



UNIVERSITY OF SASKATCHEWAN

College of Medicine

MEDICINE.USASK.CA

# College of Medicine Graduate Student & Postdoctoral Fellow Fall 2020 Virtual Welcome Event

Sept. 11, 2020 10:00am



BE WHAT THE WORLD NEEDS

# Welcome!

Dr. David Cooper, Assistant Dean Graduate Studies, College of Medicine



As we engage in our Academic Activities (in person and remotely), we acknowledge that the Saskatoon campus of the University of Saskatchewan is on ***Treaty Six Territory*** and the ***Homeland of the Métis***. We pay our respect to the First Nation and Métis ancestors of this place and reaffirm our relationship with one another.



[https://en.wikipedia.org/wiki/Treaty\\_6#/media/File:7-Treaty\\_6\\_flag-2269-L.jpg](https://en.wikipedia.org/wiki/Treaty_6#/media/File:7-Treaty_6_flag-2269-L.jpg)

[https://en.wikipedia.org/wiki/Treaty\\_6#/media/File:Numbered-Treaties-Map.svg](https://en.wikipedia.org/wiki/Treaty_6#/media/File:Numbered-Treaties-Map.svg)

BE WHAT THE WORLD NEEDS





[https://en.wikipedia.org/wiki/Treaty\\_6#/media/File:7-Treaty\\_6\\_flag-2269-L.jpg](https://en.wikipedia.org/wiki/Treaty_6#/media/File:7-Treaty_6_flag-2269-L.jpg)

Treaty 6 is one of eleven Treaties initially signed by the Dominion of Canada (on behalf of the British Crown) and First Nations (Cree, Chipweyan and Stoney nations) in 1876.

The Metis emerged as a distinct people/Nation in the historic Northwest during the course of the 18th & 19th centuries prior to Canada becoming a formal nation state. While the initial offspring of these unions were individuals who possessed mixed ancestry, the gradual establishment of distinct Métis communities, outside of First Nations and European cultures and settlements, as well as the subsequent inter-marriages between Métis women and Métis men, resulted in the genesis of a new Indigenous people – the Métis.

<https://metisnationsk.com/about-metis/#who>



We recognize that some may be attending from other traditional Indigenous lands. We ask that you take a moment to make your own Land Acknowledgement to the peoples of those lands. In doing so, we are actively participating in reconciliation.





USASK

**Welcome!**



# 2020: A year like no other?

We all owe 2019 an apology for what we said about it.



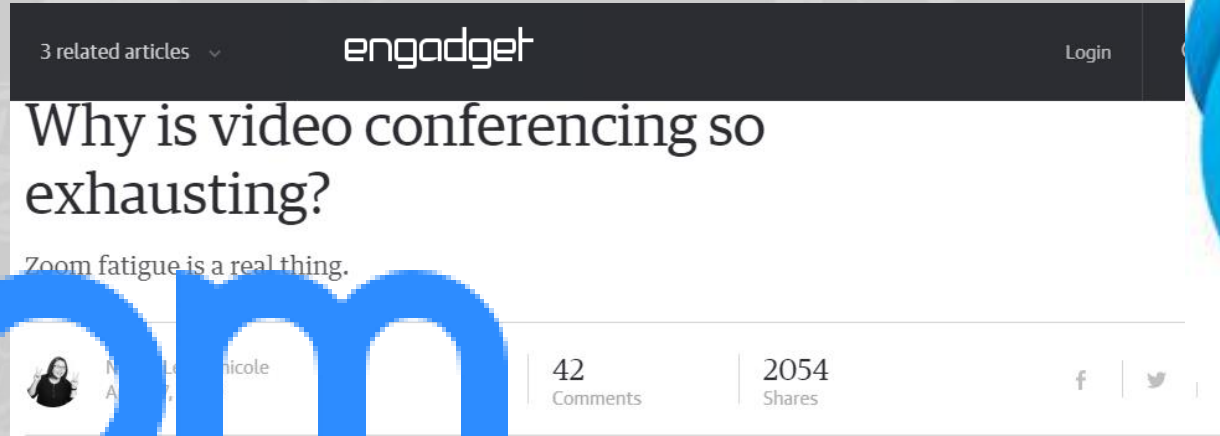
Its quarantine day... again



BE WHAT THE WORLD NEEDS



# A new form of fatigue....



zoom



Google

# ***Favorite background.....***





# **Welcome from Dean Smith, College of Medicine (CoM)**

# **Welcome from Dean Burshtyn, College of Graduate and Postdoctoral Studies (CGPS)**



# **Welcome from Vice Dean (Research) Radomski, College of Medicine (CoM)**

# Equity, Diversity, and Inclusion (EDI)

## Values

We're committed to:

- collegiality
- fairness and equitable treatment
- inclusiveness
- integrity, honesty and ethical behaviour
- respect

## Principles

We believe in:

- academic freedom
- collaboration
- commitment to community
- different ways of knowing, learning and being
- diversity, equality and human dignity
- excellence
- a healthy work and learning environment
- innovation, curiosity and creativity
- openness, transparency and accountability
- reconciliation



# Equity, Diversity, and Inclusion (EDI)

CoM [Diversity and Inclusion Working Group](#)

Resources for researchers:

- [EDI](#)
- [Sex and Gender in Research](#)

Contact: Erin Prosser-Loose, Senior EDI Specialist  
[erin.prosser-loose@usask.ca](mailto:erin.prosser-loose@usask.ca)



