



Welcome!

Please feel free to grab some breakfast and checkout the IMS student group booths before we begin at 9:30 am.



Important Notes

- Slido link for Q&A:
<https://app.sli.do/event/khwjaSXrCnq7s7MRKoAy5m>





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.



9:30 – Welcome: **Dr. Eyal Grunebaum**, Chair, IMS Admissions Committee

9:35 – Opening Remarks: **Dr. Mingyao Liu**, IMS Director, **Dr. Lucy Osborne**, IMS Associate Director, Staff introductions

9:40 – Vice-Dean’s Address: **Prof. Yunusova**, SGS Vice-Dean, Students

9:45 – Centre for International Experience: **Ratika Sharma**, Resource and Information Coordinator

9:50 – Awards: **Dr. Lucy Osborne**, IMS Associate Director

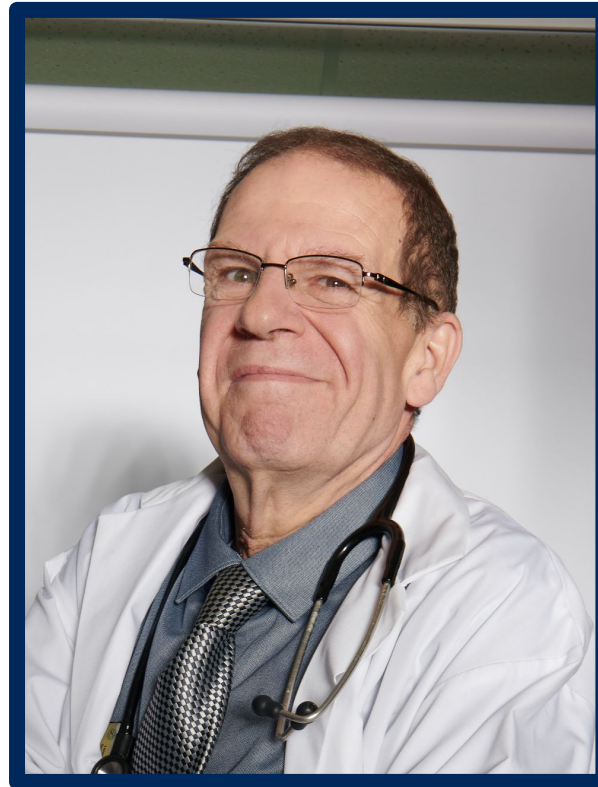
9:55 – Equity, Diversity, and Inclusion: **Dr. Mahavir Agarwal**

10:00 – IMS Oath Ceremony: **Dr. Marianne Koritzinsky**

10:05 – Break



A welcome from:



Dr. Eyal Grunebaum,
Chair, Admissions Committee



Opening Remarks



Dr. Mingyao Liu,
IMS Director

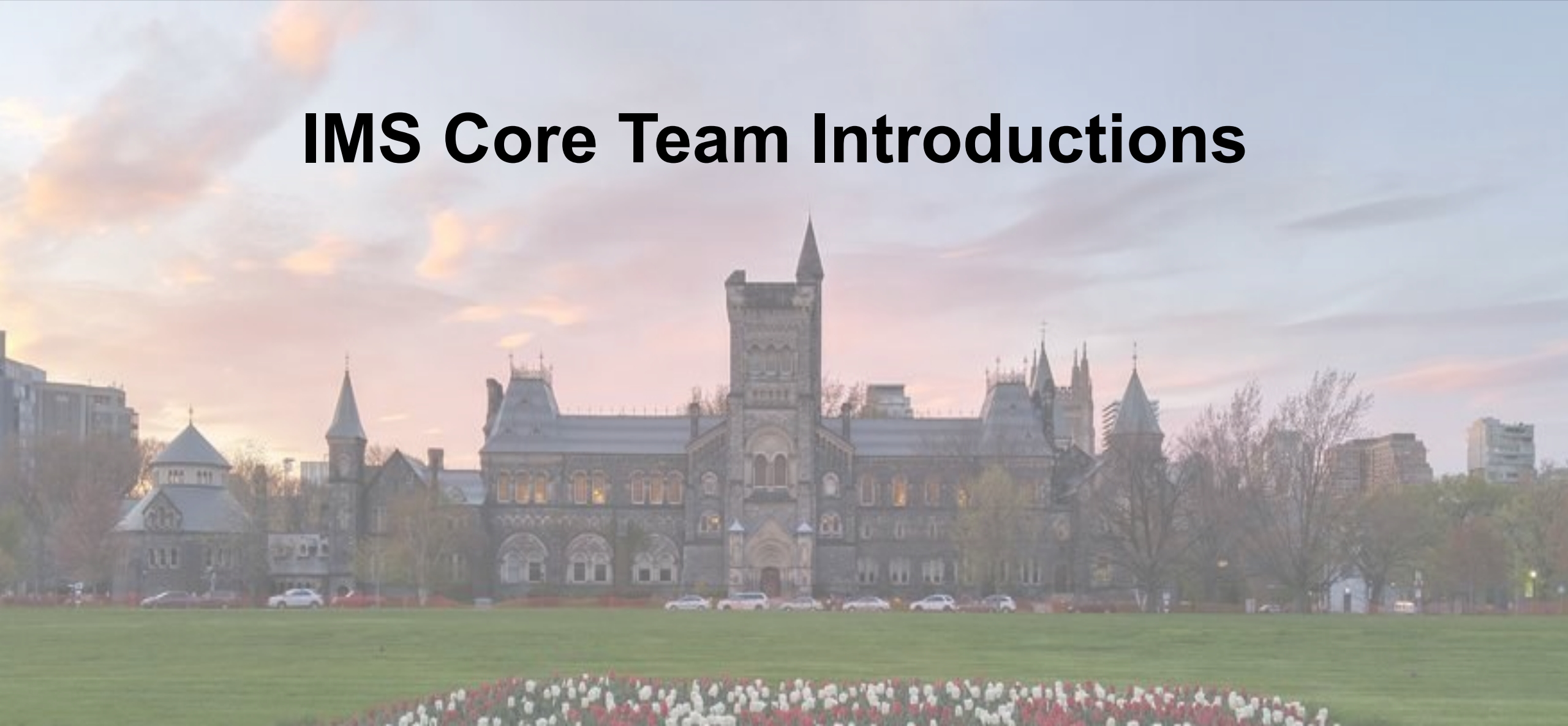


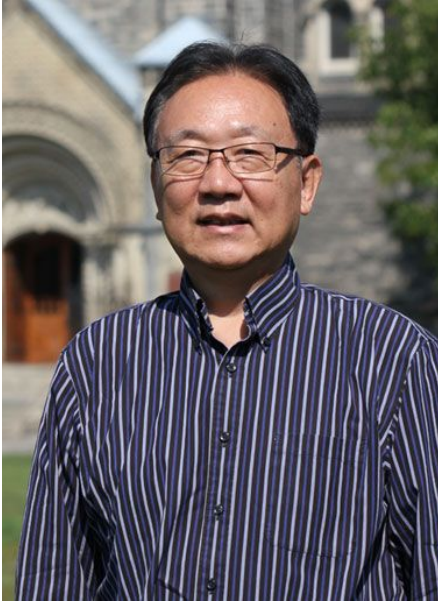
Dr. Lucy Osborne,
IMS Associate Director



Institute of Medical Science
UNIVERSITY OF TORONTO

IMS Core Team Introductions





Dr. Mingyao Liu, MSc, MD

Director

My favourite snack: Cookies



Dr. Lucy Osborne, PhD

Associate Director

My favourite snack: Ritz Crackers





Dr. Isabella Caniggia

My favourite snack: Quadratini



Dr. John Vincent

My favourite snack: Twiglets



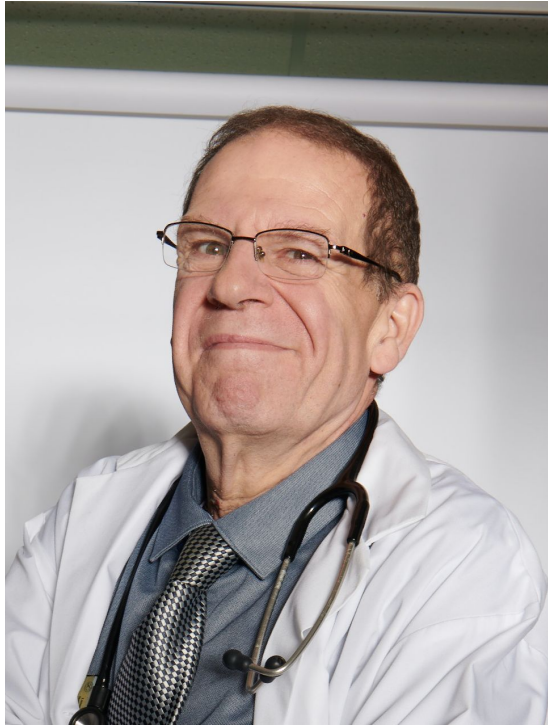
IMS Graduate Coordinators

Come see us if you have questions:

- 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:

Tuesdays, 9 - 10 AM



Dr. Eyal Grunebaum
Chair, Admissions Committee

Come see me if you have questions about:

- Admissions
- Career development as a clinician-scientist
- Life-work balance

My favourite snack:
Cheesecakes





Nicole Harnett

Director, Curriculum

Come see me if you have questions about:

- Courses
- Course requirements
- Curriculum development

My favourite snack:

Popcorn (straight up – not fancy!!)





