

2024 IMS Fall Orientation

September 12, 2024



Institute of Medical Science
UNIVERSITY OF TORONTO



Your MCs

IMSSA Co-Presidents



Hamzah Khan

3rd Year PhD Student



Stefan Aguiar

3rd Year PhD Student

Land Acknowledgement

We wish to acknowledge this land on which the University of Toronto operates. For thousands of years it has been the traditional land of the Huron-Wendat, the Seneca, and the Mississaugas of the Credit. Today, this meeting place is still the home to many Indigenous people from across Turtle Island and we are grateful to have the opportunity to work on this land.



Agenda

9:30 Welcome & Opening Remarks, Dr. Mingyao Liu

9:35 SGS Vice Dean Address, Dr. John Peever

9:40 Center for International Experience, Ian Marquez

9:45 Center for Graduate Mentorship & Supervision, Aziza Kajan

9:50 Individual Development Plan (IPD), Earvin Tio

10:00 Equity, Diversity, Inclusion (EDI), Dr. Mahavir Agarwal

10:05 IMS Student Ambassadors, Alex Boshart & Sajeevan Sujanthan

10:10 Student Groups, Hamzah Khan & Stefan Aguiar

10:15 IMS Oath Ceremony, Dr. Isabella Caniggia & Dr. John Vincent

Break

Welcome Address: Dr. Mingyao Liu, IMS Director

**IMS COMMUNITY AND
THE IMS STUDENT
EXPERIENCE**



Institute of Medical Science
UNIVERSITY OF TORONTO

Center for International Experience

Ian Marquez (he/him)

Program Coordinator, Global Careers and Alumni Programs

International Student Experience (ISE) team

Today's Topics

- General overview of CIE
- Online resources available
- Immigration advising
- International student experience

CIE Overview & Resources Available Online



UNIVERSITY OF
TORONTO

STUDENT
LIFE

Centre for International
Experience

Centre for International Experience

Cumberland House - 33 St. George Street



Centre for International Experience

internationalexperience.utoronto.ca

The screenshot shows the homepage of the Centre for International Experience at the University of Toronto. At the top left is the University of Toronto logo and the text 'UNIVERSITY OF TORONTO CENTRE FOR INTERNATIONAL EXPERIENCE'. To the right is a search bar with a magnifying glass icon and the word 'Search'. Below the header is a navigation bar with three tabs: 'INTERNATIONAL STUDENT SERVICES' (light blue), 'EVENTS & PROGRAMS' (yellow), and 'GLOBAL LEARNING' (light green). Each tab has a small circular icon below it. The main content area features a large background image of a man in a white blazer and dark trousers walking on a pier, talking on a mobile phone. In the background, the Toronto skyline is visible, including the CN Tower. A dark blue rounded rectangle is overlaid on the bottom left of the image, containing the text 'begin your journey.' in white and yellow, followed by a paragraph: 'The Centre for International Experience (CIE), offers a range of programs and services to support international students, as well as global learning opportunities for all students. Regardless of your program or level of study, our team is here to help enhance your global experience here at UofT.'

ISE Newsletter

- All incoming international students automatically subscribed.
- Sent bi-weekly during the fall and winter terms; monthly in the summer.
- Important updates, opportunities, events, and programming.

internationalexperience.utoronto.ca



INTERNATIONAL STUDENT UPDATE



Don't sit this summer out!

Summer is a great time to get involved, build new skills, and have your student voice heard. Whether it is signing up to be a volunteer or peer mentor, joining a



**STUDENT
LIFE**

**Centre for International
Experience**

Understanding Your Immigration Responsibilities



UNIVERSITY OF
TORONTO

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Centre for International
Experience

Immigration Advising

Support on study permits, work permits, entry visa, & more!

Multiple ways to connect with our team of Immigration Advisors

- Individual appointments (virtual, phone, in-person)
- Weekly online group Q&A sessions
- folio.utoronto.ca

20+ instructional videos available [on our website](#)

Topics include:

- Orientation to your legal documents
- Working in Canada
- Study permit extensions and entry visa renewal
- Post-graduation work permit

International Student Experience Offerings



UNIVERSITY OF
TORONTO

STUDENT
LIFE

Centre for International
Experience

Programs & Events

Opportunities for all students to **learn**, **develop**, and **thrive!**

< > This Month Sep 2023 ▾

MON	TUE	WED	THU	FRI	SAT	SUN
28 2:00 PM - 3:00 PM WORKING IN CANADA AND ENTRY DOCUMENTS - Q AND A	29 10:00 AM - 11:00 AM UHIP 101 HOW TO: SET UP AND ACCESS UHIP. 2:00 PM - 4:00 PM GRAD STEP UP	30 10:00 AM - 11:00 AM IMMIGRATION DOCUMENTS AND LEGAL STATUS ORIENTATION Q&A 10:00 AM - 12:00 PM GRAD STEP UP	31 10:00 AM - 11:00 AM STUDY PERMITS AND ENTRY DOCUMENTS - Q AND A	1 10:00 AM - 2:00 PM EMERGE: AN ORIENTATION FOR GLOBALLY MINDED STUDENTS 3:00 PM - 6:00 PM SNAP THE SIX: CAMPUS EDITION	2	3
4	5 10:00 AM - 11:00 AM UHIP 101 HOW TO: SET UP AND ACCESS UHIP 2:00 PM - 3:00 PM WORKING IN CANADA AND ENTRY DOCUMENTS - Q AND A	6 2:00 PM - 3:00 PM UHIP 101 HOW TO: SET UP AND ACCESS UHIP	7 2:00 PM - 3:00 PM STUDY PERMITS AND ENTRY DOCUMENTS - Q AND A 5:00 PM - 6:30 PM MEET THROUGH TRIVIA	8 2:00 PM - 3:00 PM IMMIGRATION DOCUMENTS AND LEGAL STATUS ORIENTATION Q&A	9	10
11 2:00 PM - 3:00 PM STUDY PERMITS AND ENTRY DOCUMENTS - Q AND A	12 12:00 PM - 1:00 PM HOW TO GET INVOLVED WITH CIE IN FALL 2023	13 10:00 AM - 11:00 AM WORKING IN CANADA AND ENTRY DOCUMENTS - Q AND A 10:00 AM - 11:00 AM Q&A - ASK A UHIP ADVISOR 5:00 PM - 8:00 PM HOW TO GET INVOLVED WITH CIE: FALL 2023	14 10:00 AM - 11:00 AM IMMIGRATION DOCUMENTS AND LEGAL STATUS ORIENTATION Q&A 10:00 AM - 12:00 PM EXPLORING RESOURCES: NAVIGATING CAREER BASED RESOURCES FOR INTERNATIONAL STUDENTS 2:00 PM - 3:00 PM Q&A - ASK A UHIP ADVISOR	15 1:00 PM - 4:00 PM CIE OPEN HOUSE	16	17
18	19 10:00 AM - 11:00 AM STUDY PERMITS AND ENTRY DOCUMENTS - Q AND A 10:00 AM - 3:30 PM SOCIAL INSURANCE NUMBER (SIN) CLINICS	20 10:00 AM - 3:30 PM SOCIAL INSURANCE NUMBER (SIN) CLINICS 2:00 PM - 3:00 PM IMMIGRATION DOCUMENTS AND LEGAL STATUS ORIENTATION Q&A 2:00 PM - 3:30 PM NEVER HAVE I EVER: RAN AN OBSTACLE COURSE	21 2:00 PM - 3:00 PM WORKING IN CANADA AND ENTRY DOCUMENTS - Q AND A	22 12:00 PM - 1:30 PM AN INTERNATIONAL WELCOME: LGBTQ+ & ALLIES	23	24