# **Graduate Student Wellness**

BE WHAT THE WORLD NEEDS

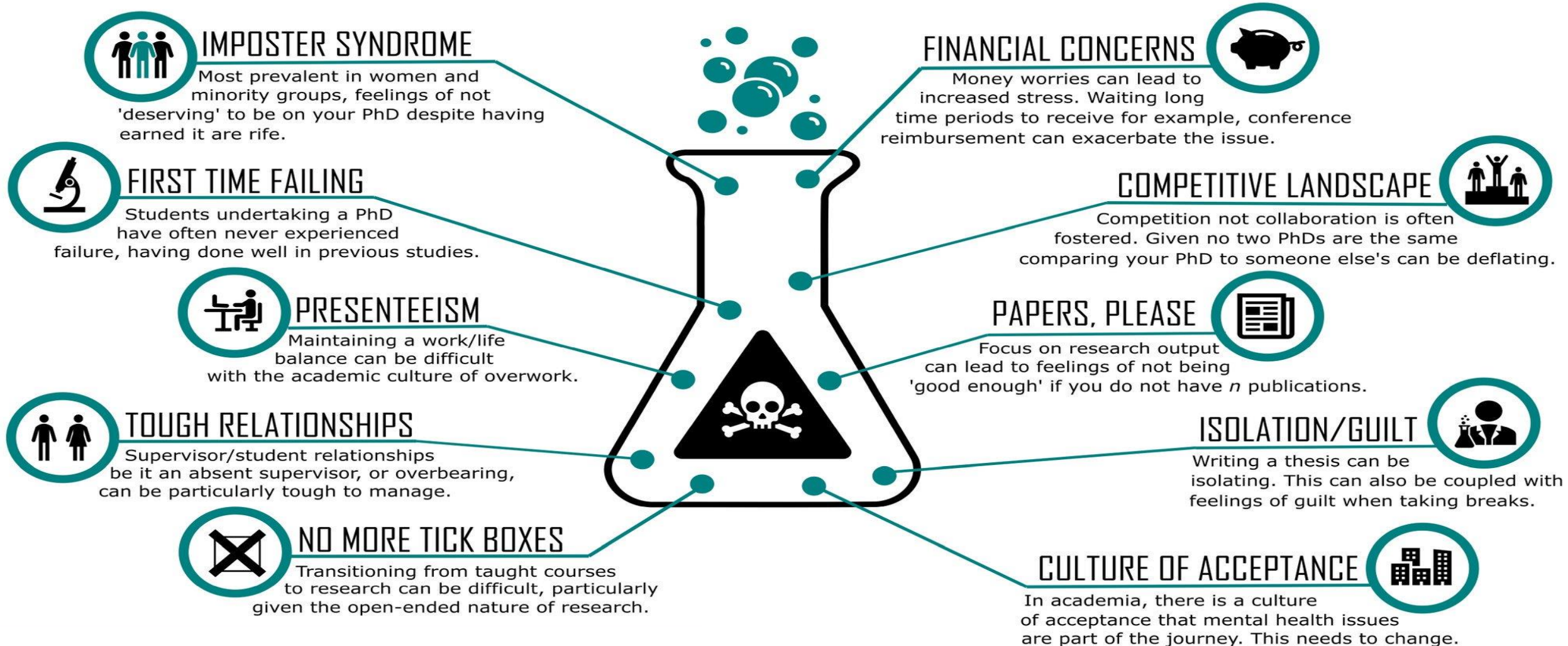




# MENTAL HEALTH DURING YOUR PhD THE TOXIC MIX

A study by the University of California, Berkeley, found nearly half of postgraduate students met criteria to classify them as depressed.<sup>1</sup>

This poster explores the common stressors that PhD students may be exposed to during their PhD.





# Student Wellness Center

- Offers urgent and non-urgent physical and mental health care to U of S students, their spouses and children
- **Services provided:**
  - Doctor and nurse appointments
  - Mental health assessment, consulting and counselling
  - Nutritional counselling
  - Sexual health care including contraception counselling and STI prevention, testing and treatment
  - Physiotherapy\*
  - Massage therapy\*
  - Chiropractic care\*
  - Acupuncture\*

\*additional fees may be applied

# Graduate Student Counsellor

## Eman Demmans

- Eman is a certified counsellor who works in the Student Wellness Center
- She is our main point of contact and has dedicated hours specifically for our students
- Please email [student.wellness@usask.ca](mailto:student.wellness@usask.ca) and indicate you are a **CoM graduate student** looking to speak with Eman Demmans





# On-Campus Resources






- **Access and Equity Services** (306) 966-7273
  - Provides accommodations for students based on disability, religion, family status, and gender identity
- **Faith Leaders**
- **Indigenous Mentorship Network (SK-IMN)** (306) 966-5790
  - Supports Indigenous graduate students, post doctoral fellows and new investigators
- **Student Affairs and Outreach** (306) 966-5757
  - A team of Social Workers responsible for mental health intake, student outreach, crisis response, psycho-educational groups, and consultation to faculty, staff, and students who are concerned about a student.

# Off-Campus Resources

## Urgent After Hours Assistance

- Saskatoon Police Service 911 (9-11 on campus) 
- [Saskatoon Mobile Crisis](#) (24/7)  (306) 933-6200
- [Crisis Services Canada](#) (24/7)  1 (833) 456-4566
- [Royal University Hospital Emergency Department](#) (24/7)  (306) 655-1000
- [Campus Protective Services](#) (24/7)  (306) 966-5555

## Additional Crisis Services

- [Saskatoon Sexual Assault Centre](#) (24/7)  (306) 244-2224
- [YWCA Saskatoon Crisis Shelter](#) (24/7 shelter for females)  (306) 244-2844
- [Saskatoon Interval House](#) (24/7 shelter for females)  (306) 244-0185
- [Saskatoon Crisis Nursery](#) (24/7)  (306) 242-2433
- [The Lighthouse](#) (24/7 shelter for males and females)  (306) 653-0538
- [Sk.211.ca](#) directory for urgent and crisis services

## SEEK MEDICAL ADVICE



Speak to a medical professional about how you are feeling. This may lead to intervention such as medication or counselling to help you manage your mental health.

## REQUEST COUNSELLING

Universities have counselling services that are available for you to use. This can be useful to help talk through your problems and also make sure appropriate coping strategies are in place.

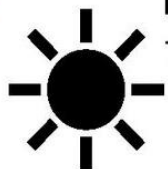


## CREATE MANAGEABLE CHUNKS

If everything is overwhelming, try to breakdown your research into manageable tasks. It may help to do this in consultation with your supervisor. When writing, consider starting with figures first.



## TAKE SOME TIME OUT

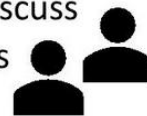


Taking a break can actually improve efficiency when you return to work. If you cannot justify taking a couple of weeks off, take a series of long weekends to get some time away.

# Some ways to help manage your mental health and wellbeing

## TALK TO YOUR SUPERVISOR

It is not always possible, but if you can approach your supervisor, discuss your mental health concerns with them. Other options include discussions to reduce workload temporarily and taking time out.



## TALK TO YOUR PEERS/POSTDOCS

It is highly likely that people around you have also experienced the stressful nature of a PhD. Reach out, if you feel able. Remember, postdocs have survived their PhD so may have some useful tips/ coping strategies.



## READ LITERATURE

There are a large amount of online resources available to help manage mental health and wellbeing. For example, the charity Mind, have a range available, from how to manage stress, to how to support others.



## FOCUS ON YOU



It is a proven fact that lack of sleep can add to feelings of stress. Exercise can also work to alleviate stress. It may feel like you don't have time, but going for a walk at lunchtime (for example) may help.