Come see me if you have questions about:

- MSC1010/1011H Course

My favourite snack:
Potato Chips



Dr. Marianne Koritzinsky

Director of MSC1010/1011H



Dr. Samantha Anthony

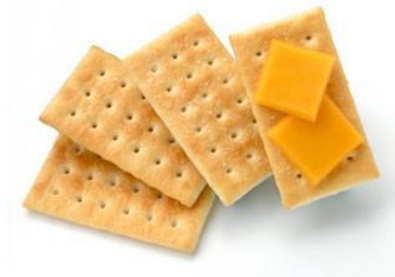
**Chair, Student, Staff, Alumni, Faculty
Engagement (SAFE) Committee**

Come see me if you have questions about:

- Ways to create engagement and connectivity in IMS community
- How to improve IMS graduate student experience – ideas to address growing concerns regarding mental health and wellness
- New student initiatives and activities
- Ideas to support increased faculty and alumni engagement
- Mentorship
- Career pathway as a Health Clinician Scientist

My favourite snack:

cheese & crackers





Kamila Lear
Business Officer

Come see me if you have questions about:

- Finance
- Human resources
- Payroll
- Special issues

My favourite snack:

Terry's Chocolate Orange





Sarah Topa

**International Program &
Partnerships Officer**

Come see me if you have questions about:

- International student support
- International programs and activities
- IMS website and other communications (Weekly Digest, TMC)
- Exciting news you want to share with the IMS community
- The IMS Career Mentorship Program

My favourite snack:

Peanut butter and banana!





Hazel Pollard

Admissions Officer, IMS

Come see me if you have questions about:

- Your student agreement (GEMS)
- Candidacy
- Program admissions

My favourite snack:
Fresh Fruit &

Tostitos (hint of spicy
queso flavour!)





Alicia Sam

**Executive Assistant & Faculty
Affairs Administrator**

Come see me if you have questions about:

- Internal Awards
- Equity, Diversity & Inclusion (EDI) Committee

My favourite snack:

Potato chips





Sobiga Vyravanathan

**Curriculum & Education
Administrator**

Come see me if you have questions about:

- Course and program requirements
- Course enrollment, MSC1010-1011H course coordination
- Curriculum Committee
- Teaching Assistant and Sessional Lecturer recruitment
- IMS Scientific Day and Summer Undergraduate Research Program (SURP)

My favourite snack:

Cheesecake. Desserts are my favourite 😊





Emilie DesRosiers

**Graduate Program Assistant
for MSc**

Come see me if you have questions about:

- Program Advisory Committee (PAC)
- Leave of Absence
- Program Extension
- Transfer Examination
- MSc Thesis Guidelines
- MSc Final Oral Examination and Program Completion

My favourite snack:

Doritos, Jalapeño and Cheddar





Joanne Lee

**Graduate Program Assistant for
PhD and Awards Assistant**

Come see me if you have questions about:

- External Awards, Program Advisory Committee (PAC)
- Candidacy, Leave of Absence
- Program Extension, Qualifying Examination
- PhD Thesis Guidelines
- PhD Final Oral Examination and Program Completion

My favourite snack:

Chocolate cookies



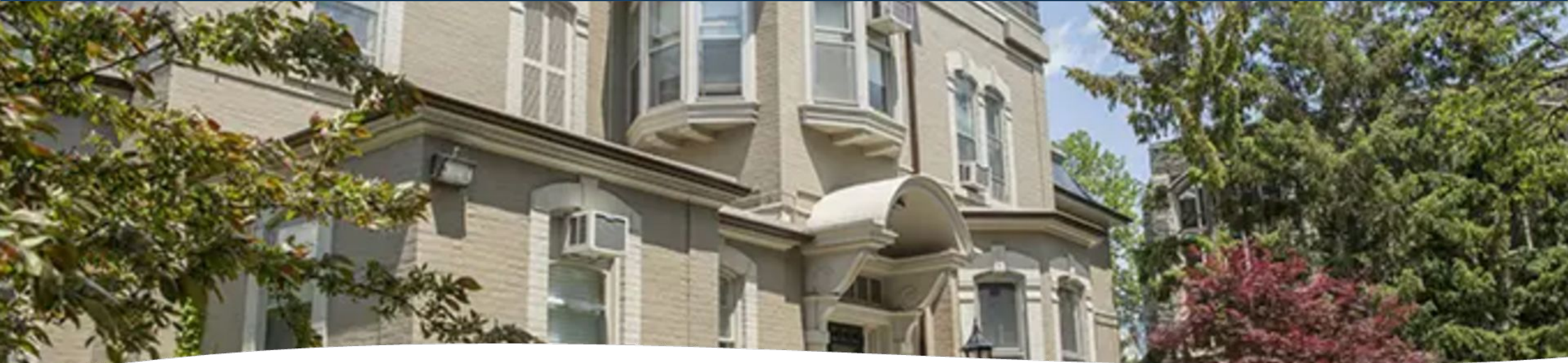


Institute of Medical Science
UNIVERSITY OF TORONTO

Vice-Dean's Address



Professor Yana Yunusova,
SGS Vice-Dean, Students



SGS resources

63 St. George Street
www.sgs.utoronto.ca

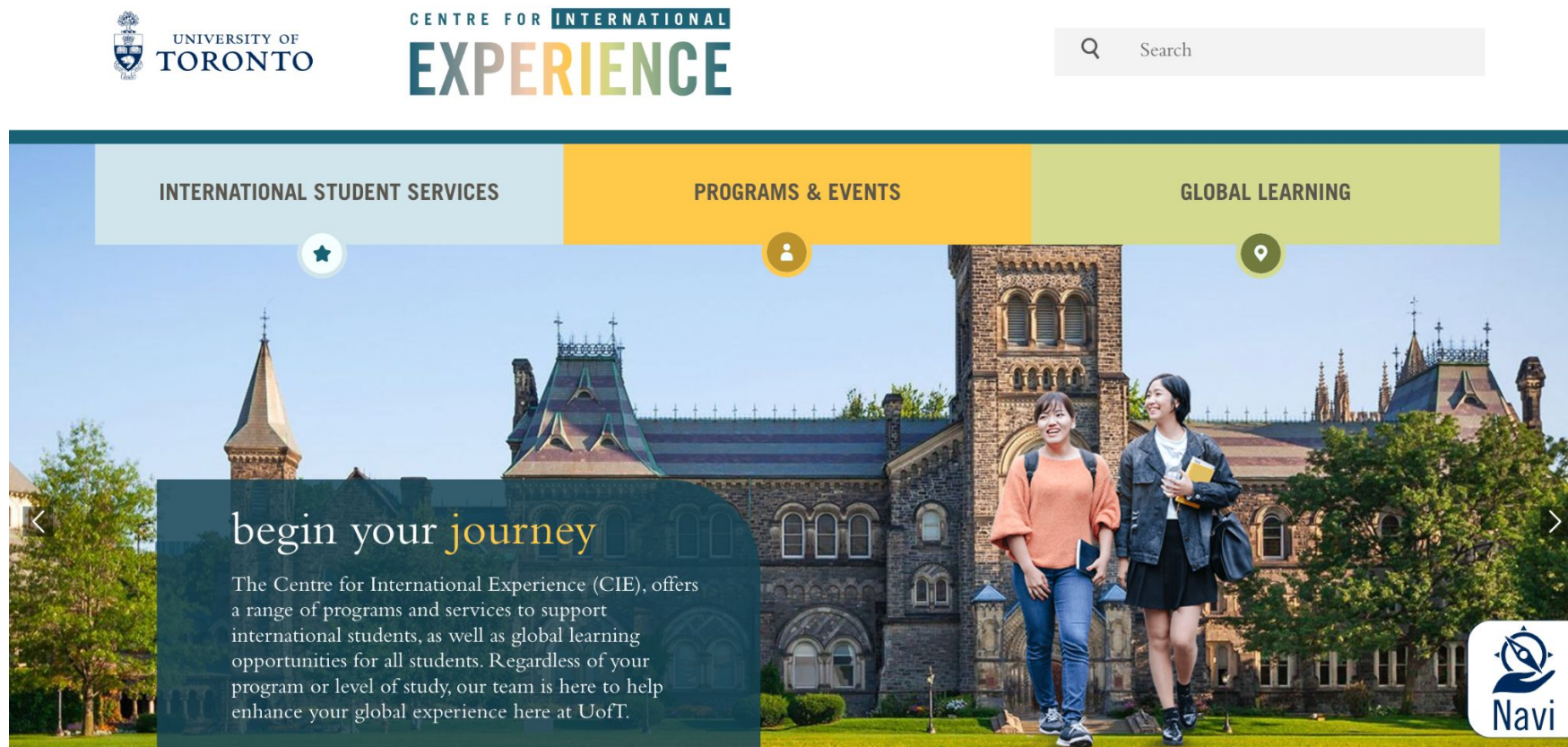
- Student Academic Services
- Graduate Awards Office
- Graduate Centre for Academic Communication
- Centre for Graduate Mentorship and Supervision
- Centre for Graduate Professional Development

The Centre for International Experience



Cumberland House - 33 St. George Street

The Centre for International Experience



The screenshot shows the website's header with the University of Toronto logo and the Centre for International Experience logo. A search bar is located on the right. Below the header is a navigation menu with three items: 'INTERNATIONAL STUDENT SERVICES' (with a star icon), 'PROGRAMS & EVENTS' (with a person icon), and 'GLOBAL LEARNING' (with a location pin icon). The main content area features a large image of two students walking in front of a historic building. A dark blue overlay on the left contains the text 'begin your journey' and a paragraph describing the Centre's services. A 'Navi' logo is visible in the bottom right corner of the image area.

