our motivation is at an all time high! **Bryan Yu, MSc'22**, a strength and conditioning coach for various Olympic and ParaOlympic teams shared his top five tips for making and most importantly sticking to your New Year's health resolutions! Start strong and make 2025 your healthiest year yet!

Read Feature



The Ripple Effect: Mentorship Lessons from UCalgary Alumni

Behind every success story is often a mentor who made a difference. We asked a variety of UCalgary alumni from Olympian **Brooklyn McDougall, BSc'21** to Amazing Race winner **Kat Kastner, BA'20**, about the mentors who shaped their journeys. Their reflections span career-defining advice to life-changing support and highlight the profound impact of guidance, connection, and paying it forward.

Read Feature

What's on Deck?



Grow Your Career Conference 2025: In Person Conference

Join us for our eighth annual Grow Your Career Conference (GYCC). The full in-person conference day will take place Feb.1 and will include guest speakers **Dr. Laura Hambley Lovett, BA'97, MSc'99, PhD'05** and Olympic Champion **Erica Wiebe, BKin'12, BA'16**, plus a wide variety of sessions with professionals and thought leaders.

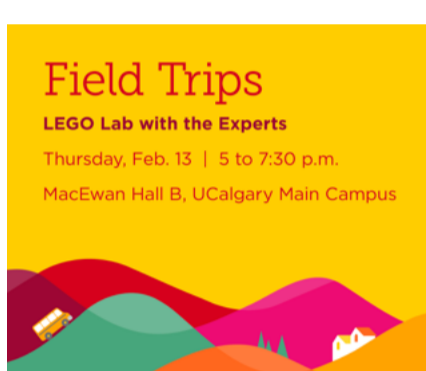
Register Now



Grow Your Career Conference 2025: Webinars

GYCC 2025 includes two free webinars on topics that are beneficial to your career. The first, **Crafting Impactful Resumes** is on Jan.28 from 12 to 1:15 p.m. MT and the second, **International Work: Living, Working and Thriving Abroad** is on Jan.30 from 12 to 1:15 p.m. MT. Be sure to register for these two FREE events.

Register Now



Alumni Field Trip: Lego Lab with the Experts

Looking for something unique and fun to do with your friends, family, or that special someone right before Valentine's Day? Be sure to register for the next Alumni Field Trip Feb.13 and get your build on for an exclusive, creative, and hands-on workshop with UCalgary alumni and LEGO Masters **Stephen Casley, BA'06**, and **Stephen Joo, BSc'97!**

Learn More

Alumni Exclusive Offer

2025 Crowchild Classic | Jan.31

Get ready to take over the Scotiabank Saddledome and cheer on your Dinos as they go head to head against the MRU Cougars in the 2025 Crowchild Classic on Friday, Jan.31!

Alumni Exclusive, free tickets! Limited quantities available, register now!



Awards & Recognition



2025 Arch Awards Nominations Open

As the UCalgary Alumni Association's highest honor, the Arch Awards recognize outstanding alumni leaders and innovators who excel in their professions and positively impact their communities. Nominations now open, submit by midnight on Mar. 2.

Nominate Now



Nominations Open for Honorary Degrees and Order of the University of Calgary

Do you know someone who is inspiring and deserving of recognition? Nominating an exceptional individual for the Order of the University of Calgary or an honorary degree to celebrate their contributions to UCalgary and beyond.

Learn More

Campus Connect

UCalgary Professor Works to Bridge Gap Between Research and Startups as a Mentor

UCalgary Professor **Dr. Adam Pidlisecky, PhD**, has been named Associate of the Year at Creative Destruction Lab-Vancouver for helping academics find entrepreneurial success. CDL brings together leaders and venture capitalists with scientists who have technical insights.

Read More

UCalgary's Most-read Research and Teaching News of 2024

Readers of UCalgary News learned about southern Alberta's booming wasp population, the successful launch of the new Master of Physician Assistant Studies program, the awe-inspiring views from the AuroraMAX northern lights camera, and more!

Read More

Two Distinguished Members of UCalgary Community Appointed to Order of Canada

Two University of Calgary degree-holders, **Charles (Chic) Clayton Scott, BSc'69, BEd'81** and **Marco Antonio Marra, Hon. LLD'05** are among the latest group of remarkable Canadians being awarded one of the highest civilian honours of merit.

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Upcoming Events and Programs

- Jan.2 – 31 | January is Mentorship Month
- Jan.15 | A Guide to DIY Investing Seminar
- Jan.15 | Wellness Workshop: Healthier Thinking
- Jan.16 | Gifting for Engagement of Traditional Knowledge Keepers
- Jan.17 | How to Be Neurodivergent in the Workplace
- Jan.17 | Pack the Jack (Dinos Basketball)
- Jan.20 | Enter the UCalgary International Photo Contest
- Jan.21 | Science in the Cinema: Inside Out 2
- Jan.28 | GYCC Webinar: Crafting Impactful Resumes
- Jan.29 | Lunar New Year
- Jan.29 | Land Acknowledgement Workshop
- Jan.30 | GYCC Webinar: International Work: Living, Working and Thriving Abroad
- Jan.30 | EDIA in Health Professions Education
- Jan.31 | Crowchild Classic
- Feb.1 | Grow Your Career Conference (In Person)
- Feb.6 | Petronas International Energy Speaker Series



A Guide to DIY Investing Seminar with Alumni Affinity Partner TD | Jan.15

Unlock the potential of your financial future by learning how to invest all on your own. This Master Class is designed for those who want to take control of their investing journey and you'll walk away with an understanding of the basics so you can get started today.

REGISTER TODAY

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