internationalexperience.utoronto.ca



STUDENT LIFE

Centre for International Experience

Upcoming Events

CIE Open House

Friday September 13th

1 to 4 p.m. *In person – all are welcome!*



Resources & Contacts

Online

internationalexperience.utoronto.ca

learningabroad.utoronto.ca

safetyabroad.utoronto.ca

In-Person

Cumberland House

33 St. George Street

Toronto, ON M5S 2E3

Monday to Friday, 9 AM to 5 PM ET

By Email

General Inquiries: cie.information@utoronto.ca

Immigration: isa.cie@utoronto.ca

UHIP: uhip.information@utoronto.ca

By Phone

416-978-2564

Thank you!

Questions?

Resource & Information Hub

cie.information@utoronto.ca

Follow us on social media:



@UOFTSTUDENTLIFE

THE CENTRE FOR GRADUATE MENTORSHIP & SUPERVISION (CGMS)

FALL 2024

AZIZA KAJAN (she/her)
DIRECTOR, CGMS

LAUREN PAIS (she/her)
CASE COORDINATOR, CGMS



CGMS MANDATE

TO SUPPORT **SUCCESSFUL** MENTORSHIP AND SUPERVISORY RELATIONSHIPS.

CGMS VISION STATEMENT

To ensure graduate students and supervisors experience a mentorship and supervisory relationship that is characterized by:

- Respect, inclusion, and support of the whole person
- Continued learning and collaboration by both the supervisor and the graduate student
- Shared responsibility and commitment to advancing academic and professional goals

OUR SERVICES START WITH A CONFIDENTIAL CONSULTATION

Anyone from the graduate community in a research stream program (students, faculty, and staff) can reach out to CGMS via email, telephone, or an online referral form (TBA).

During the consultation we will support individuals to unpack, debrief the situation, and begin the process of identifying the unique factors of the case. We will support to identify the desired outcomes and we will assist individuals in developing a strategy for a path forward.

OUR SERVICES INCLUDE:

Coaching: We can support you to develop your interpersonal communication skills and conflict management strategies. If you are a faculty member, we can assist you to address your supervision practice(s) and develop supervisory approaches which are aligned with best practices.

System Navigation: We can assess your concerns and help you determine who might be other appropriate partners and related policies/jurisdictions, assist in identifying all the potential resources and facilitate the connections/referrals.

Case Management: We can assist you in ensuring appropriate follow-up and key stakeholders are working collaboratively to address your concerns.

Mediation: During a mediated conversation, we can help a graduate student, their supervisor and any other involved parties discuss their interests and needs, identify their desired outcomes, and negotiate a mutually agreeable plan with clear and documented outcomes that resolves the conflict, and that each person is willing to follow.

Facilitation: During a facilitated conversation, we offer a confidential space for a graduate student, their supervisor and any other involved parties to share their experiences with each other, to work toward mutual understanding, to identify common ground and to make decisions about how differences of opinion can be managed. The goal of a facilitated conversation is to repair the supervisory relationship.

Workshops: We offer student and faculty workshops on understanding and resolving conflict and on having difficult conversations.

EXAMPLES OF SITUATIONS WHERE WE CAN ASSIST

- Graduate student who is expressing concerns regarding the lack of availability and contact with their supervisor which is impacting their academic progress.
- Graduate student being new to research and the supervisory relationship and feel they do not have a good sense of their roles and responsibilities.
- Graduate student or faculty member seeking coaching on interpersonal communication skills and strategies.
- Faculty member expressing concerns regarding a student's progress which they attribute to either interpersonal and/or a wellness concern.
- Graduate Chair seeking support/assistance in addressing concerns raised by a student about their supervisor, or vice versa.

SGS SUPERVISION GUIDELINES FOR STUDENTS

Available at: <https://www.sgs.utoronto.ca/resources-supports/supervision/supervision-guidelines/>

[Section 2: General Characteristics of Graduate Supervision](#)

[Section 3: Choosing a Supervisor](#)

[Section 4: Responsibilities of the Student, Supervisor, and Supervisory Committee](#)

[Section 5: If You Need Academic Accommodations](#)

[Section 6: When Problems Arise](#)

[Section 7: Finishing Up](#)

[Section 8: Scenarios](#)

[Section 9: Appendix 1 – Resources](#)

[Section 10: Appendix 2 – Checklist for Students](#)



Supervision Guidelines

[Home](#) / [Resources & Supports](#) / [Supervision Support](#) / [Supervision Guidelines](#)

The student-supervisor relationship is a key contributor to a successful and satisfying graduate experience. To help foster a fulfilling supervisory relationship, the School of Graduate Studies has created student and faculty-specific supervision resources that outline the characteristics of graduate supervision, review the roles and responsibilities of key stakeholders (e.g. supervisor, graduate student, supervisory committee), offer best practices for navigating challenges encountered throughout the graduate journey, and provide guidance for identifying and resolving potential issues. Resources for supporting mentorship and supervision at a distance are also available below.

If you have questions, please [contact the School of Graduate Studies \(SGS\)](#).