UNIVERSITY OF TORONTO

CENTRE FOR INTERNATIONAL EXPERIENCE

Search

INTERNATIONAL STUDENT SERVICES

PROGRAMS & EVENTS

GLOBAL LEARNING

begin your **journey**

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.

Navi

<https://internationalexperience.utoronto.ca/>



The Centre for International Experience

Resource & Information Hub
cie.information@utoronto.ca

Immigration Advising
isa.cie@utoronto.ca

University Health Insurance Plan (UHIP)
uhip.information@utoronto.ca

ISE Ambassadors
ise.cie@utoronto.ca

Visit Our Websites:

internationalexperience.utoronto.ca

learningabroad.utoronto.ca

safetyabroad.utoronto.ca

Stay Connected with CIE!



Awards! Awards!

Internal Awards

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

Alicia Sam

sf.medscience@utoronto.ca

External Awards

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

Joanne Lee

phd.medscience@utoronto.ca

Check out <https://ims.utoronto.ca/awards> and <https://www.sgs.utoronto.ca/awards/>



Top-Up Practices

Award Amount	Top-Up**
\$0.00 to \$2,000	There will be no top-up but the student gets to keep the award(s), up to a combined maximum of \$2,000. The amount of the award will not be deducted from the base funding.
\$2001 to \$9,999 (cumulative awards)	Award goes towards the base funding and the student receives a \$2,000 top-up over their base funding.
\$10,000 to \$15,000 (cumulative awards)	Award goes towards the base funding and the student receives a \$3,000 top-up over their base funding.
Over \$15,000 (cumulative awards)	Award goes towards the base funding and the student receives a \$4,000 top-up over their base funding.



Equity, Diversity, and Inclusion



Dr. Mahavir Agarwal,
Assistant Professor, Associate Member



Equity, Diversity, and Inclusion

Part of IMS' strategic plan; led by Dr. Sunit Das, Department of Surgery, and Alicia Sam.

- Expansion of pathways for outreach and recruitment of learners from high schools and undergraduate programs
- Development of recruitment, retention and engagement strategies for faculty, research assistants, and postdocs
- 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
- Support the education and professional development of staff with regards to EDI-related training

Equity Enhancement Bursaries for Black and Indigenous Students

Explore the IMS admissions process

EDI Lead: Dr. Sunit Das (sunit.das@utoronto.ca)

IMS Student Support Team	Email
Mahavir Agarwal	Mahavir.Agarwal@camh.ca
Jenny Lau (new faculty)	jenny.lau@uhn.ca
Anukrati Nigam	anukrati.nigam@mail.utoronto.ca
Ankita Das	ankita.das@mail.utoronto.ca
Akshat Pai	akshat.pai@mail.utoronto.ca
Ergi Duli	ergi.duli@mail.utoronto.ca
Abimola Saka	abimbola.saka@mail.utoronto.ca
Shu'ayb Simmons (new student)	shuayb.simmons@mail.utoronto.ca
Sonja Elsaid (new student)	sonja.kasapinovic@mail.utoronto.ca



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

Please feel free to checkout the IMS student group booths before we begin again at 10:35 am.

Slido link for Q&A:

[https://app.sli.do/event/khwjaSXR
Cnq7s7MRKoAy5m](https://app.sli.do/event/khwjaSXR
Cnq7s7MRKoAy5m)





10:45 – Navigating your degree: Helping you understand IMS policies and Requirements for Successful Degree Completion: **Drs. Isabella Caniggia and John Vincent** IMS Graduate Coordinators

10:50 – Introduction to MSC1010/1011H: Dr. **Marianne Koritzinsky**, MSC1010/1011 Course Director

10:55 – Institute of Medical Science Student Association : **Vanessa De Gregorio** and **Dejan Bojic**

11:00 – Temerty Medicine Connect and Career Mentorship Program: **Ergi Duli**

11:05 – Graduate Professional Development: Success After Graduate School: **Michelle Dubinsky**

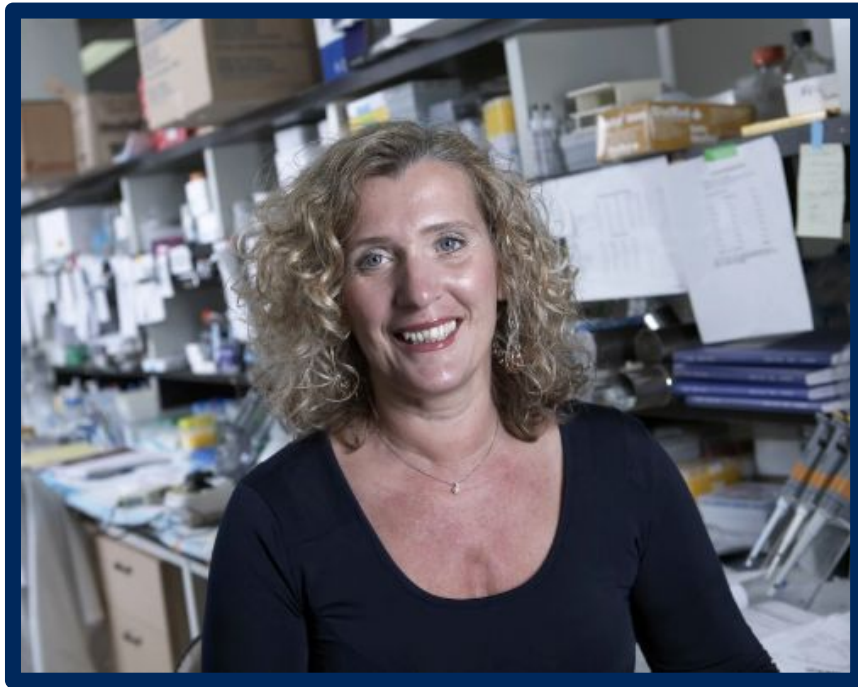
11:10 – 11:40 – IMS Student Groups

11:40 – Q & A

12:00 - Lunch



Navigating your degree



Dr. Isabella Caniggia,
Graduate Coordinator



Dr. John Vincent,
Graduate Coordinator



Navigating your degree



Sobiga Vyravanathan

- Courses and enrollments (MSC 1010/1011H)



Emilie DesRosiers

- MSc Program Information




Joanne Lee

- PhD Program Information

Navigating your degree

What is a PAC?

- A Program Advisory Committee (PAC) that provides you with research expertise, guidance and mentorship.
- The PAC includes your supervisor and at least two faculty members with a current membership in the School of Graduate Studies.
- The PAC works together with you to ensure the success of your degree.
- PAC workshop will be held in mid-October, all incoming students are expected to attend (more infos - weekly digest and e-mail).



The screenshot shows the IMS website header with the University of Toronto logo and navigation menu. The breadcrumb trail is: Home > Current Students > Doctoral Stream Programs > Program Advisory Committee (PAC). A sidebar menu on the left lists: Student Handbook, Awards, Groups & Associations, Health & Wellness, FAQs, and Doctoral Stream Programs. The main content area features the title "Program Advisory Committee (PAC)" and a sub-heading "What is a PAC?". Below this, the text begins: "A Program Advisory Committee (PAC) includes your supervisor and a".

<https://ims.utoronto.ca/program-advisory-committee>.



Introduction to MSC1010/1011H

- Dr. Marianne Koritzinsky – Course Director
Marianne.Koritzinsky@uhnresearch.ca
- Nicolette Stogios – Teaching Assistant
Nicolette.Stogios@mail.utoronto.ca
- Sobiga Vyravanathan – Administrator
cc.medscience@utoronto.ca

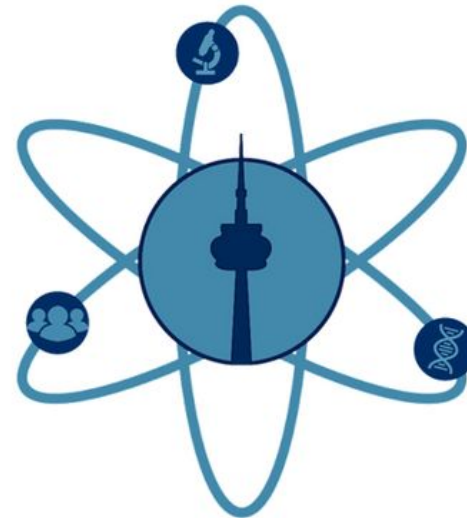
- Ethics course (online - asap)
- Lectures (13 – Fall Year 1)
- Ori Rotstein Lecture (Fall Year 1)
- Presentation groups (4 – Spring Year 2)
- IMS Scientific day w/presentation (SY2)

Recording from session 1 available on Quercus



The Institute of Medical Science Students' Association (IMSSA)

- Engage graduate students, staff and faculty at the IMS, with our primary mission being to promote the well-being and professional development of our student body.
- Organize various events throughout the year.