# Wellness Facilitator

## My role:

- Seek out and communicate wellness opportunities to the CoM graduate students.
- Liaise with staff, students, faculty, and supervisors
- Assist CoM graduate students in locating and accessing wellness opportunities
- Please do not hesitate to reach out!



Mackenzie MacAuley

[ovdr.wellness@usask.ca](mailto:ovdr.wellness@usask.ca)

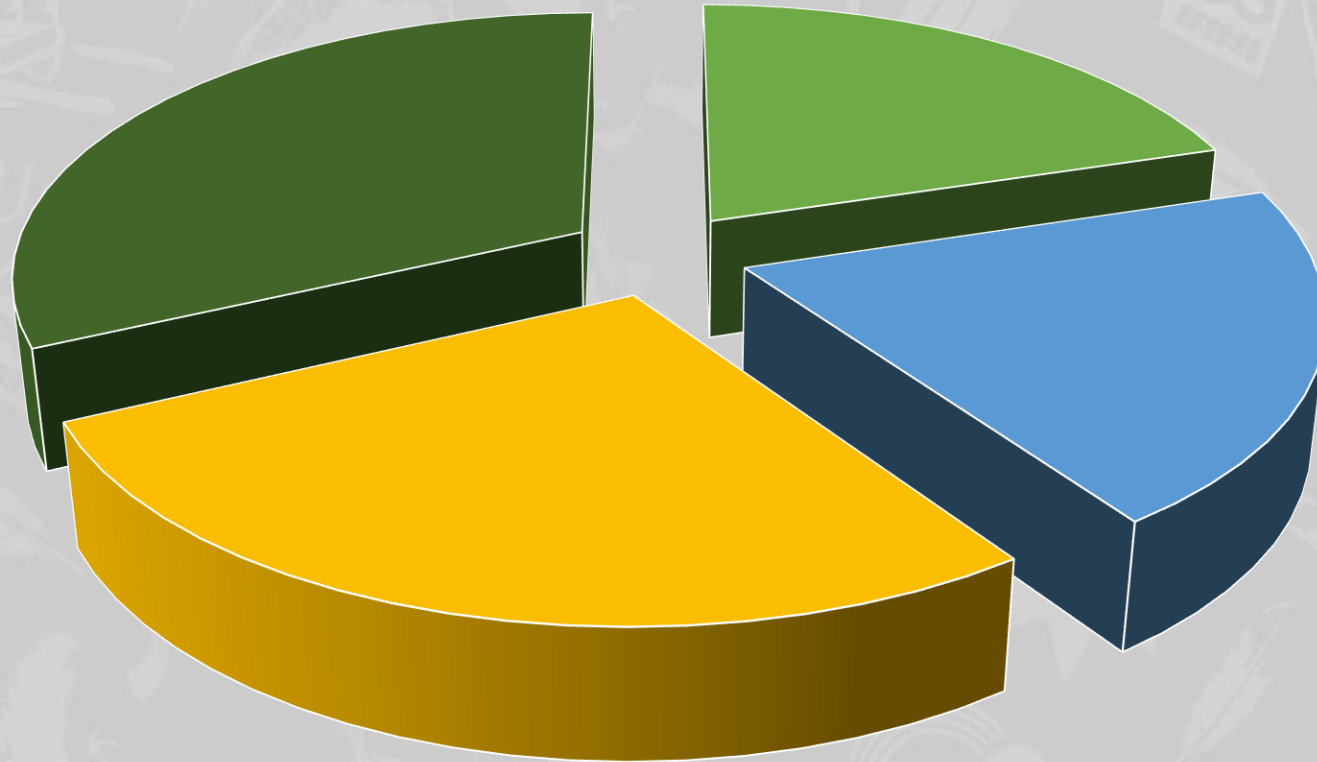


# CoM Graduate Programs: An Overview

- **Anatomy Physiology and Pharmacology (APP)**
  - Drs. Howland & Eames (*Co-Chairs*); Patricia Young ([app.grad@usask.ca](mailto:app.grad@usask.ca))
- **Biochemistry Microbiology and Immunology (BMI)**
  - Drs. Lee & van den Hurk (*Chairs*); Barb Stuckless ([bmi.grad@usask.ca](mailto:bmi.grad@usask.ca))
- **Community and Population Health Sciences (CHEP)**
  - Dr. Muhajarine (Chair); Stephanie Kehrig ([stephanie.kehrig@usask.ca](mailto:stephanie.kehrig@usask.ca))
- **Health Sciences (HSC)**
  - Dr. Cooper (Chair); Alyssa Kilgour ([ovdr.grad@usask.ca](mailto:ovdr.grad@usask.ca))

# Vital Statistics 2020-21

CoM Graduate Students by Program



■ APP ■ BMI ■ CHE ■ HSC

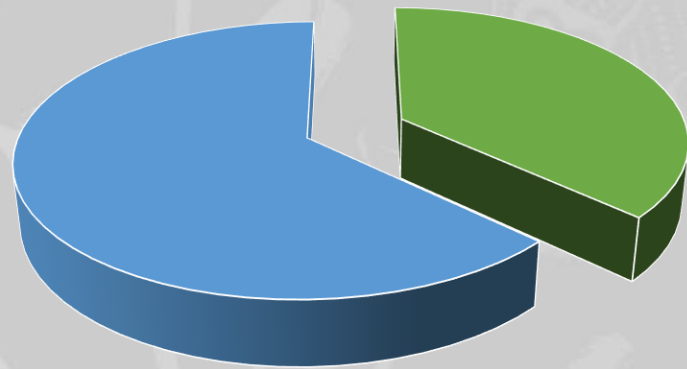
	Total	MSC	PHD	Dom.	Int.	Female	Male
APP	41	25	16	24	17	22	19
BMI	41	21	22	18	23	31	10
CHEP	56	34	22	22	34	38	18
HSC	65	24	41	45	20	37	28