Students

- [Graduate Supervision Guidelines – Student Edition](#)
- [Reference Guide for Students \(PDF\)](#)

SGS SUPERVISION GUIDELINES FOR FACULTY

Available at: <https://www.sgs.utoronto.ca/resources-supports/supervision/supervision-guidelines/>

- Section 1: [Introduction](#)
- Section 2: [Supervision and Mentoring](#)
- Section 3: [Supervisory Styles](#)
- Section 4: [Effective Supervision in Practice: From the Initial Stage to Finishing Up](#)
- Section 5: [Supporting Students to Completion and Beyond](#)
- Section 6: [Creating Equality and Equity When Working with Students](#)
- Section 7: [When a Student May Need Accommodations](#)
- Section 8: [When Problems Arise](#)
- Section 9: [Appendix 1 – Resources](#)
- Section 10: [Appendix 2 – Checklist for Supervisors](#)

The screenshot shows the top navigation bar of the School of Graduate Studies website, including the University of Toronto logo and a menu with items like 'ABOUT SGS', 'PROGRAMS', 'FUTURE STUDENTS', 'CURRENT STUDENTS', 'AWARDS & FUNDING', 'RESOURCES & SUPPORTS', and 'INTERNATIONAL'. Below the navigation is the page title 'Supervision Guidelines' and a breadcrumb trail: 'Home / Resources & Supports / Supervision Support / Supervision Guidelines'. The main content area contains an introductory paragraph about the student-supervisor relationship, a link to contact the School of Graduate Studies (SGS), and two sections: 'Students' and 'Faculty'. The 'Students' section lists 'Graduate Supervision Guidelines – Student Edition' and 'Reference Guide for Students (RGS)'. The 'Faculty' section lists 'Best Practices for Supervisors & Instructors of Graduate Students with Family Responsibilities', 'Graduate Supervision Guidelines – Faculty Edition', and 'Reference Guide for Faculty (RGF)'. Two small images are included: one showing a student and a supervisor in a lab setting, and another showing a student and a supervisor in an office setting.

UPCOMING WORKSHOPS

Faculty Workshops

How to Succeed as a Graduate Supervisor

Accessibility, Accommodations, and Graduate Supervision

Giving Productive and Sensitive Feedback on Graduate Student Writing

Communicating Boundaries and Expectations in the Supervisory Relationship

Student Workshops

Best Practices and Recommendations for Developing and Maintaining a Successful Supervisory Relationship

Having Courageous Conversations



YOUR SITUATION MATTERS. WE CAN HELP. CONTACT US.

Step 1: Are you a graduate student or faculty member experiencing a conflict in your supervisory relationship? Contact us at cgms@utoronto.ca.

Step 2: We will contact you as soon as possible to book a confidential consultation.

Step 3: Meet with us online or in-person. We will assist you in unpacking, debriefing, and identifying next steps forward.

Office hours: 9 AM – 5 PM
In-person and virtual consultations offered Monday-Wednesday
Virtual consultations only Thursdays and Fridays
We are located at 65/63 St. George Street
www.cgms.utoronto.ca
cgms@utoronto.ca
416-978-2379



WELCOME

to our new Graduate Professional
Development Director

Dr. Pamela Plant



Institute of Medical Science
UNIVERSITY OF TORONTO

Steps of the GDP I Course



Reflection

- Understand yourself
- Reflect on your skills, values and interests
- Use the IDP as a starting point
- Using Informational interviews as a tool



Meaningful Engagement

- Create and take on activities & leadership opportunities during grad school to develop your skills and help to achieve career goals (and have fun!)

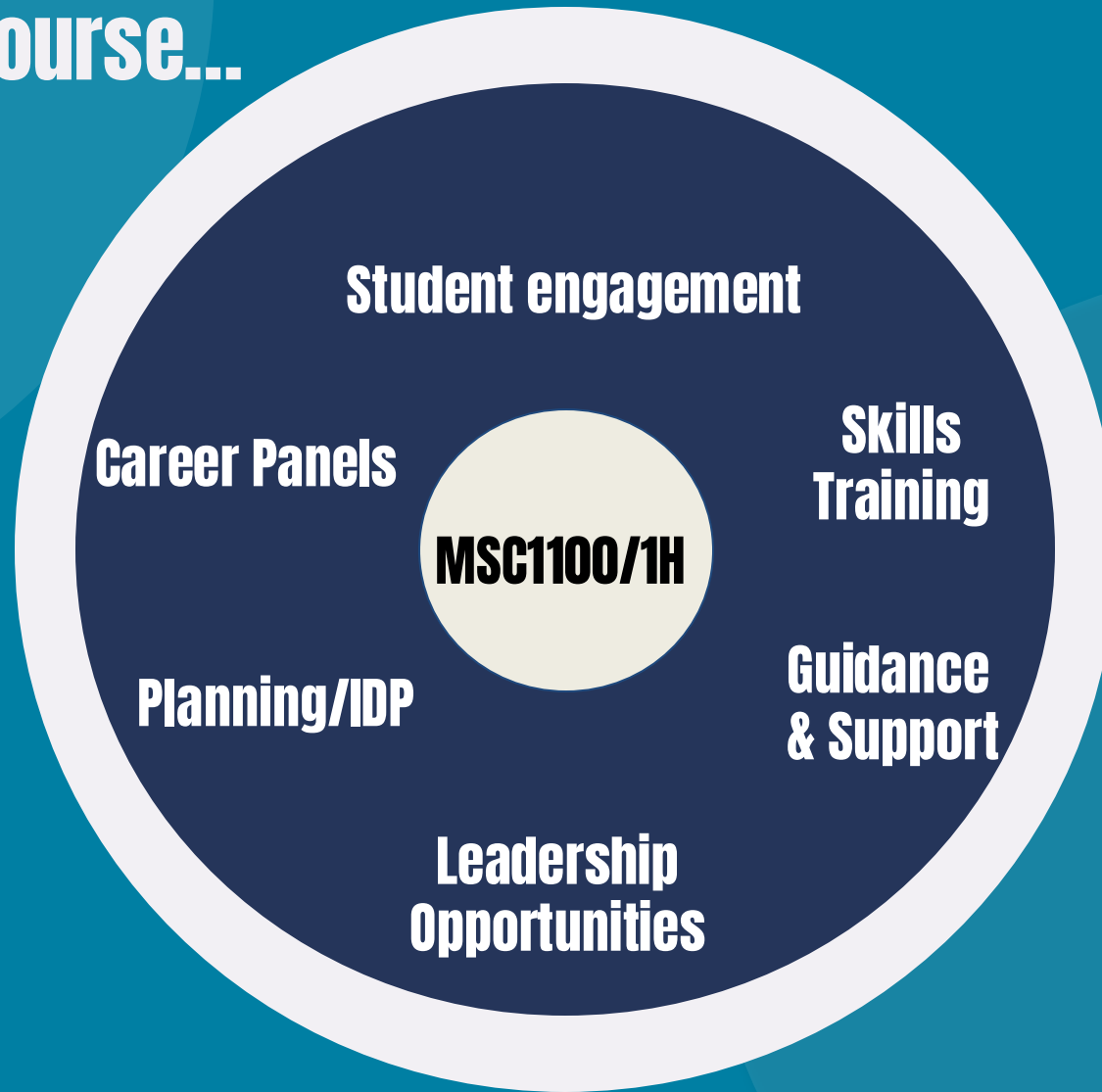


Telling your Story

- Effectively convey yourself, your 'brand' and your research
- Skills for the 3 minute thesis (3MT), job applications, interviews & networking

GPD

It's more than the course...