IMSSA
Institute of Medical
Science Students'
Association

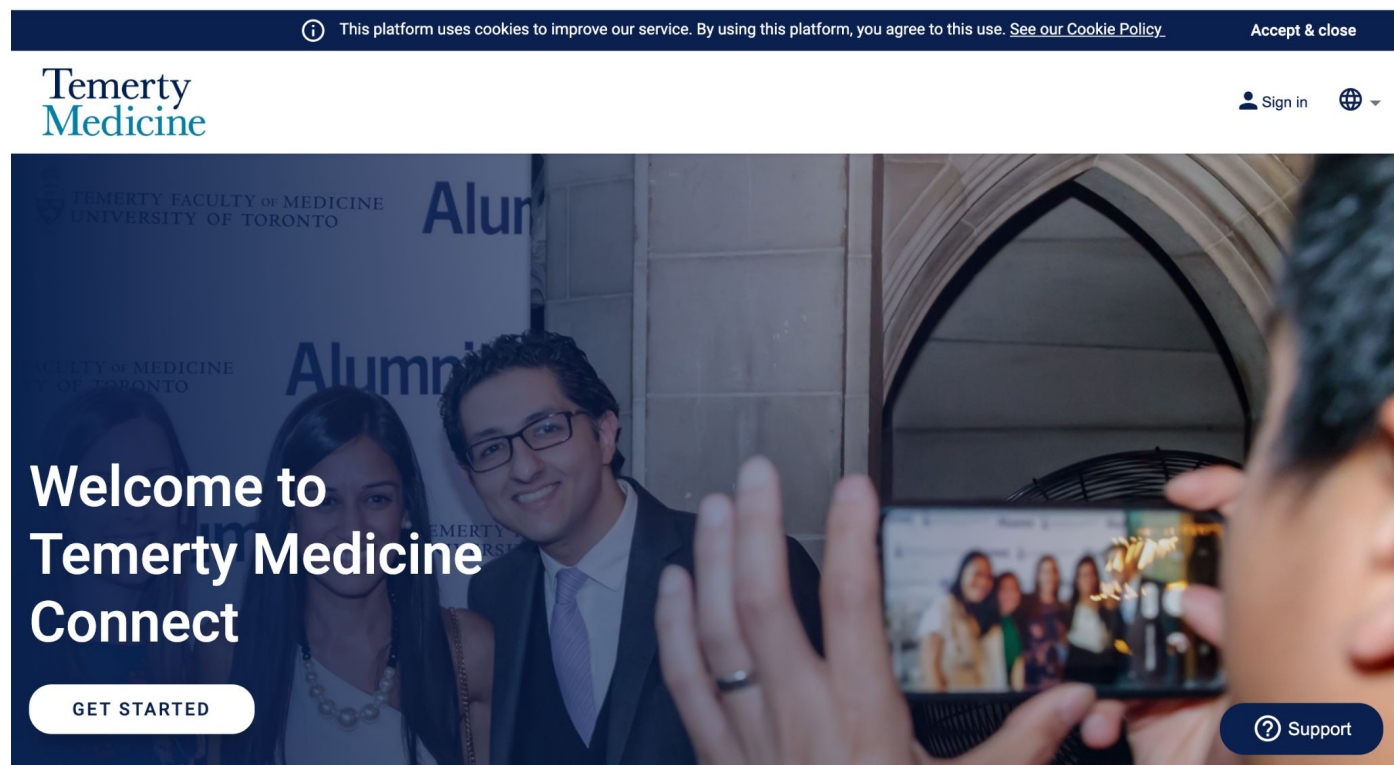


The Institute of Medical Science Students' Association (IMSSA)

- Check out <https://imssa.ca/> or send us an email at imssa.president@gmail.com for more information!



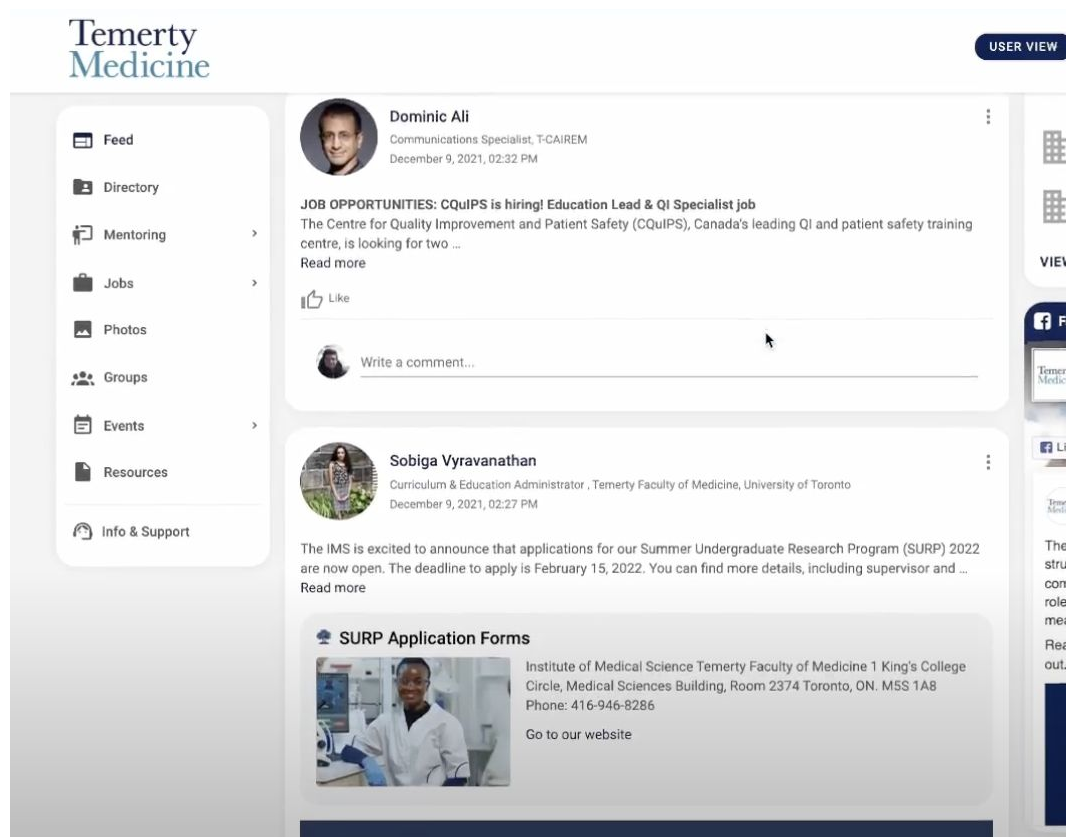
Temerty Medicine Connect



- Connect with the Temerty Faculty of Medicine community
- Sign up made easy using



Temerty Medicine Connect

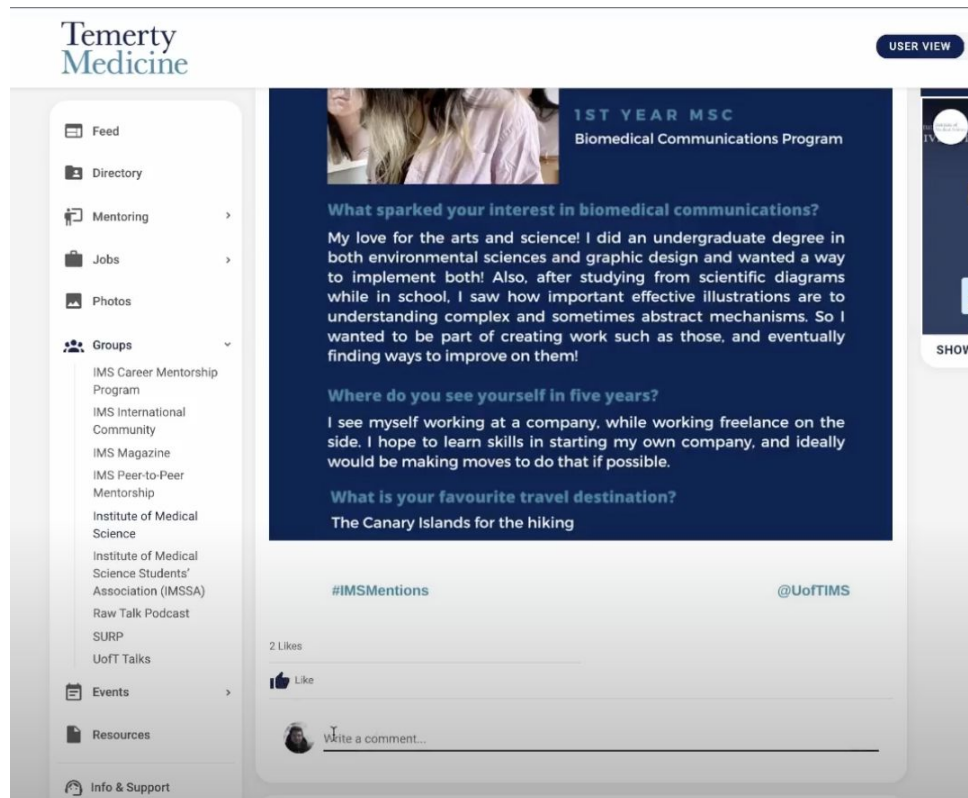


The screenshot displays the Temerty Medicine Connect user interface. On the left is a navigation menu with options: Feed, Directory, Mentoring, Jobs, Photos, Groups, Events, Resources, and Info & Support. The main content area shows a 'USER VIEW' for a user named Dominic Ali, Communications Specialist, T-CAIREM. A post from him is visible, titled 'JOB OPPORTUNITIES: CQuIPS is hiring! Education Lead & QI Specialist job', with a 'Like' button and a 'Write a comment...' field. Below this is a post from Sobiga Vyravanathan, Curriculum & Education Administrator, Temerty Faculty of Medicine, University of Toronto. Her post is titled 'SURP Application Forms' and includes contact information for the Institute of Medical Science Temerty Faculty of Medicine. The right sidebar contains a 'VIEW' section with a Facebook feed snippet.

