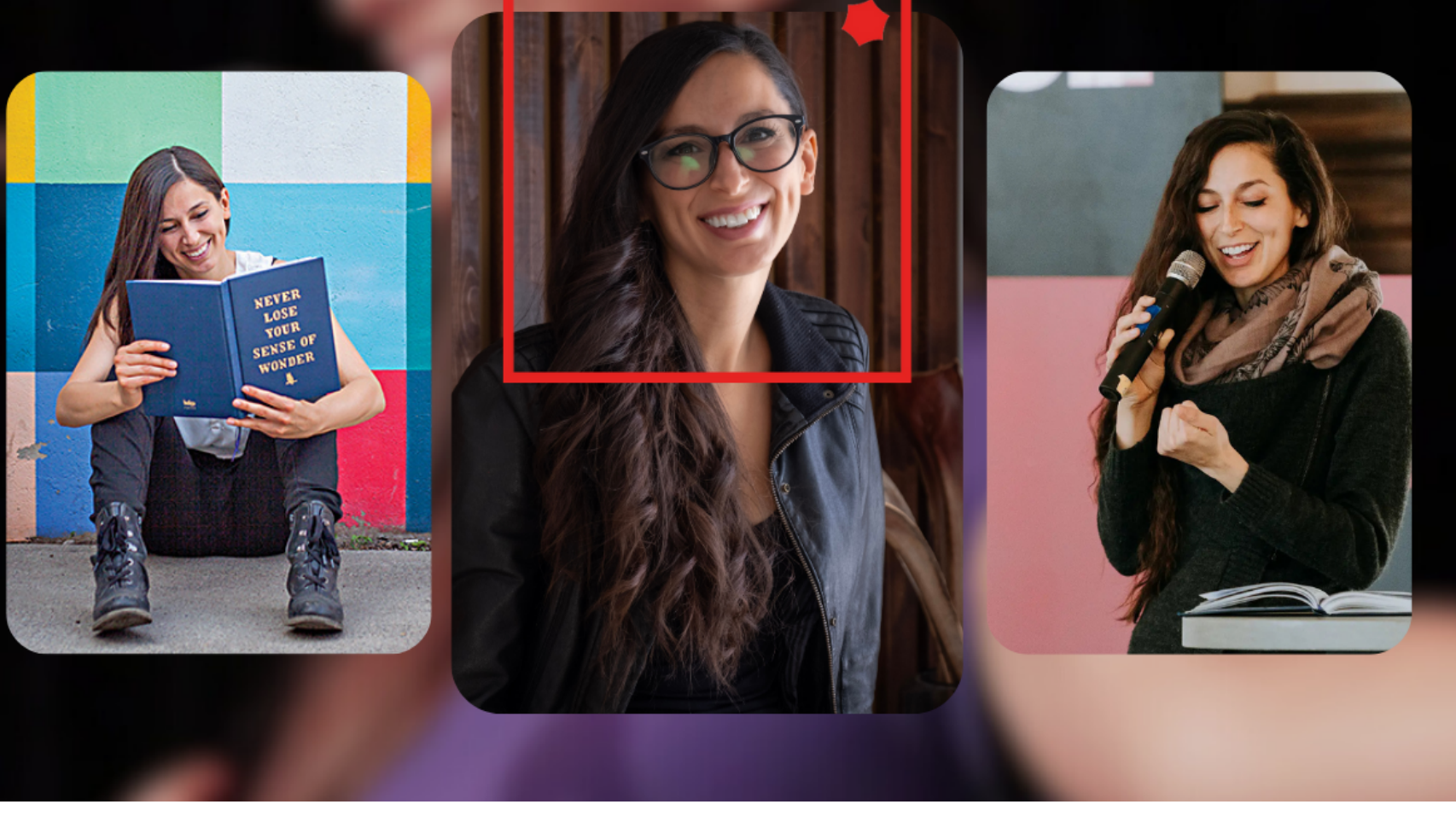




Alumni Engagement

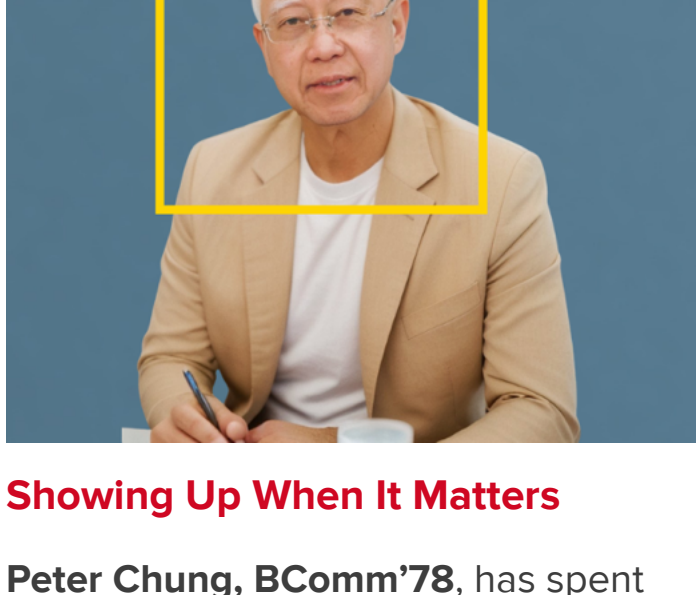


Writing for Wellness: Finding Steadiness on the Page

January can arrive quietly, but the weight it carries is real. After the pace of the holidays, many people find themselves navigating fatigue, reflection and the pressure to start fresh all at once. For **Miranda Krogstad, BA'15**, writing has long been a way to slow that moment down. In this feature, the poet and workshop facilitator reflects on writing as a grounding practice for mental wellbeing. As well as, the role that community and mentorship played in shaping her voice at UCalgary and how small, honest acts of reflection can offer steadiness when life feels uncertain. Proof that it is not about resolutions, but about listening, reframing, and finding your way forward one page at a time.

[Read Feature](#)

Alumni Features



Showing Up When It Matters

Peter Chung, BComm'78, has spent decades supporting UCalgary alumni and Canadian newcomers through mentorship rooted in listening, guidance and care. His work focuses on helping people build confidence, navigate career transitions and develop the non-academic skills that shape meaningful and sustainable paths forward. This story is part of Mentorship Month, recognizing the power of alumni mentorship at UCalgary.

[Read More](#)

Dr. Isla Shill Earns Governor General's Gold Medal

From KNES undergrad and Dinos rugby player to PhD researcher, **Dr. Isla Shill, BSc'19, MSc'21, PhD'24**, capped off her UCalgary journey by receiving the Governor General's Gold Medal for academic excellence. Her nationally recognized research on concussion prevention in girls' rugby is helping make sport safer for young athletes, and she now continues this work as a postdoctoral fellow.

[Read More](#)

UCalgary Ranked a Top 5 Research University in Canada

Ranked #5 nationally by ReSearch Infosource, UCalgary has surged up the list thanks to major growth in external research funding and breakthrough discoveries that are shaping industries, improving health outcomes and driving real-world impact.



UCalgary60 Stories



A Small Moment That Changed Everything

Alum **Barb Cameron, BA'91**, reflects on an act of kindness that helped her young family through an uncertain time. This small act became life changing, shaping her values, strengthening her resilience and inspiring a lifelong commitment to showing up for others when it matters most.