IMS
Individual
Development
Plan (IDP)

Clear Expectations & Steps

The IDP covers topics that students have found essential to discuss with their mentors. If you have additional questions, these meetings are a great to bring them up.

Open & Direct Dialogue

Starting off with strong, supportive communication is a fundamental part of getting continual advice that will help guide you throughout your life and career.

Think Intentionally

Think through what you want to get out of your training and how your supervisors and other sources of support can help you achieve your goals.





How to Complete your IDP



Step back and self-assess!

It's easy to lose sight of the bigger picture.

When filling out the IDP form, use the questions as a starting point for your mentor relationship with your supervisor.

Set your first meeting with your supervisor

You are responsible for scheduling and meeting with your supervisor prior to your first PAC meeting to complete your IDP

Lead the discussion

The IDP covers topics students have found helpful.

If you have questions or objectives related to your training, these meetings are a great time to bring them up

Complete the “Action Plan” & Submit the documents

Establish concrete steps in the meeting with your supervisor.

It's ok if your plans change over time.





Equity, Diversity and Inclusion

Part of IMS' strategic plan

Support the current IMS graduate student community in strengthening an inclusive and safe environment

Oversee and suggest improvements to all IMS activities, e.g. special events, awards, etc., through an EDI lens

Are you passionate about EDI-related initiatives? Would you like to help contribute towards efforts to foster a safe, engaged and inclusive environment for students, faculty and staff?

The EDI Committee is always looking for individuals with an interest in EDI to join our team!



IMS Research Rounds

IMSSA
Institute of Medical Science
UNIVERSITY OF TORONTO

IMS Research Rounds



NIKI AKBARIAN
Genomic Analyses of the Relationship between Neuroticism and Alzheimer's Disease



MAHBOD EBRAHIMI
Association Study of the Complement Component C4 Gene and Suicide Risk in Schizophrenia



AMANDA NAMCHUK
Untangling the roles of sex and stress in negative cognitive bias

March 28, 2024
9am - 10am

Medical Science Building - Room 2170



IMS RESEARCH ROUNDS
Institute of Medical Science
UNIVERSITY OF TORONTO

KIDNEY RESEARCH

Proteomics Analysis of Mice with a Pax2 Missense Mutation Show Mechanisms of Impaired Glomerular Repair



Joanna Cunanan

Evaluation of kidney follow-up in hospitalized children with acute kidney injury



David Ari Rubenstein

Investigating hepatocyte nuclear factor four alpha as a central regulator of kidney graft repair



Slaghaniya Neupane

Galectin-1 Knockdown in Human Kidney Endothelial Cells Reveals Alterations in Cytoskeletal and Barrier Function Proteins



Alex Boshart

July 25, 2024
9am - 10:30 am

David Naylor Building
Room 203



IMSSA
Institute of Medical Science
UNIVERSITY OF TORONTO

IMS Research Rounds Cancer Research



ANDREW KENNEDY
Investigating Dronedarone and PD-1 Checkpoint Inhibition Immunotherapy as a Combined Therapy for Triple-Negative Breast Cancer



NEDA ZAMANI
Exploring the Role of ATRIP as a Novel Candidate Gene in Susceptibility to Breast Cancer



VISHAL PANDYA
Leveraging Metabolic Vulnerabilities to Engage Immune Responses in Pancreatic Cancer

May 30, 2024
9am - 10am

C. David Naylor Building
NL 6



IMS Research Rounds
UNIVERSITY OF TORONTO

Women's Health

A Feasibility Trial of Managing Cancer and Living Meaningfully (CALM) in Patients with Newly Diagnosed and Recurrent Advanced Ovarian Cancer



MEGAN GEORGE

The Role of the Complement System in Regulating Hippocampal Plasticity and Cognition by Sex Across APOE Genotype



ANDREA LIN

Defining Genomic Determinants of Drug Sensitivity and Acquired Resistance in Triple Negative Breast Cancer



MITCHELL ELLIOTT

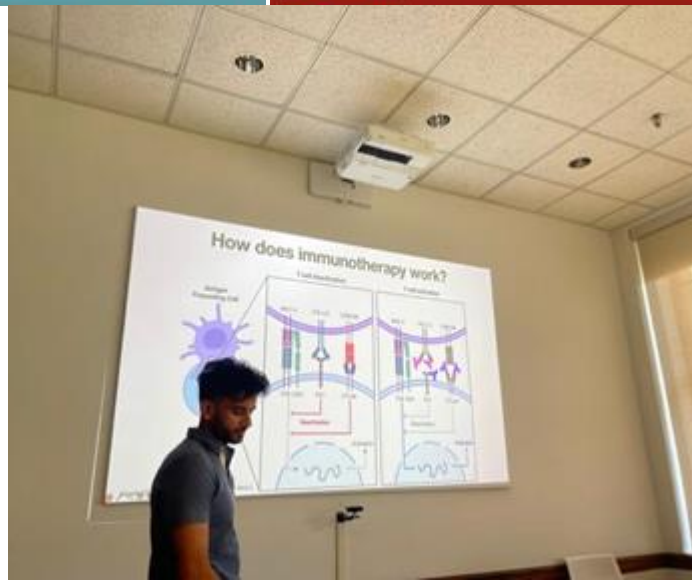
Investigating the Relationship Between MRI Enhancement and Hypoxia Reduction in Orthotopic Cervical Cancer Xenograft Models after T-MX Administration



RACHEL YANG

September 26, 2024
9am - 10:30 am

David Naylor Building
Room 203

IMS Student Ambassadors

We are here to answer your questions about student life and academics!