- See activity of those you follow on the mainfeed!



Temerty Medicine Connect



- Or search specific groups and interact with their pages with a comment or like!



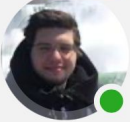
Temerty Medicine Connect

1 Registered Users

Sort: Alphabetically ▾

List Map

Willing to help

 **Ergi Duli**

Student Staff

PhD, Institute of Medical Science, 2023

>

Find Mentors By Job Function

1	Research	145 Available Mentors
2	Healthcare Services	106 Available Mentors
3	Education	33 Available Mentors
4	Administrative	19 Available Mentors
5	Consulting	15 Available Mentors

SEARCH BY JOB FUNCTION

- Job offers
- Events
- Mentorship

And so much more...



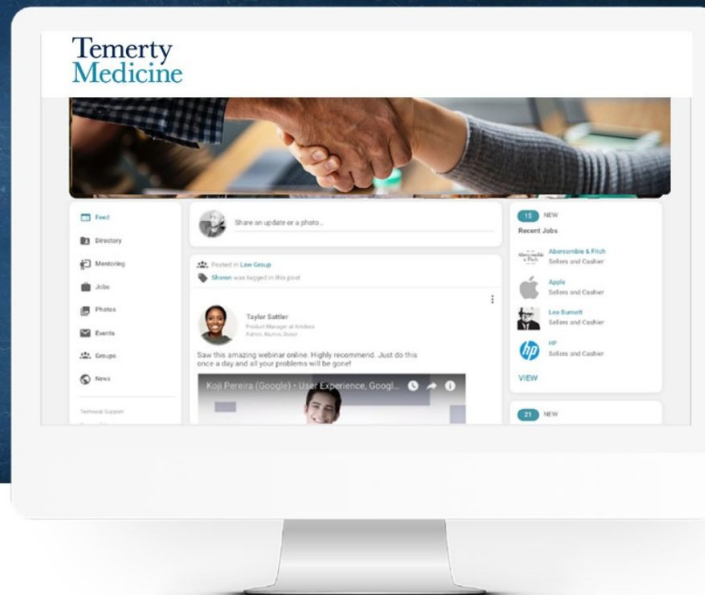
Temerty Medicine Connect

Make powerful
**PROFESSIONAL
CONNECTIONS**

Visit Temerty Medicine Connect

[REGISTER NOW](#)

Temerty
Medicine



Register at uoftmedicineconnect.ca

- Check out the resources tab for more information or reach out to me (ergi.duli@mail.utoronto.ca)



Career Mentorship Program



Career
Mentorship
Program

Your career goals are unique.

Your mentorship should reflect that.

- Faculty/Alumni mentors in your dream job
- Tailored small-group workshops
- Networking



Graduate Professional Development (GPD): Success After Graduate School



Dr. Pamela Plant,
Course Lecturer

Why think about what happens after graduate school when you're entering graduate school?



shutterstock.com · 1514579633



Preparing MSc graduate students for diverse careers

Preparing current and prospective IMS MSc graduates demands recognition of new knowledge domains and professional competencies our graduates should pose to translate their knowledge into impact in multiple careers. For instance, besides research expertise, most IMS graduates' LinkedIn profiles identified leadership and communications skills to be an attribute to their qualifications. Therefore, training our students to develop these transferable skills during their graduate education should be a priority. It is important to build professional development as an integral part of the IMS graduate program and highlight its importance to graduate students and their supervisors.

Three Steps of GPD

Reflection



Meaningful
Engagement



Storytelling



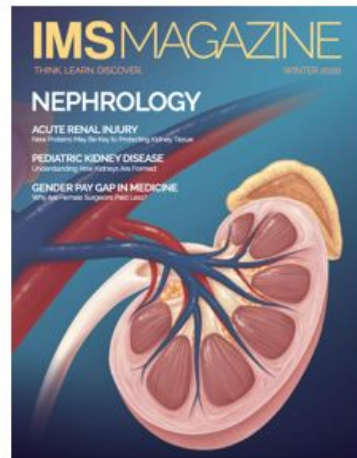
*Wayfinding
Prototyping*

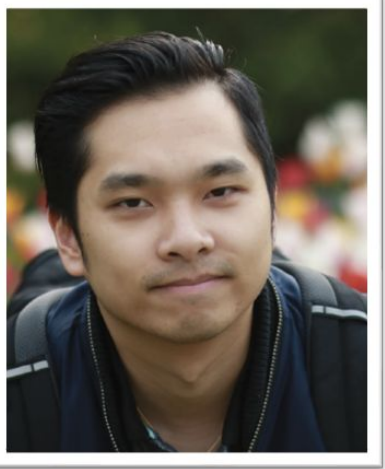
*Marketing You
Networking, CARs
STARs, 3MTs*



IMS MAGAZINE

THINK. LEARN. DISCOVER.
www.imsmagazine.com





Jason Lo Hog Tian

- Co Editor-in-Chief
- Team member since 2018



Stacey Butler

- Co Editor-in-Chief
- Team member since 2019

VIEWPOINT

The Real Challenge in COVID-19 Vaccine Development: Distributing a Product to the Entire World

By Jason Lo Hog Tian

The real challenge in creating a vaccine is not developing the vaccine itself, but distributing it to the entire world. Practical issues in the early stages of vaccine development are not limited to the need to use it in a wide range of people, but also to ensure that it is available to all. This is a challenge that is often overlooked in the early stages of vaccine development. The real challenge is not developing the vaccine, but distributing it to the entire world. Practical issues in the early stages of vaccine development are not limited to the need to use it in a wide range of people, but also to ensure that it is available to all. This is a challenge that is often overlooked in the early stages of vaccine development.

An approved vaccine does not mean the pandemic will be over – it is only the first hurdle

Graphic design by Gillian Pei

COMMENTARY

The Chinese CRISPR Babies: Lessons Learned and Paving the Way Forward

By Jason Lo Hog Tian

In November 2018, Dr. He Jiankui announced the birth of the first babies with genomes edited using CRISPR technology. This was met with great controversy throughout the scientific community and sparked a debate about the ethical considerations of altering fetal genomes. In a viewpoint article in our Summer 2019 issue entitled, 'The Chinese CRISPR Babies: Are We Ready for Gene Editing?' research conduct and demonstrates their commitment to promoting responsible research conduct and demonstrates their commitment to promoting responsible research conduct and demonstrates their commitment to promoting responsible research conduct.

VIEWPOINT

THE "HEARTBEAT" MOVEMENT

Is the World Becoming More Restrictive on Abortion?

By Jason Lo Hog Tian

Abortion has been practiced since ancient times, but with the introduction of the legal system, abortion practices had to be refined and regulations had to be established. Countries differ on abortion ideology, however there are six main grounds, ranging from most to least restrictive under which a nation would grant an abortion: ground 1 – risk to life; ground 2 – rape or sexual assault; ground 3 – serious fetal anomaly; ground 4 – risk to physical and/or mental health; ground 5 – social and economic reasons; and ground 6 – no reason.

FEATURE

Pandemic tales from a Respirologist at the forefront of COVID-19 research

By Stacey J. Butler

Dr. Andrea Scrobonchi, MD, is a respirologist at the University of Toronto. She has been at the forefront of COVID-19 research, leading a team of researchers in the early stages of the pandemic. She has been instrumental in the development of the COVID-19 research protocol and has been instrumental in the development of the COVID-19 research protocol.

STUDENT SPOTLIGHT

Your brain is more powerful than you think: An interview with Natalie Osborne

Natalie Osborne is a student at the University of Toronto. She is a member of the Neuroscience Society and has been instrumental in the development of the COVID-19 research protocol. She has been instrumental in the development of the COVID-19 research protocol.

VIEWPOINT

What do we want? Pharmacare! When do we want it? Now!

Pharmacare is a topic that has been discussed for many years. It is a topic that has been discussed for many years. It is a topic that has been discussed for many years. It is a topic that has been discussed for many years.



Interview IMS Faculty,
Students & Alumni



Create Infographics



Debate Hot Topics in Science
& Healthcare



Promote Diversity in Science



Conference Highlights



Book Reviews



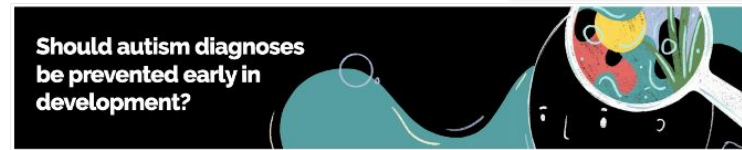
IMS Events & More!