**203 students in total**



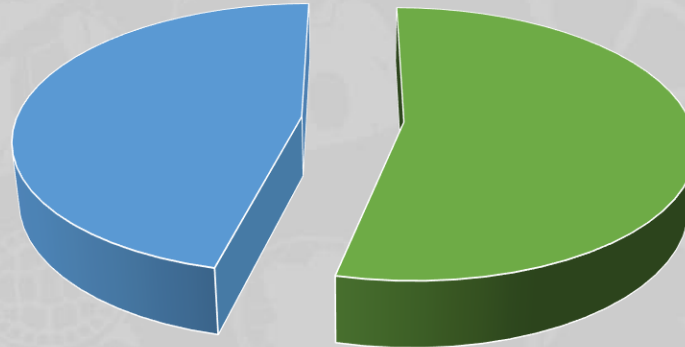
# Vital Statistics 2020-21

CoM Graduate Students by Gender



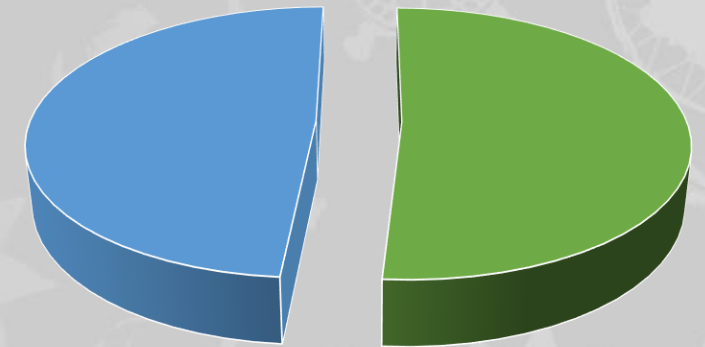
■ Male ■ Female

CoM Graduate Students by Origin



■ Domestic ■ International

CoM Graduate Students by Degree

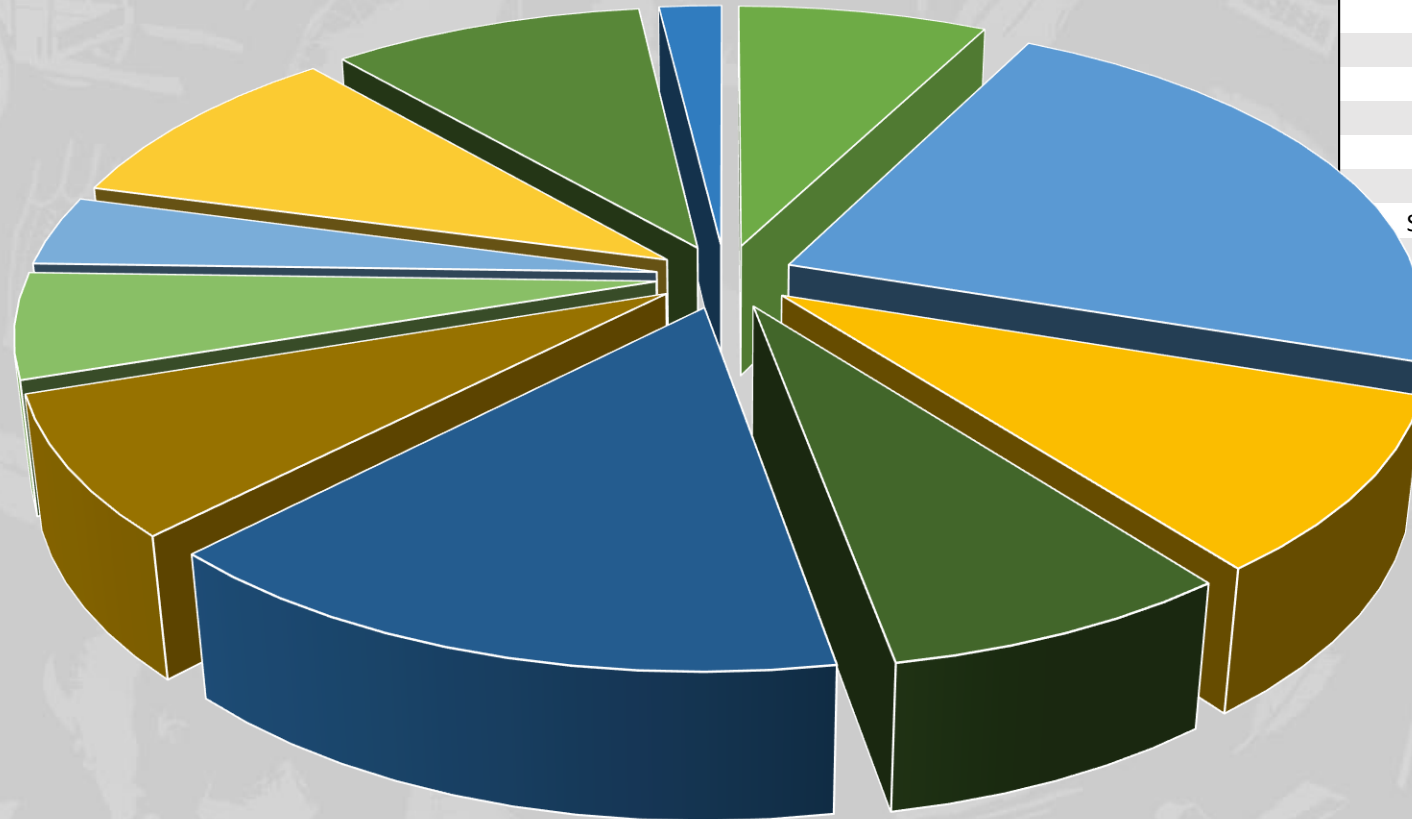


■ MSc ■ PHD

**203 students in total**

# Vital Statistics 2020-21

CoM PDFs by Department



■ Anatomy, Physiology & Pharmacology	■ Biochemistry, Microbiology & Immunology	■ Community Health & Epidemiology
■ Medical Imaging	■ Medicine	■ Oncology
■ Pathology	■ Pediatrics	■ Psychiatry
■ School of Rehabilitation Science	■ Surgery	