If you have questions about:

- Life as an IMS grad student
- Clubs & Extra-curriculars
- MSc-to-PhD Transfers
- Just need to talk

Contact us at

pa.medscience@utoronto.ca

Alex Boshart
PhD Candidate,
MaRs/PMCRT



Sajeevan Sujanthan
PhD Candidate,
Sunnybrook



IMS Core Team

Mingyao Liu
IMS Director

My favourite snack:
Cookies



Lucy Osborne
Associate Director

My favourite snack:
Fruit and cheese



IMS Core Team: Graduate Coordinators

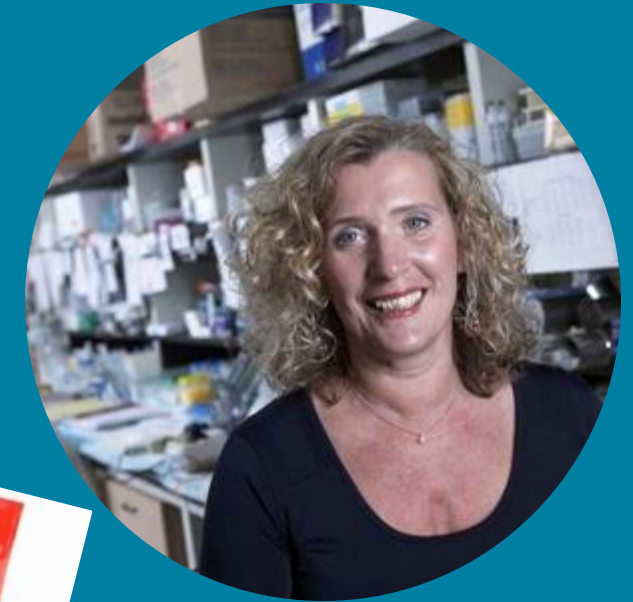
If you have questions about:

- Progress in the program
- Funding issues, including those beyond guaranteed funded period
- Conflict – supervisor or colleagues
- Leave of Absence – Medical or Personal

Virtual Office Hours: Thursdays 9:00-10:00 am, link in the Weekly Digest

Isabella Caniggia

My favourite snack:
Quadratini



John Vincent

My favourite snack:
Twiglets



IMS Core Team

Eyal Grunebaum
Chair, Admissions Committee



My favourite snack:
Cheesecakes



Nicole Harnett
Director, Curriculum



My favourite snack:
Popcorn (straight up – not fancy!!)

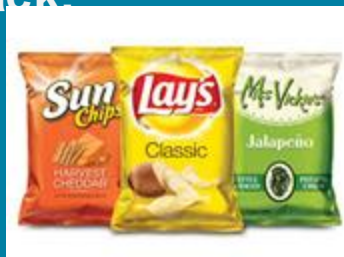


IMS Core Team

Marianne Koritzinsky
Director of MSC1010/1011H



My favourite snack:
Potato Chips



My favourite snack:
Cheese & Crackers



Samantha Anthony
Chair, SAFE Committee

- student groups
- student-led initiatives
- ways to create engagement and connectivity in IMS community
- how to improve the IMS graduate student experience



IMS Core Team

My favourite snack:
Terry's Chocolate Orange



Kamila Lear
Business Officer

- Finance
- Human resources
- Payroll
- Special issues



My favourite snack:

Peanut butter and banana



Sarah Topa
Senior Partnerships & Communications Officer

- Student group support
- Co-Chair SAFE Committee & Student Recruitment Committee
- Career Mentorship Program Manager
- Alumni engagement



IMS Core Team

My favourite snack:

Doritos, Jalapeño and Cheddar



My favourite snack:

Cheesecake. Desserts are my favourite 😊



Emilie DesRosiers

*Admissions & Recruitment
Administrator*

- Student recruitment
- Admissions
- Entrance awards and bursaries
- Faculty recruiting new students
- SURP Coordinator



Sobiga Vyravanathan

*Curriculum & Education
Administrator*

- Course & program requirements
- MSC1010-1011H
- Course enrollment
- Teaching Assistant recruitment



IMS Core Team

My favourite snack:
Potato chips



Alicia Sam
*Executive Assistant & Faculty
Affairs Administrator*

- Faculty Appointments
- Internal Awards
- Executive Committee
- Awards Committee
- Equity, Diversity & Inclusion (EDI) Committee support



Yilin Kong
*Graduate Programs
Assistant, MSc*

My favourite snack:
Coffee Crisp



- Registration
- GEMS Agreements
- Transfer Examinations
- MSc Final Oral Examination
- Program Completion
- Program Advisory Committee (PAC)





IMS Student Groups



Institute of Medical Science
UNIVERSITY OF TORONTO

Institute of Medical Science Students' Association



Our Subcommittees



**Community
& Outreach**



Sporting



Social



Wellness



Academics



**Party
Planning**

MARK YOUR CALENDARS! Join Us At...



IMSSA Welcome
Skate Night



1st General
Meeting



IMSSA Elections



IMSSA x UTGSU
Halloween Party



<https://imssa.ca/>



imssa@studentorg.utoronto.ca



@IMSSAUOFT

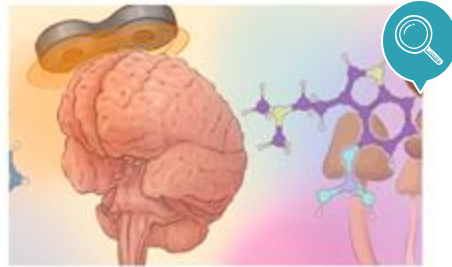
New Arrival



imsmagazine.com

@IMSMagazine

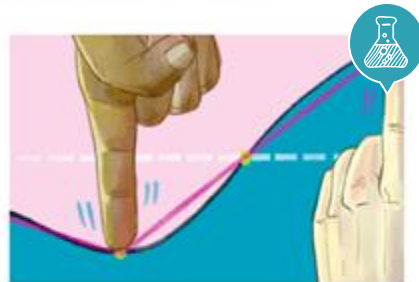
@imsmagazine



Pioneering Breakthroughs in Autism & ADHD Research with Dr. Hsiang-Yuan Lin



Behind the Paywall: Navigating the Ethics and Economics of Scientific Publishing



Considering Race-Related Confounds in Biomedical Research



Are you passionate about science communication? We are recruiting!



Journalists



Photographers



Social Media Team



Copy-Editors



Interview IMS Faculty, Students & Alumni



Create Infographics



Debate Hot Topics in Science & Healthcare
Promote Diversity in Science



Conference Highlights



Book Reviews



IMS Events & More!

Peer-to-Peer (P2P) Mentorship Program

The IMS P2P Mentorship is a program **designed for students by students**. Our goal is to help students **navigate, access resources, and excel in the program**. We provide guidance and support for incoming graduate students, through **pairing upper year peers with incoming first year students**.