By Madhumitha Rabinathan



Dr. Heitho Zhang
Professor, Department of Anaesthesia, University of Toronto
Professor, Department of Medicine, University of Toronto
Professor, Department of Psychiatry, University of Toronto
Faculty Member, Institute of Medical Sciences, School of Graduate Studies, University of Toronto



By Lou Burrows-Slater



By Kira Tikals







READ IT ONLINE
IMSMAGAZINE

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imsmagazine.com

  @IMSMagazine

Are you passionate about science communication and interested in joining our team?

We are recruiting new:



Journalists



Copy-Editors



Photographers



Social Media Team

Apply now! →



Or follow the link:

tinyurl.com/IMSMagazine2022

Peer-to-Peer (P2P) Mentorship Program

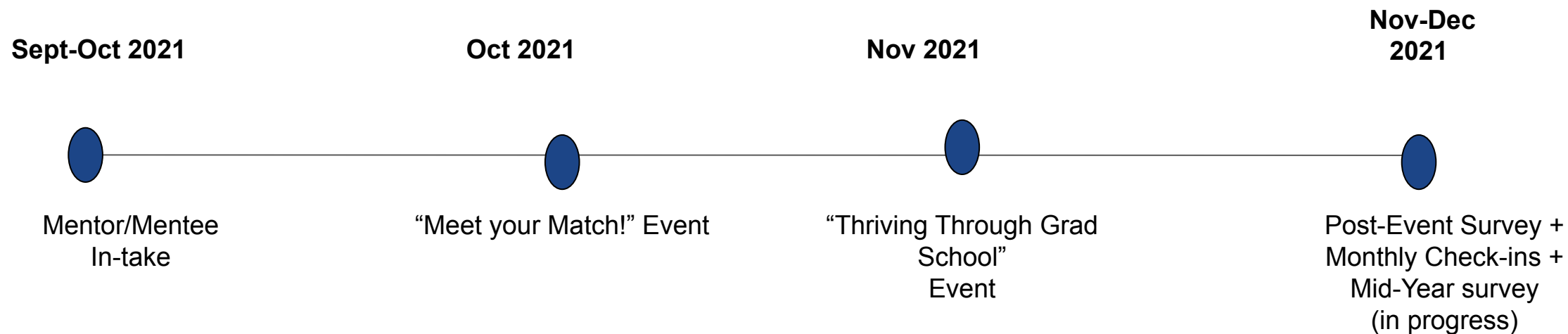
- **Our Mission:** The IMS mentorship program is designed by students for students to help them navigate, access resources, and excel in the program. We provide guidance and support for incoming graduate students, through peer-to-peer mentorship.
- **Our Vision:** To serve as a liaison between students and faculty, a directory for resources, and foster an inclusive environment where students find the help they need through informal channels







Program Timeline





Nairy

*Lead Mentor &
Program Lead*



Maryam

*Lead Mentor &
Operations*



Nayaab

*Lead Mentor &
Treasurer*



Alice

*Lead Mentor &
Communications/Market
ing Co-Director*



Rand

*Lead Mentor &
Communications/Market
ing Co-Director*

Keep an eye out for Program Applications!

Question? E-mail us at mentorship.ims@gmail.com



Let's Talk Grad Wellness (LTGW)

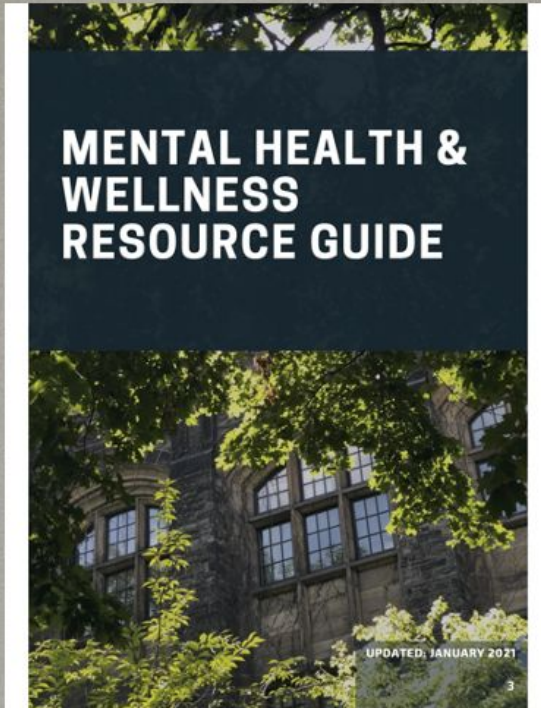
Supported by 2020 GLSE Wellness Grant

our mission is to promote the creation of healthy lab environments by facilitating intentional and thoughtful dialogue about graduate student wellness among graduate students and supervisors





Resource Guide



CONTENTS

- LET'S TALK ABOUT GRAD WELLNESS Guide, Information & Wellness Tracker 2
- MENTAL HEALTH & WELLNESS RESOURCE GUIDE
- EMERGENCY SERVICES 4
- U OF T RESOURCES & SUPPORTS
- 24/7 Supports & Distress Lines 5
- Mental Health Resources 6
- Counselling & Psychotherapy 7
- Health Resources 8
- Workshops & Programs 10
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- COMMUNITY RESOURCES & SUPPORTS
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- CONTACT & COMMENTS 33

CONFLICT RESOLUTION RESOURCES

UNIVERSITY RESOURCE	BACKGROUND & FUNCTION	CONTACT INFORMATION
GRADUATE COORDINATOR	Coordinators operate as first-line representatives for students. They can play an active role for the conflict resolution of a student.	Varies per department
DEPARTMENT CHAIR	Chairs operate as the next-line of representatives for students. They can orchestrate a clearer resolution as they have complete power over both student and supervisor.	Varies per department
UTGSU ADVOCATE	When students consider making an appeal, a professional advocacy consultation can be obtained from the Graduate Student Union representatives. They provide information, offer guidance through the policies and procedures regarding the appeal process, advise on possible solutions regarding particular situations, offer to make inquiries to obtain facts and keep confidential records of the student's case.	Gail Fernando UTGSU Membership and Advocacy Coordinator Phone: 416-946-8699 Email: members@utgsu.ca
SGS	Students can make a more formal complaint to the school of graduate studies to the Vice Dean of students if the issue remains to be unresolved and if there is a continued problem.	Charmaine Williams - Vice-Dean, Students, School of Graduate Studies Tel: 416-978-5986 Fax: 416-971-2327 sgs.studentaffairs@utoronto.ca
OFFICE OF THE OMBUDSPERSON	The office of the ombudsperson deals with issues from all campuses and faculties. The FOM has complete policies, procedures and working environments (i.e. lab spaces etc.) and clarifying these for graduate students could be part of the embedded facilitator role and highlighted in codes of conduct guidelines. The current Ombud portfolio at the U of T is broad.	Make a formal request at: https://governingcouncil.utoronto.ca/contact-ombuds-office
COMING SOON		
SUPERVISOR SURVEY	Later this year, an anonymous supervisor survey will be deployed to do a check-in on your relationship with your PI. This will be an anonymized survey that releases aggregate information (at N=5) and comments to the Department chair. Comments that endanger your well-being are de-anonymized and handled by the Faculty of Medicine.	Will be sent to you annually in an email. Although completion of the survey will be optional, participation is very strongly encouraged.
SGS CENTRE FOR GRADUATE MENTORSHIP AND SUPERVISION	SGS is in the process of launching a new Centre for Graduate Mentorship and Supervision which will focus on promoting healthy, supportive and productive mentoring relationships to improve student experience, enhance mental wellness, and positively impact academic and career outcomes for graduate students, post-doctoral fellows and faculty members alike.	Coming soon in Spring 2021

Learn more about student wellness here!





Events

Let's Talk Grad Wellness

Real Conversations 2022

A One-Pager on Themes of Graduate Student Wellness
in the Temerty Faculty of Medicine

LET'S TALK ABOUT GRAD WELLNESS
Guide, Information & Wellness Tracker

ELEFANT

Environment | Limits | Employment | Funding | Academics | Non-Academics | Thesis

**MENTAL HEALTH &
WELLNESS
RESOURCE GUIDE**



Join us!

We are looking for more students
to join the team!

Email us:

letstalkgradwellness@gmail.com

Resource guide:



Current Team Members



Laura B



Rachel D



Sandy L



Swapna S



Earvin T



Vanessa D



UofT Talks

- An annual event organized by IMS Students and Alumni.
- Devoted to presenting multidisciplinary perspectives on a pertinent and relevant topic in healthcare.
- **Vision:** to create a dynamic space to facilitate engagement and education, and to challenge misconceptions about complex scientific and health-related topics



UofT
TALKS



Uoft TALKS

Presented by
The Institute of Medical Science

Opioids: From Wonder Drug to Epidemic - Now What?