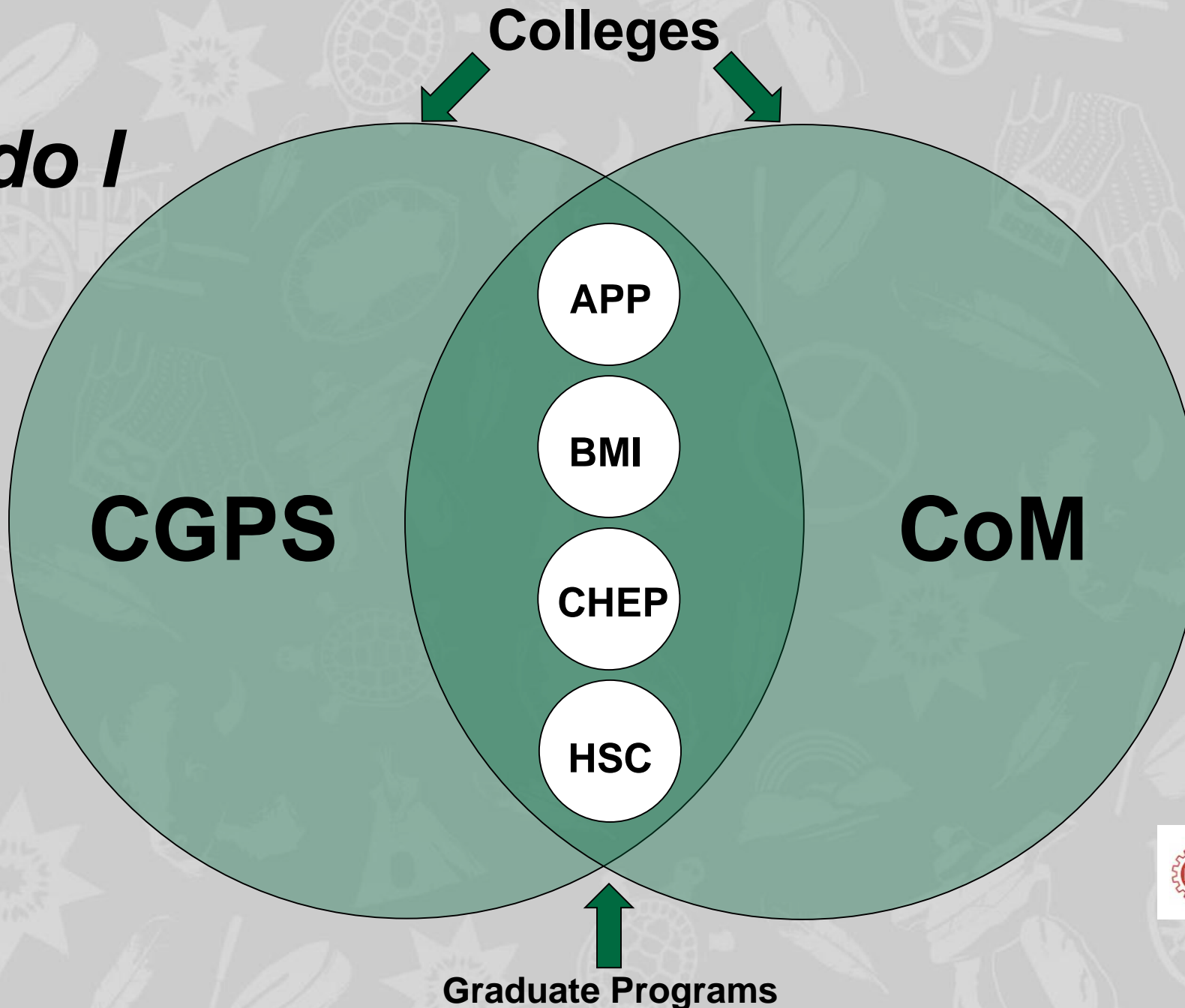
Department	Number of PDF's
Anatomy, Physiology & Pharmacology	4
Biochemistry, Microbiology & Immunology	12
Community Health & Epidemiology	5
Medical Imaging	4
Medicine	8
Oncology	4
Pathology	3
Pediatrics	2
Psychiatry	5
School of Rehabilitation Science	5
Surgery	1
Total	53

# Vital Statistics 2020-21

- Together CoM Graduate Students and Postdoctoral Fellows total 256!
- You are the engine of our research enterprise
- You are important and valued members of our College and University



***Where do I  
fit in?***



**PDFs similarly fall  
under the umbrella  
of CGPS but are  
housed within  
CoM Departments**

**Union**



Public Service Alliance of Canada  
Alliance de la Fonction publique du Canada

# If I have an academic or employment problem/concern, where do I go?

## Graduate Students

- Supervisor
  - Supervisory Committee (Chair)
    - Program Grad Chair
      - Department Head
        - Asst. Dean Grad. Studies
- CGPS
- Human Resources/PSAC
- CMGSS/Graduate Student Assoc. (GSA)
- ***A faculty member you trust***

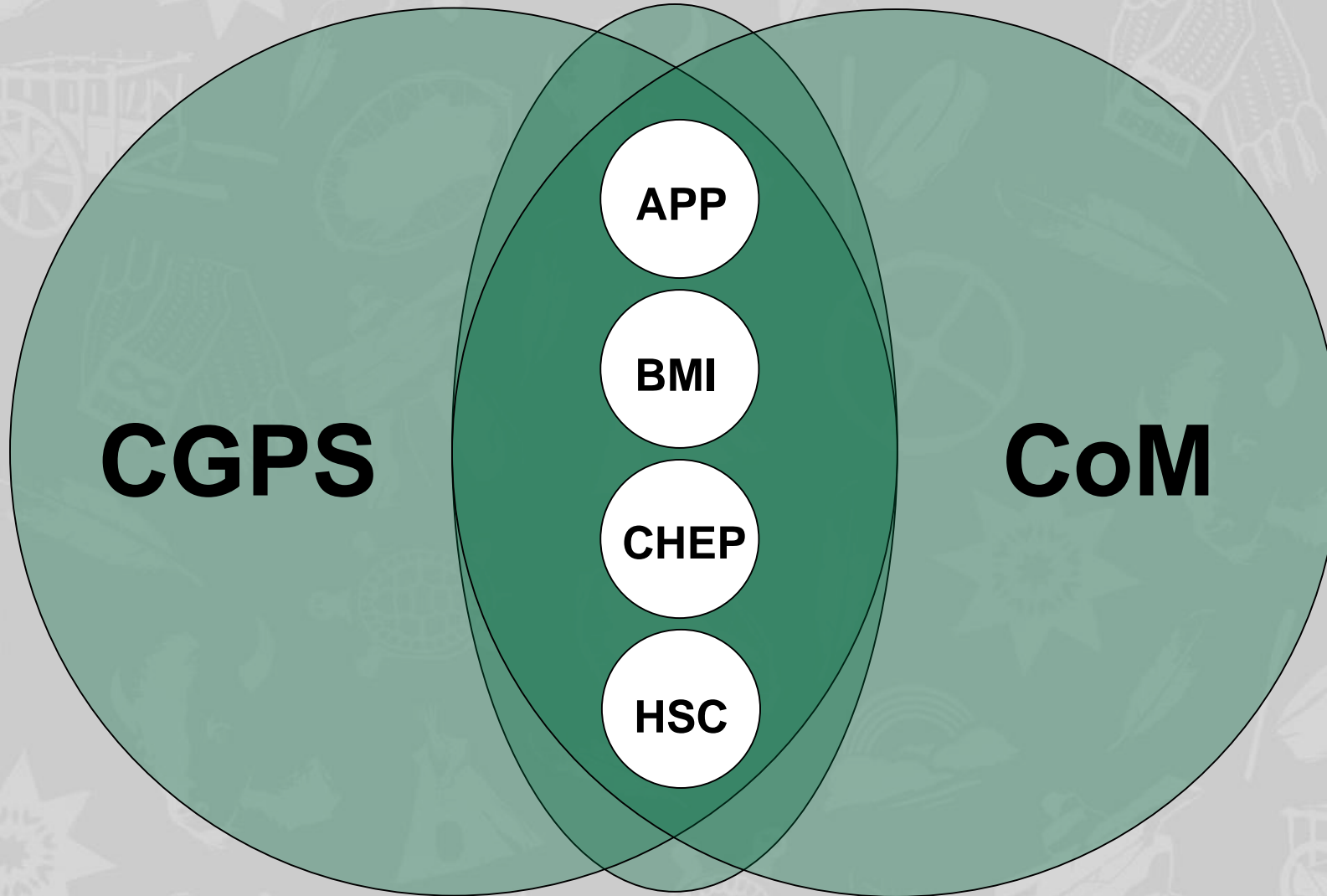
# If I have an academic or employment problem/concern, where do I go?