Some Key Events:

1. Pair mentors and mentees (rolling, but **main sign-up ends Sept 18**) and **Meet Your Match** (mentors and mentees can meet each other and others in the program)
2. **Thriving through Grad School** (info session on awards, courses, PAC meetings, etc.)
3. **IMS Connects Career Panels** – Academia and Industry
4. **Workshops** – e.g. abstract preparation

Sign up to be a mentee using QR code found in welcome bag!

Meet the 2024-25 Team



Nayaab
Lead Mentor & Program Director
5th Year PhD
Krembil Research Institute



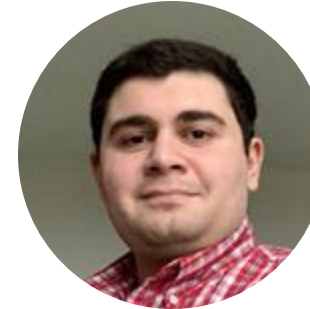
Maryam
Lead Mentor & Operations
5th Year PhD
CAMH



Manraj
Lead Mentor & Treasurer
2nd Year MSc
Sunnybrook



Ilakkiah
Lead Mentor & Communications/Marketing
3rd Year PhD
Toronto Western Hospital

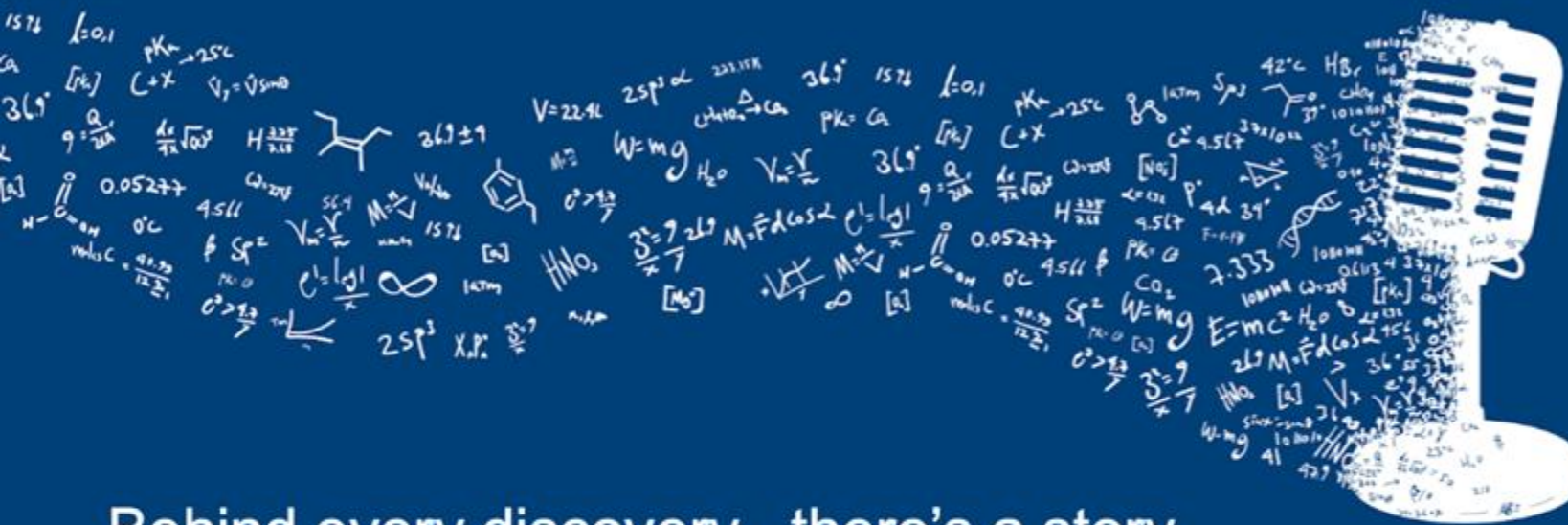


Artashes
Lead Mentor & Communications/Marketing
2nd Year MSc
SickKids



UofT TALKS





RAW TALK PODCAST

Behind every discovery, there's a story.

Follow us on ...



@rawtalkpodcast

Listen on ...



Spotify Google Apple YouTube



IMS INTERNATIONAL

IMS International Community

Communication

Social Media

Facebook [@IMSInternationalCommunity](#)

Instagram [@ims_international](#)

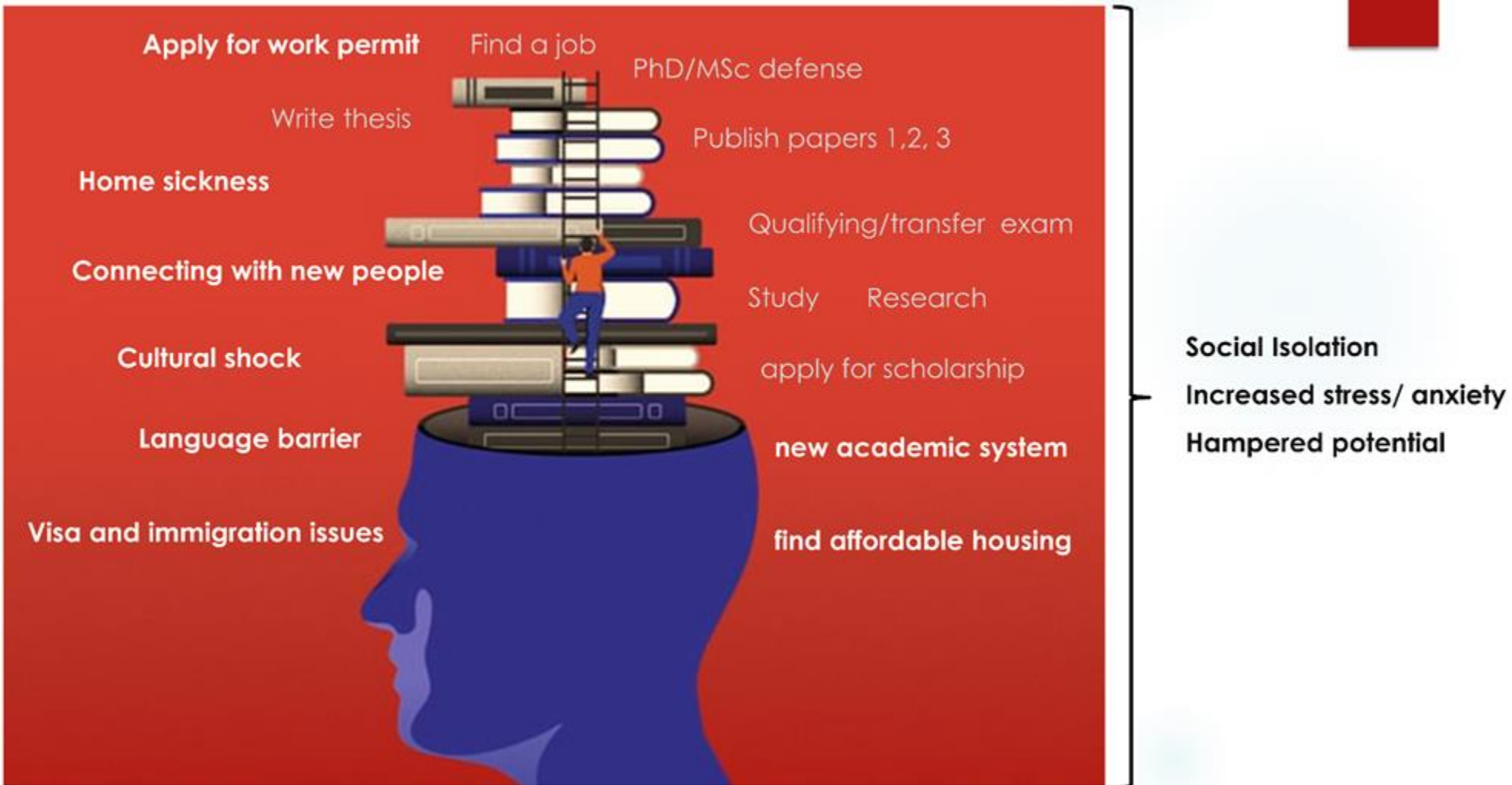
Twitter [@IMS_Intl](#)