Thursday June 28th, 2018 | www.uofttalks.ca

Dying for Change: How to Heal Canada's Healthcare System

Presented by The Institute of Medical Science

Thursday, June 8th 2017 | 7-9pm
TELUS Centre for Performance and Learning,
Mazzoleni Hall

Presented by the Institute of Medical Science

Uoft TALKS DESTINATION HEALTH
Unpacking the Migrant Experience

Join Uoft Talks for an open discussion about the experiences of migrants in Canada, their journeys through the healthcare system, and what we can do to improve.

NICHOLAS KEUNG
Moderator

Reporters
Toronto Star

VANESSA WRIGHT
Member

Nurse practitioner
Generalist Clinic, Women's College Hospital

DR. BRANKA AGIC
Speaker

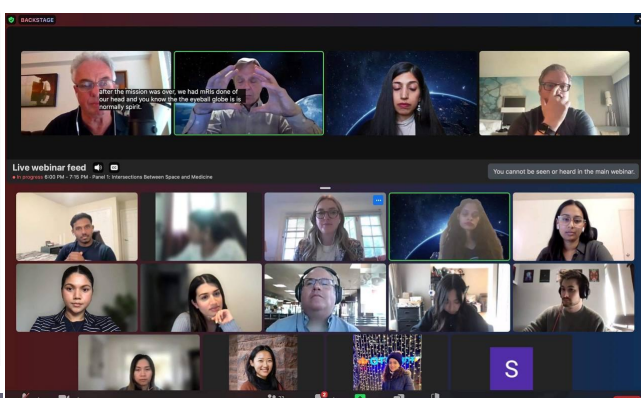
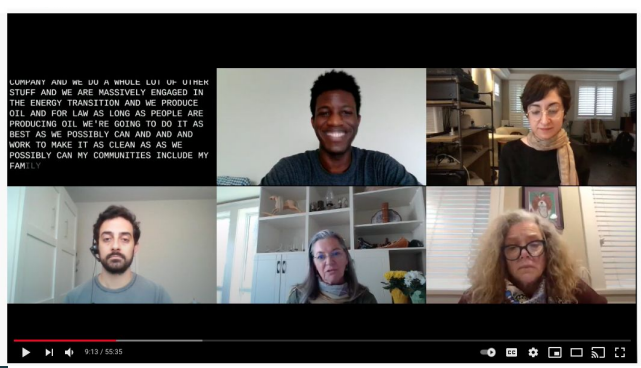
Director of Knowledge Exchange
Practical System Support Program, CAMH

VINCE PIETROGALO
Speaker

General Manager
CAMH Family and Mental Health Services

Innis Town Hall Theatre
June 20th 2019 | 6-9pm

Tickets @ uofttalks.ca
\$15 General Admission, \$10 Student



U of T Talks presents:

INTERSTELLAR HEALTH

Medicine to New Heights

June 2nd 2022
6 - 9 pm (EST)

visit uofttalks.ca for more details and registration.

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Panel One
Intersection Between Space and Medicine

Moderator: Bob McDonald

Dr. Hilding Neilson
Dr. Shawna Pandya
Dr. Robert Thirsk

Panel Two
Emerging and Future Trends in Space Medicine

Dr. Kristi Ray
Dr. Konrad Szocik
Dr. Joan Saary

U of T Talks & Raw Talk Podcast present:

OUR HEALTH ON THIN ICE

Virtual Panel Discussions on Climate Change & Health

June 2nd, 2021
5:30 - 8:30 PM

visit uofttalks.ca for more details & registration

Institute of Medical Science UNIVERSITY OF TORONTO

Uoft TALKS

RAW TALK

STUDENT INITIATIVE

U of T Talks presents:

INTERSTELLAR HEALTH

Medicine to New Heights

June 2nd 2022
6 - 9 pm (EST)

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OR
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HOW TO CONTACT US



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**UofT
TALKS**

Raw Talk Podcast

- Our members are mainly graduate students at IMS but we have also expanded to other departments within and beyond UofT (med students, undergrads, etc..)
- We have over **100+** episodes with a total of **+80,000 downloads**, and we recently have published articles in healthy debate, elemental magazine and IMS Magazine





Raw Talk Podcast

RAW TALK
PODCAST

Behind every discovery, there's a story.

@rawtalkpodcast

New episodes every other Wednesday

- Everyone is welcome to pass by our booth to suggest episode ideas, guests, and apply to join our team



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IMS Student Orientation
September 9, 9:00 am-12:00 pm

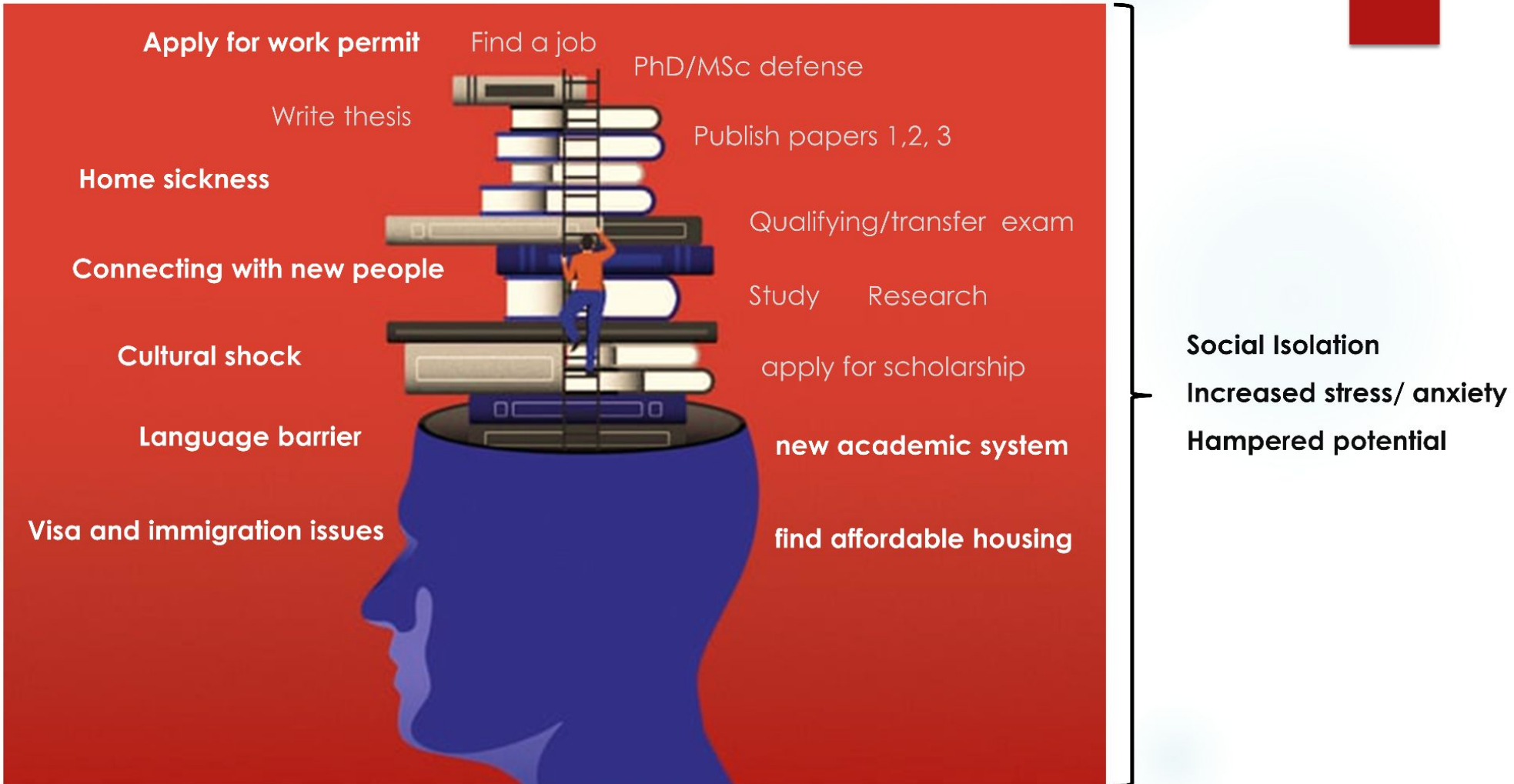


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IMS International Community



Challenges faced by international graduate students





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September 9, 9:00 am-12:00 pm



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 IMS International Community



**IMS-INTERNATIONAL
 COMMUNITY MONTHLY
 SEMINAR SERIES**



**Navigating a Career
in Neuroscience
from PhD to postdoc
and beyond**

Friday, March 26 | 5-6 PM
COME AND JOIN US!
<https://utoronto.zoom.us/j/81962895509>



Institute of Medical Science
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**Far Away From Home:
A Perspective About
Life Changing
Decisions in Academic
Career**

Guest Speaker:
Dr. Leonardo Assunção

Thursday, June 24th | 5-6 PM
<https://utoronto.zoom.us/j/81100657979>

RSVP for a \$10 gift card
<https://ims-international-seminar-series-5.eventbrite.ca>



**IMS INTERNATIONAL
COMMUNITY MONTHLY
SEMINAR SERIES**



Dr. Leonardo Assunção
Postdoctoral Fellow
at SickKids
&
Recipient of the 2021
Transplant Fellow
Research Award From
Ajmera transplant
centre - UHN

int.medscience@utoronto.ca

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An Event Created by IMS
International Students for the
UoT International Community