## Postdoctoral Fellows

- Supervisor
  - Department Head
    - Asst. Dean Grad. Studies
- CGPS
- Human Resources/PSAC
- CoM PDF Reps
- ***A faculty member you trust***



# College of Medicine Graduate Studies and Postdoctoral Committee



**Graduate Programs**

# College of Medicine Graduate Studies and Postdoctoral Committee

## Committee Composition

- Assistant Dean Graduate Studies (Chair)
- Program Graduate Chairs
- Graduate Student Representatives
  - Appointed by **College of Medicine Graduate Student Society (CMGSS)**
- Postdoctoral Representatives
  - Currently integrating processes with CMGSS, 3 interim reps appointed
- Graduate Programs Coordinator (Alyssa Kilgour; [ovdr.grad@usask.ca](mailto:ovdr.grad@usask.ca))

# College of Medicine Graduate Studies and Postdoctoral Committee

## Key Responsibilities

- Develop, implement, oversee, evaluate and refine a graduate education and postdoctoral strategy in the CoM
- 
- Review and recommend graduate students for CoM graduate awards and scholarships. (CoMGRAD)
- Advise College Senior Leadership regarding the resource needs of the College of Medicine Graduate Education and Postdoctoral portfolio.

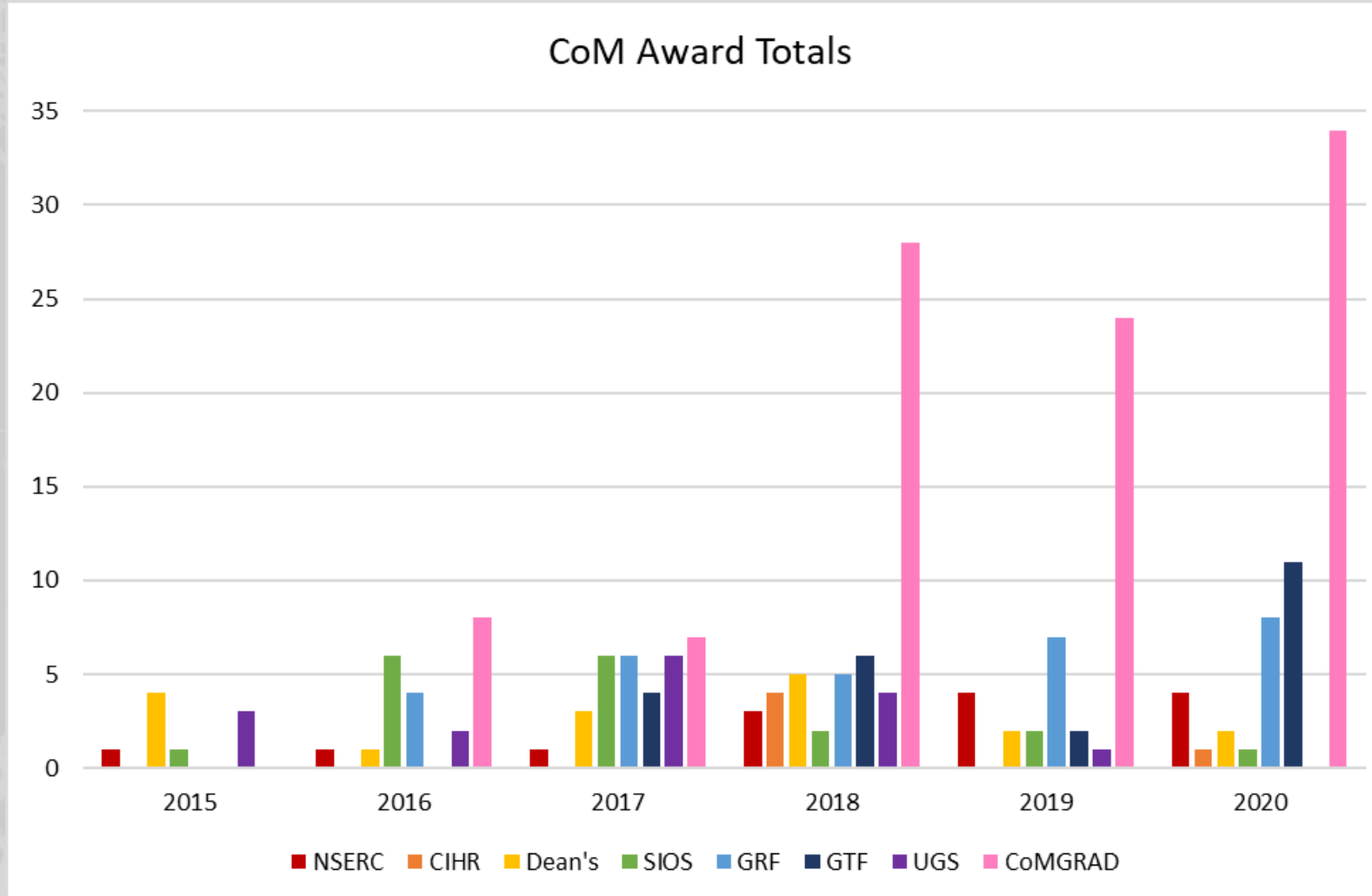


# College of Medicine Graduate Studies and Postdoctoral Committee

## Key Initiatives (2017-2020)

- Resourcing CMGSS
- Website overhaul
- **CoMGRAD Scholarship restructuring**
- Student Travel Supports
- Parental & Emergency Medical Leave Supports
- Learner Wellness Initiatives
- Alumni Seminar Series
- Combined Seminars (Professional Development)