Website

[IMS-International.ca](#)



Challenges faced by international graduate students





Book Club

BOOK CLUB
GREAT BOOKS & DISCUSSIONS!
BOOK CLUB
This is How It Always Is
by Laurie Frankel
June 2023

HOW STOP
MATT
This Is How It Always Is
LAURIE FRANKEL

Social Gatherings

Niagara Falls Trip
Saturday, June 24th

Canada's Wonderland
Saturday, August 19th

Pub night
Tuesday, May 10th
6 - 8 PM

International Cuisine Series

(#1 on the list Belgium!)

International Cuisine

(#2 Vietnam!)

International Cuisine



Earvin T.



Ben T.



Vanessa D.

Lets Talk Grad Wellness

Supported by 2020 GLSE Wellness Grant

Interested in joining? Email letstalkgradwellness@gmail.com

Promote intentional and thoughtful **dialogue** about **graduate student wellness** among graduate students and their: 1) **peers**, 2) **supervisors**, 3) **department**

Educate



Mental Health & Wellness Resource Guide

Integrate



IMS Orientation
IMS Scientific Day
Ori Rotstein Lecture
Real Conversations

Facilitate



ELEFANT Agreement
Individual Development Plan

Participate



Wellness Tracker



IMS MedDash is a science “Amazing Race” style competition where high school students race through the UofT campus and attempt to complete medical science based challenges that are run by YOU!

Scan the QR Code to join our team!



WHAT?



Solving science-based challenges as a team

WHO?



High school students in the GTA

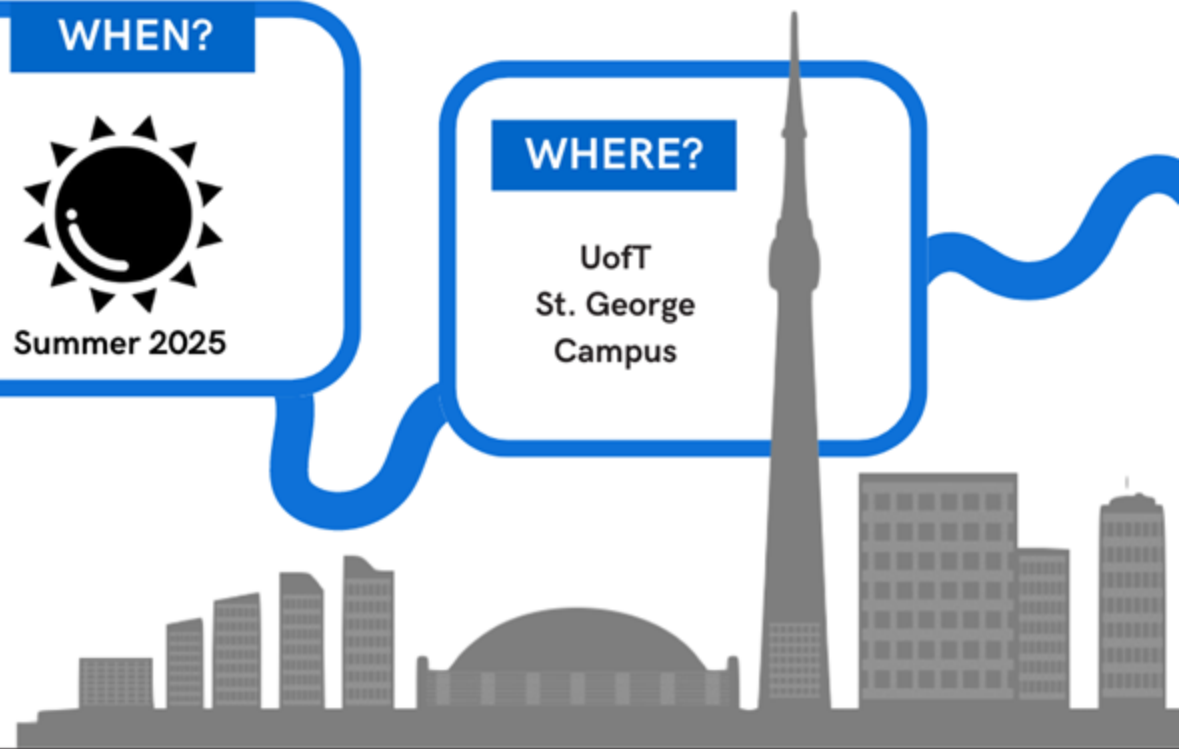
WHEN?



Summer 2025

WHERE?

UofT
St. George
Campus



IMS Oath Ceremony

I, _____, have entered the serious pursuit of new knowledge as a member of the community of graduate students at the University of Toronto.

I declare the following:

Pride: I solemnly declare my pride in belonging to the international community of research scholars.