[Read More](#)

Share Your UCalgary60 Story

In just 60 years, UCalgary has become one of Canada's top research universities, a community defined by bold ambition, entrepreneurial spirit and global impact. UCalgary60 celebrates the people and stories that shaped our past while inspiring an even more innovative future. There is still time to submit your UCalgary60 story today!

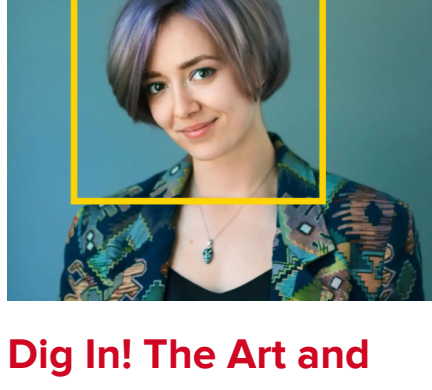
[Read More](#)

What's on Deck?



Mentorship is for Everyone Webinar | Jan. 26

We can guarantee that no matter where you are in your personal or career journey, you have something valuable to offer students and peers. Don't know where to start? Register for this insightful webinar to hear from a panel of mentors in different life stages and career journeys to find out what makes a great mentor, the benefits of mentoring and some tips on becoming a mentor yourself.

[Register Now](#)

Dig In! The Art and Science of Scent | Feb. 15

This Valentine's Day weekend, treat yourself or a loved one to a unique fragrance workshop! Enjoy a delicious brunch, learn about the science of scent, and create a personalized fragrance to take home. Presented by **Dr. Ana Stepanchuk, PhD'22**, and her Alumni Built Business ol.facto, this package — valued at over \$100 — is available to alumni and their guests for just \$42 per person.

[Register Now](#)

Grow Your Career: Get Hired Series | Feb. 5-21

Grow Your Career is back! Join UCalgary Alumni for free virtual workshops and a low-cost, in-person mini-conference covering transferable skills, networking, interviews, resumes and personal branding. Learn from career development and HR experts, and leave with practical tools you can use right away. Virtual sessions are set for Feb. 5, 10 & 18 while the in-person mini conference day is Feb. 21.

[Register Now](#)

Free Dinos Tickets for Alumni



The 13th Annual Crowchild Classic at the Saddledome

Get ready to take over the Scotiabank Saddledome and cheer on your Dinos as they go head-to-head with the MRU Cougars in the **2026 Crowchild Classic** on Thursday, Jan. 29! Alumni get exclusive access to free tickets! Limited quantities available.

[Register Now](#)

Celebrate the Last Game of the Dinos Basketball Season!