# CoM Graduate Student Funding



# CoM PDF Funding

- CoM PDF funding was ended in light of budgetary cuts in recent years
- At the time, the **Saskatchewan Health Research Foundation (SHRF)** had a PDF program
  - Unfortunately this was subsequently ended as well
- We recognize that the post-graduate funding landscape is challenging locally (USask) and provincially
- We continue to monitor and debate approaches to better support our PDF community



# 2020: A year like no other?

Everyone in April 2020:



# COVID 19 Response

- Strived for targeted communications (minimizing email)
  - Worked with CGPS & Registrar to clarify policies regarding tuition
- Established a PDF emailing list and appointed representatives
- Implemented weekly meetings with CMGSS and PDF Representatives (April-May)
- Advocated for the establishment of a weekly Grad Chairs Forum at CGPS

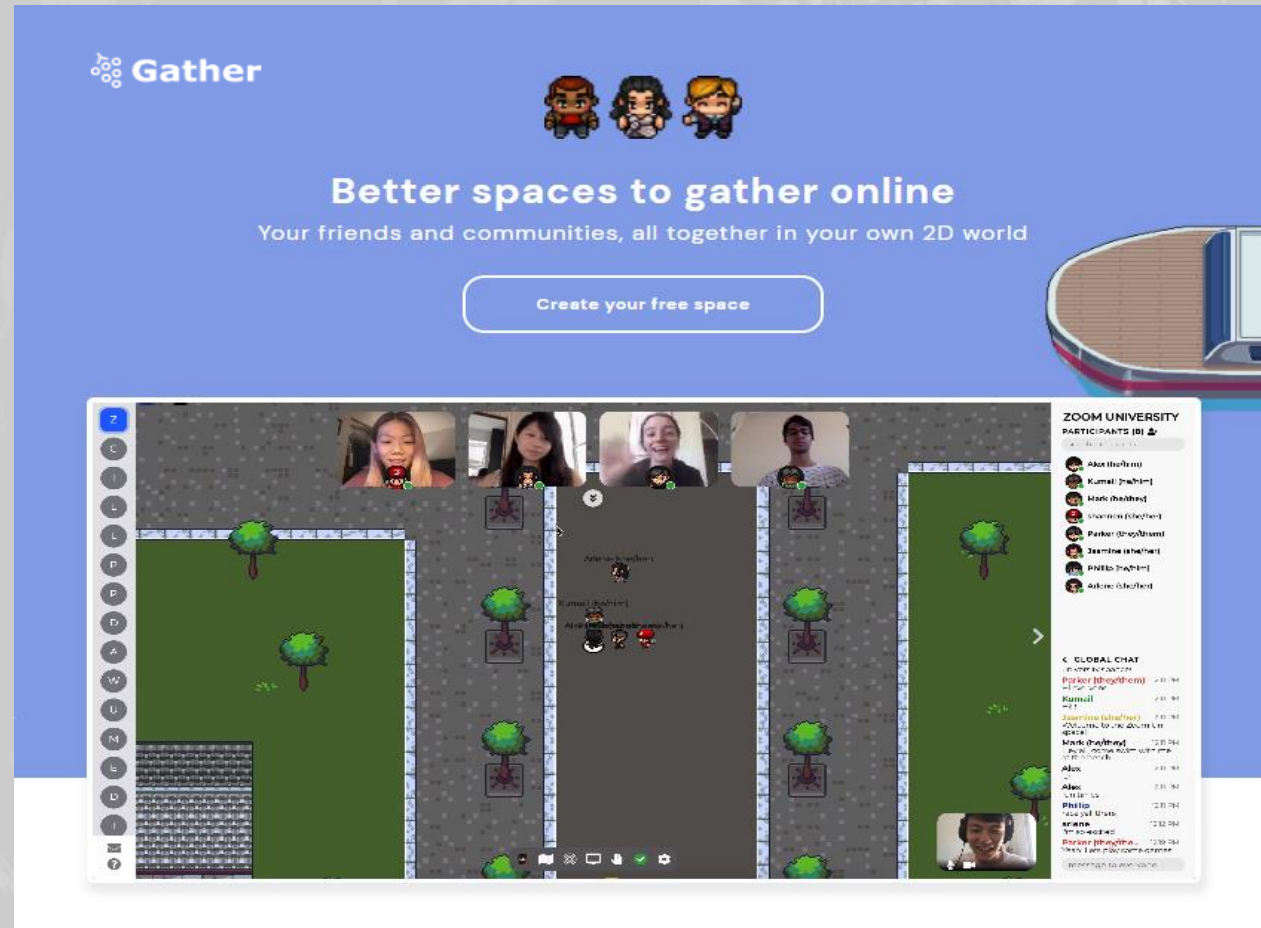
# COVID 19 Response

- Implemented policies to ensure that emergency continuance of research was voluntary for trainees
- Circulated a survey to graduate supervisors (within a larger OVDR survey)
  - Sought information about potential funding shortfalls
  - Followed up with any supervisors indicating potential problems
- Created a Virtual Conference Support Fund
  - a) Redirected balance of regular travel support to CoMGRAD Scholarships



# COVID 19 Response

- Bi-weekly meetings @ 2pm Beginning Sept. 16<sup>th</sup>
- CMGSS Reps
- PDF Reps
- Any students/faculty who would like to attend
- Come, mingle, have a coffee and chat.....



# Office Access?

## When can I return to my office in Health Sciences?

- Return to offices is currently being sorted out for Faculty
- 25% occupancy by building and floor
- A process for students, under very limited conditions, to access their offices is under discussion
- Stay tuned.....
- **Unless you have specific permission, you should not be in your office at this time**

# Office Access?

## Graduate student study space

- Starting September 8 graduate students will be able to apply for on-campus study space in the **Education building** where they can do their work safely. In order to access these rooms, graduate students must have their supervising faculty members **fill out a form** authorizing them access to the booking system in 25Live.
- Students are able to book three four-hour shifts per week and are required to wipe down their space at the beginning and end of each of their timeslots.
- Students must wear masks on campus and in shared study spaces but may remove them while sitting at their table, provided they are maintaining social distancing protocols



# College of Medicine Graduate Student Society (CMGSS)



The aim of CMGSS is to represent graduate student interests with the College of Medicine, Graduate Student Association (GSA) and University of Saskatchewan.