Integrity: I promise never to allow financial gain, competitiveness, or ambition cloud my judgment in the conduct of ethical research and scholarship.

Pursuit: I will pursue knowledge and create knowledge for the greater good, but never to the detriment of colleagues, supervisors, research subjects or the international community of scholars of which I am now a member.

By pronouncing this Graduate Student Oath, I affirm my commitment to professional conduct and to abide by the principles of ethical conduct and research policies as set out by the University of Toronto.



BREAK
(RECONVENE AT 11:05)



Agenda

11:05 Healthcare Innovation Challenge – Call for Student Leads, Sarah Topa

11:10 Navigating your Degree, Dr. Isabella Caniggia & Dr. John Vincent

11:20 Intro to MSC1010/1011, Nayaab Punjani

11:25 Awards, Dr. Isabella Caniggia & Dr. John Vincent

11:30 Q &A

THE HEALTHCARE INNOVATION CHALLENGE



A case competition for graduate students to solve real-world healthcare problems.



Teams of 2-5 graduate students compete for a grand prize!



In-person final round for top 5 teams: an evening pitch gala and networking event.

This event is for anyone who wants to gain experience in a creative entrepreneurial environment!



Health Infrastructure: A New Way to Care
Raw Talk Podcast x The Healthcare Innovation Challenge

Pascal Tyrell PhD
Beverley Essue PhD
Muhammad Mamdani PharmD, MA, MPH
Laura Rosella PhD, MHS

THE HEALTHCARE INNOVATION CHALLENGE
RAW TALK PODCAST
Institute of Medical Science UNIVERSITY OF TORONTO
STUDENT INITIATIVE
SOFTX INNOVATIONS



NAVIGATING YOUR DEGREE



PACs

Research expertise, guidance and mentorship from your supervisor and 2 other UofT faculty members. Must hold a PAC meeting every 6 months



Courses

Help develop your working knowledge of key concepts in your research field of interest. Not limited to MSc courses-you can take courses in other grad departments. MSc & PhD students need 2.0 FCE. PhD Direct Entry need 3.0 FCE



Transfer/Qualifying Exams

Held 18-22 months into the program. MSc students have the option to transfer into the PhD program. All PhD students must hold a Qualifying exam.



Final Oral Exams

Culmination of the research you have conducted at IMS. FOEs should test your knowledge in your field & discuss future directions for your research. Setting up for MSc thesis is 6 months & for PhD 7-12 months

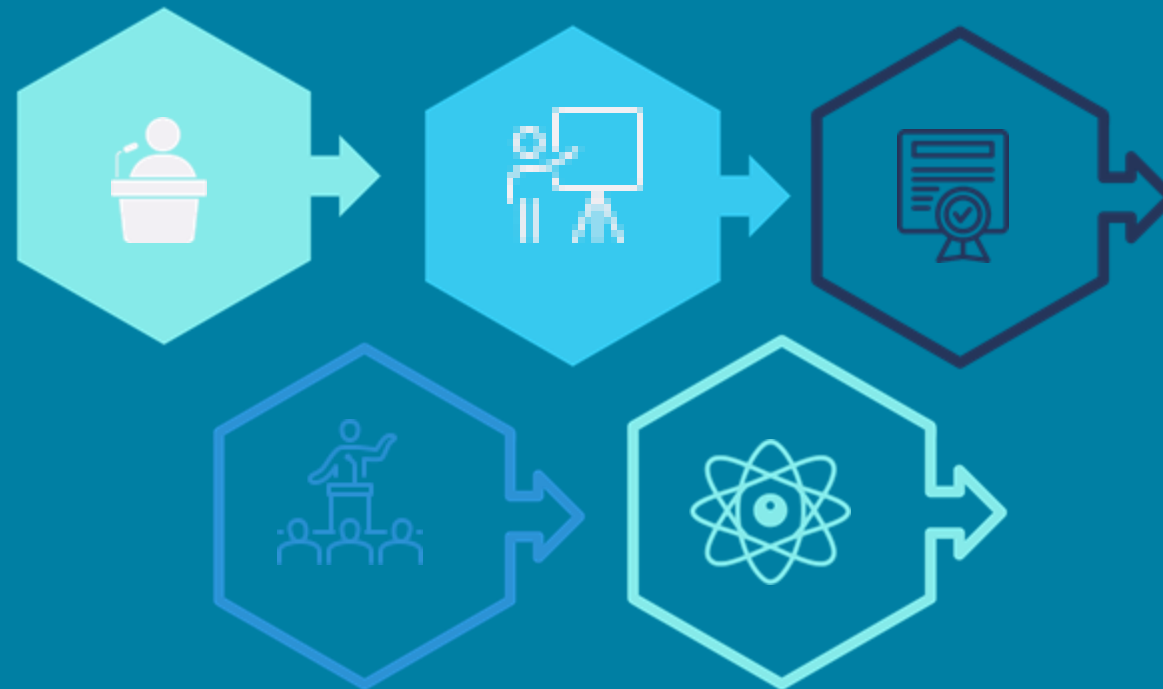
INTRODUCTION TO MSC 1010/1011 H

1 - Lectures (13 total)

Start Fall Semester. First lecture is tomorrow; online.
The rest are in person in MSB, Rm3153

2 - Presentation Groups (4 in total)

Start in Winter Semester. Typically present in 2nd year of studies.



3 - Ethics Course
(Required for IMS, but not for MSC1010/11H)
Online. Fall Semester.
Complete ASAP.

4 - Ori Rotstein Lecture
(Required for IMS, but not for MSC1010/11H)

Fall Semester, year 1.
November 20, 2024

5 - IMS Scientific Day
(Required for IMS, but not for MSC1010/11H)

End of Winter Semester, 2nd year. Includes abstract submission and poster presentation.

Course Director: Dr. Marianne Koritzinsky

Teaching Assistant: Nayaab Punjani

Course Coordinator: Sobiga Vyравanathan





Internal Awards

- UofT Open Fellowships
- Queen Elizabeth II Graduate Scholarships in Science and Technology (QEII)
- Ontario Student Opportunity Trust Fund (OSOTF)
- Hospital Awards

External Awards

- Canadian Graduate Scholarship - Master's Program
- Canadian Graduate Scholarship - Doctoral Program
- Vanier Canada Graduate Scholarship
- Foundations, other independent industries

By applying to awards, you could receive additional top-up funding between \$2,000-\$4,000, depending on the award





Welcome to the IMS!



Institute of Medical Science
UNIVERSITY OF TORONTO