On Saturday, Feb. 7, cheer the Dinos on at the Jack Simpson Gym. Claim your free alumni tickets and celebrate UCalgary's senior athletes as they take to the court for the last time of the regular season. Limited quantities available.

[Register Now](#)

Awards & Recognition



Arch Awards Nominations Open

Celebrate over 40 years of the Arch Awards by recognizing outstanding UCalgary alumni. If you know of an incredible graduate who is making an impact on their industry and in their communities, nominate them for a **2026 Arch Award** today! Nominations close at 11:59 p.m. MT on Mar. 1. Need some inspiration? Check out the Arch Award recipient **Class of 2025**.

[More Information](#)

Business Playbook



Start Something With Business Playbook

Whether you're starting a service-based company, launching a consultancy, or opening a brick-and-mortar shop, **Business Playbook** is an eight-week program that gives you the tools, mentorship and confidence to bring your traditional business idea to life. Open to all UCalgary students, post-docs, faculty, staff, and alumni. Applications are open until Jan 18!

[More Information](#)

Campus Connect

Calgary Institute for the Humanities Marks 50 Years of asking 'why'

It's Canada's oldest humanities Institute, a home for inquiry, dialogue and big questions — questions about space, climate, Reconciliation, death, artificial intelligence. When it launched 50 years ago, institute founders might not have considered generative AI or space rockets funded by billionaires, but they understood something deeper: that healthy societies and strong democracies need more than technical know-how. They need to be able to ask why, whether we should, and what it would mean if we did.

[Read More](#)

Dinos Announce Hall of Fame Class of 2026

The University of Calgary announced in December that four outstanding individuals and two historic teams will be inducted into the Dinos Hall of Fame, presented by Manulife, as the Class of 2026. Celebrated in conjunction with the University's 60th anniversary, the Class of 2026 features three athletes, one coach and two teams, who will be officially inducted during a ceremony on Feb. 5, at the University Theatre. **Ross Collett (hockey), BComm'69, Sandy Drever (multisport), BPE'70** and **John Jenkins (hockey), BSc (Eng)'76, MD, DEng, Hon. LLD'09**, and **Dr. Emma Spanswick, BSc'02, MSc'04, PhD'09**, a space scientist and associate professor in the Department of Physics and Astronomy.

[Read More](#)

Science Event Welcomes Astronaut Dr. Robert Thirsk

Over 450 people attended the Found in Space event last month at the Energy Environment Experiential Learning (EEEL) Building. Attendees were treated to TEDx-style talks by astronaut and former UCalgary Chancellor **Dr. Robert Thirsk, BSc (Eng)'76, MD, DEng, Hon. LLD'09**, and **Dr. Emma Spanswick, BSc'02, MSc'04, PhD'09**, a space scientist and associate professor in the Department of Physics and Astronomy.

[Read More](#)

Eighth Annual Report on li' taa'poh'to'p Released

On Nov. 26, li' taa'poh'to'p, the University of Calgary's Indigenous Strategy, hosted its eighth Annual Journey Update. The event focused on the new report, Empowerment from the Circle, and invited the university community to celebrate the successes of li' taa'poh'to'p over the past year. The event also affirmed the report in an Indigenous context.

[Read More](#)

Upcoming Events and Programs

- Jan. 1-31 | Mentorship Month
- Jan. 14 | Alumni Wellness Workshop: Understanding and Managing Anxiety
- Jan. 20 | Wellness Workshop: Write Your Way to Wellness
- Jan. 21 | Hunter Hub Winter Info Night
- Jan. 22 | Highlander's Lecture: Canadian Rangers in the Arctic
- Jan. 25 | Betrayal or Salvation? Religious Conversion in the Holocaust
- Jan. 26 | Webinar: Mentoring is for Everyone
- Jan. 27 | Career Workshop: Resume Resources
- Jan. 29 | Crowchild Classic at the Dome
- Jan. 29 | EARTHx: Exploring Martian Geology with Dr. Ben Tutolo
- Feb. 2 | Alumni Career Workshop: Career Planning
- Feb. 4 | An Evening with Carmen María Machado
- Feb. 5 | Dinos Hall of Fame Induction Gala Presented by Manulife
- Feb. 7 | Dinos Men's and Women's Basketball at the Jack
- Feb. 9 | Alumni Career Workshop: Thinking About a Career Change
- Feb. 10 | Grow Your Career Webinar: Hidden Strengths – Skills You Might Overlook (But Employers Won't)
- Feb. 11 | PETRONAS International Energy Speaker Series
- Feb. 15 | Dig In! The Art and Science of Scent
- Feb. 18 | Grow Your Career Webinar: Networking for Personal & Job Search Success
- Feb. 21 | Grow Your Career: Get Hired Event at UCalgary Downtown Campus

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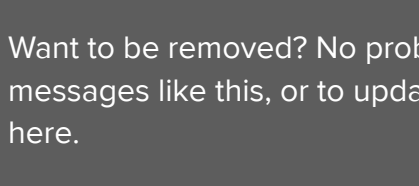
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