We seek to organize professional development events, as well as social and networking events to enhance the graduate school experience.

*If you have any questions or are interested in getting involved/meeting new people, please don't hesitate to contact us at [cmgss@usask.ca](mailto:cmgss@usask.ca).*

# College of Medicine Graduate Student Society (CMGSS)



*We consist of:*

President, VP, Internal, VP, Finance, VP, Academic, VP, Student Wellness, VP, Communications, Representatives (2 per Department)

**The CMGSS executive is elected each year at the AGM, typically held at the end of the spring term.**

*If you have any questions or are interested in getting involved/meeting new people, please don't hesitate to contact us at [cmgss@usask.ca](mailto:cmgss@usask.ca).*

# Who Are We?

## President

Una Goncin (HSc, MSc)



## VP, Internal

Zoe Gillespie (BMI, PhD)



## VP, Finance

Gavin King (APP, MSc)



## VP, Academic

Valerie Rozwadowski (APP, MSc)



## VP, Communications

Ashley Sutherland (BMI, PhD)



## VP, Student Wellness

Leah Blondeau (HSc, PhD)





# Who Are We?

## BMI Reps

Ashley Sutherland  
(PhD)

Sampurna Ghosh  
(PhD)

More to come



## APP Reps

Kushagra Parolia  
(PhD)

Andrew Roebuck  
(PhD)



## CHEP Reps

Harini Aiyer (MSc)

Suvadra Gupta  
(MSc)



## HSC Reps

Michael Zaki  
(MSc)



# PDF Representation with CMGSS

PDF representation with CMGSS is a very new initiative

Came about during the transition to remote working in March 2020

- a) What about the PDFs? Are their best interests being taken into account during transition to remote working?
- b) Met as a forum of PDFs in June 2020
  - Decision for three volunteer representatives with CMGSS
  - Ensure communication, build community, provide support

## Your PDF Representatives:



Hello and welcome!

I'm Mahasti, a PDF with the Department of Community Health and Epidemiology, and one of your CMGSS PDF Reps.

I am happy to be a part of the U of S community and looking forward to ongoing improvement and building an exceptional community together!

Feel free to email me for a quick virtual chat and coffee if you wish to know further about what a CMGSS rep can do to be your voice or how to engage as a volunteer.

([mahasti.khakpour@usask.ca](mailto:mahasti.khakpour@usask.ca))



## Your PDF Representatives:



Hi, I'm Emma. I'm currently working as a postdoctoral fellow at Dr. Juan Ianowski's lab. My research focuses on studying for cystic fibrosis diseases at tissue and cellular level by using microscopy and physiology techniques. Our lab locates in 2D40 and belongs to Department of Anatomy, Physiology and Pharmacology. I'm happy to get to know CoM grad students and other PDFs and honor to be represented for CoM PDFs. My email is [yen.le@usask.ca](mailto:yen.le@usask.ca).

## Your PDF Representatives:



Hi there! I'm Dena, a PDF with the School of Rehabilitation Science and the Canadian Centre for Health & Safety in Agriculture, and one of your CMGSS PDF Reps.

I've been at the USask campus on and off since fall of 2000, through a few different Colleges and programs, and I'm really excited to call CoM home for the next little while.

I'm looking forward to meeting everyone this fall and show you why I'm happy to call USask home. Fire me an e-mail ([dena.burnett@usask.ca](mailto:dena.burnett@usask.ca)) and I'm happy to meet over virtual coffee!

# Congratulations To Our 2020 Graduates

## Master's Program

### APP

Riley Plett  
Dan McElroy  
Beverly Hiebert  
Nataliya Tokarska  
Naseem Givzad  
Jacob Cohen  
Siyi He

### BMI

Siobhan McGrath  
Manisha Yadav  
Kingsley Ekumi

### CHEP

Saydi Harlton  
Amal Khan  
Sharalyn Missiuna  
Rebecca Zhao  
Lindsey Wagner  
Lorena Stringer

### Health Sciences

Alyssa Denton  
Vedashree Meher  
Gabrielle Cousyn  
Aleksandra Franczak  
Zitong Wang



# Congratulations To Our 2020 Graduates

## PhD Program

### **APP**

Dr. Li Hao

Dr. Caitlin Wotton

### **CHEP**

Dr. Sugandhi del Canto

### **BMI**

Dr. Sumudu Perera

Dr. Kusum Sharma

Dr. Kristen Marciniuk

### **Health Sciences**

Dr. Chelsea Cunningham

Dr. Angelica Lang

Dr. Shauna Gerwing



Its nice to be **kind** over being **right**. Always guide your fellow students should they require guidance at some point. Distribute what you have and it will make a way to get back to you after being multiplied a trillion times.

- Amal Khan (MSc CHEP 2020)

# Welcome to our New Graduate Students



**\*Bee on the Lookout\***

For an invitation to the  
CMGSS Welcome Mixer  
later this month!



# Upcoming Events & Deadlines

## Combined Seminars

- Gairdner Lecture (October 20)
  - Coordinated by OVDR
- Alumni Seminar Series (stay tuned)
  - Virtual presentations late in the year or early next year

# Grad Student Funding Deadlines

## College

CoMGRAD – January 15

Virtual Conference Support Fund – ongoing

Parental Leave Grant – ongoing

Emergency Leave Grant – ongoing

## University

\*Dean's Scholarship – December 1 (Round 1) and February 1 (Round 2)

## External

\*Tri-Agency Master's – December 1

\*Tri-Agency Doctoral

- CIHR – early October
- SSHRC – early January
- NSERC – late November
- Vanier – November 1

\*Individual graduate programs will have internal deadlines set for application review prior to the above deadlines

# Postdoctoral Fellowship Deadlines

## External

### Tri-Agency

- Banting\* – October 1
- CIHR – December 1
- NSERC – October 17

\*University review process deadlines apply in advance



# Thank you!

## *Graduate Training is a Team Sport*

- **CGPS**
  - Leadership (outgoing and incoming)
  - Dedicated staff
- **CoM**
  - Leadership
  - OVDR
    - Dedicated staff (Chantal Jantzen, Alyssa Kilgour, Mackenzie MacAuley)
- **Graduate Chairs & Departmental Graduate Committees**
- **CMGSS Student & Fellow Reps**
  - **A special thanks to Una for her tireless efforts!**
- **All Students and Supervisors**
  - Thank you for your patience and understanding during this challenging time

**Thank you for attending**

**All the best in the 2020/21 academic  
year!**

**questions/comments/concerns?  
ovdr.grad@usask.ca**