Guest Speaker
Dr. Aron Hill



Alfred Deakin
Postdoctoral Research
Fellow, Cognitive
Neuroscience Unit, School
of Psychology, Deakin
University, Australia
&
Former Postdoctoral
Fellow at CAMH

int.medscience@utoronto.ca



**Beyond Academia:
Life in the
non-Profit World**

Guest Speaker:
Dr. Barbara Marebwa

Friday, April 30 | 5-6 PM
<https://utoronto.zoom.us/j/82053411949>

RSVP for a \$10 gift card
<https://ims-international-seminar-series-3.eventbrite.ca>



Institute of Medical Science
UNIVERSITY OF TORONTO



**Immigration and
Regression: One Step
Back Towards Future**

Guest Speaker:
Dr. Masoud Ahmadzad-Asl

Friday, July 30th | 5:30-6:30 PM
<https://utoronto.zoom.us/j/83224015786>

RSVP for a \$10 gift card
<https://ims-international-seminar-series-6.eventbrite.ca>



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**IMS INTERNATIONAL
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SEMINAR SERIES**



Dr. Barbara Marebwa

Associate Director at The
Michael J. Fox
Foundation for
Parkinson's Research,
New York, US
&
Former Postdoctoral
Fellow at Harvard
Medical School

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**IMS INTERNATIONAL
COMMUNITY MONTHLY
SEMINAR SERIES**



Dr. Masoud Ahmadzad-Asl
Psychiatry Resident Physician,
Department of Psychiatry,
Sunnybrook Health Science
Centre,
University of Toronto

int.medscience@utoronto.ca



**A non-Linear Path
to Academia and
Industry**

Guest Speaker:
Dr. Reza Zomorrodi

Friday, May 28 | 5-6 PM
<https://utoronto.zoom.us/j/84135304483>

RSVP for a \$10 gift card
<https://ims-international-seminar-series-4.eventbrite.ca>



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UNIVERSITY OF TORONTO



**If I Can Do It, You Can
Do It**

Guest Speaker:
Dr. Leila Zahedi

Friday, August 27th | 4-5 PM
<https://utoronto.zoom.us/j/87057502920>

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<https://ims-international-seminar-series-7.eventbrite.ca>



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Dr. Reza Zomorrodi
Scientist at Temerty
Centre for Therapeutic
Brain Intervention,
Centre for Addiction and
Mental Health (CAMH)
&
Senior Neurotech
Consultant

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**IMS INTERNATIONAL
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SEMINAR SERIES**



Dr. Leila Zahedi
Family Physician,
OneHealth Centre
University of Toronto Alumni

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**What Does It Take
to Change a Life?**

Guest Speaker:
Dr. Shadi Zarei

Thursday, September 23rd | 5-6 PM
<https://utoronto.zoom.us/j/89638104255>

RSVP for a \$10 gift card
<https://ims-international-seminar-series-8.eventbrite.ca>



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Welcome to the Inaugural
IMS International Community
Monthly Seminar Series

**Moving Around the
World in Academic Life:
A Personal Perspective**

Friday February 26th | 2-3 PM
COME AND JOIN US!
<http://bit.ly/IMSFeb26>



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**IMS INTERNATIONAL
COMMUNITY MONTHLY
SEMINAR SERIES**



Dr. Shadi Zarei, MD, MSc
Freelance Medical Writer

Specializing in
Neuroscience and
Psychology,
IMS Alumni &
former Postdoctoral Fellow
at CAMH

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Institute of Medical Science
UNIVERSITY OF TORONTO

An Event Created by IMS
International Students for the
UoT International Community

Guest Speaker:
Dr. Pedro Elias Marques



Assistant Professor in Medical
Immunology,
Marie Skłodowska-Curie Fellow at
Rega Institute for Medical Research,
KU Leuven, Belgium
&
Former Postdoctoral Fellow
at SickKids

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Once in a lifetime – the ups and downs of a life in Academia

Guest Speaker:
Dr. Hendrik Huthoff

Friday, February 25th | 4-5 PM
<https://utoronto.zoom.us/j/89661330001>
Meeting ID: 896 6133 0001
RSVP for a \$10 gift card
<https://ims-international-seminar-series-11.eventbrite.ca>



IMS INTERNATIONAL COMMUNITY MONTHLY SEMINAR SERIES



Dr. Hendrik Huthoff
Head of Education at the Jena School, Microbiological Comm.

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Navigating Different Cultures While Working In Academia

Guest Speaker:
Dr. Andreea Diaconescu

Thursday, March 24th | 5-6 PM
<https://utoronto.zoom.us/j/83980671657>
Meeting ID: 839 8067 1657
RSVP for a \$10 gift card
<https://ims-international-seminar-series-12.eventbrite.ca>



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Dr. Andreea Diaconescu
Independent Scientist at the Krembil Centre for Neuroinformatics at CAMH and Assistant Professor at UoT

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Your path towards achieving your desired goal may not be the same as others. Be strategic!

Guest Speaker:
Dr. Abimbola Saka

Wednesday, April 27th | 5-6 PM
<https://utoronto.zoom.us/j/88424604854>
Meeting ID: 884 2460 4854
RSVP for a \$25 UBER eat gift card
<https://ims-international-seminar-series-13.eventbrite.ca>



IMS INTERNATIONAL COMMUNITY MONTHLY SEMINAR SERIES



Dr. Abimbola Saka
- IMS alumna
- Member of the IMS EDI Committee
- Postdoctoral Fellow at SickKids

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How to avoid boiling frog syndrome in academia?

Guest Speaker:
Dr. Iulia Ferling

Friday, November 26th | 4-5 PM
<https://utoronto.zoom.us/j/82137265781>
RSVP for a \$10 gift card
<https://ims-international-seminar-series-10.eventbrite.ca>



IMS INTERNATIONAL COMMUNITY MONTHLY SEMINAR SERIES



Dr. Iulia Ferling
Post-doctoral Fellow Sick Kids Hospital & Former eLife Community Ambassador

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The importance of life skills and community empowerment in navigating academia

Guest Speaker:
Dr. Davide Momi

Thursday, July 21st | 5-6 PM
<https://utoronto.zoom.us/j/82235269636>
Meeting ID: 822 3526 9636
RSVP for a \$25 UBER eat gift card
<https://ims-international-seminar-series-14.eventbrite.ca>



IMS INTERNATIONAL COMMUNITY MONTHLY SEMINAR SERIES



Dr. Davide Momi
- Postdoctoral Fellow at Krembil Centre for Neuroinformatics

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Persistence is the name of the academic game

Guest Speaker:
Dr. Jennifer Lissemore

Thursday, August 25th | 5-6 PM
<https://utoronto.zoom.us/j/85986395375>
Meeting ID: 859 8639 5375
RSVP for a \$25 UBER eat gift card
<https://ims-international-seminar-series-15.eventbrite.ca>



IMS INTERNATIONAL COMMUNITY MONTHLY SEMINAR SERIES



Dr. Jennifer Lissemore
Stanford University
Department of Psychiatry and Behavioral Sciences
Brain Stimulation Lab

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What It Takes: Story of Immigration to Canada

Guest Speaker:
Dr. Yael Babichev

Thursday, October 28th | 5-6 PM
<https://utoronto.zoom.us/j/82763340064>
You can register here
<https://ims-international-seminar-series-9.eventbrite.ca>



IMS INTERNATIONAL COMMUNITY MONTHLY SEMINAR SERIES



Dr. Yael Babichev
Laboratory Manager, Lunenfeld-Tanenbaum Research Institute, Sinai Health System

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IMS Student Orientation
September 9, 9:00 am-12:00 pm



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UNIVERSITY OF TORONTO
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SGS Sponsorship Fund

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Winter 2022

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VIKTOR E. FRANKL

WITH A NEW FOREWORD BY
HAROLD S. KUSHNER


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Meeting link
<https://utoronto.zoom.us/j/88187053049>
Meeting ID: 881 8705 3049

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Spring 2022


The Midnight Library



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May 31st 2022
6-7 pm

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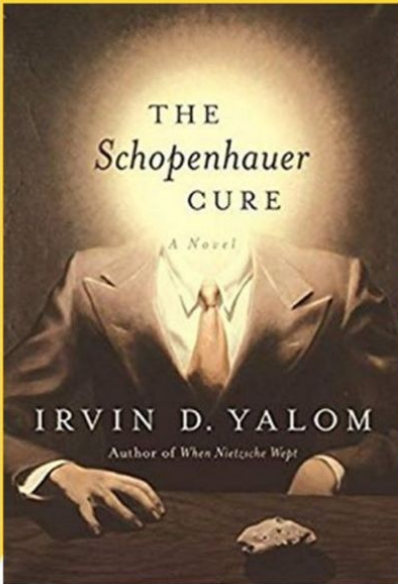
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Summer 2022

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A Novel




IRVIN D. YALOM
Author of *When Nietzsche Wept*

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September 28th 2022
6-7 pm

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Social gathering



Pub night

Tuesday, May 10th
6 - 8 PM



Meet at Graduate Student Union Pub



& . . .



Social gathering



High Park
Cherry Blossoms

Wednesday, May 4th
6:30 - 8 PM



Meet in front of The Grenadier Cafe



Social gathering



Bubble tea
chat

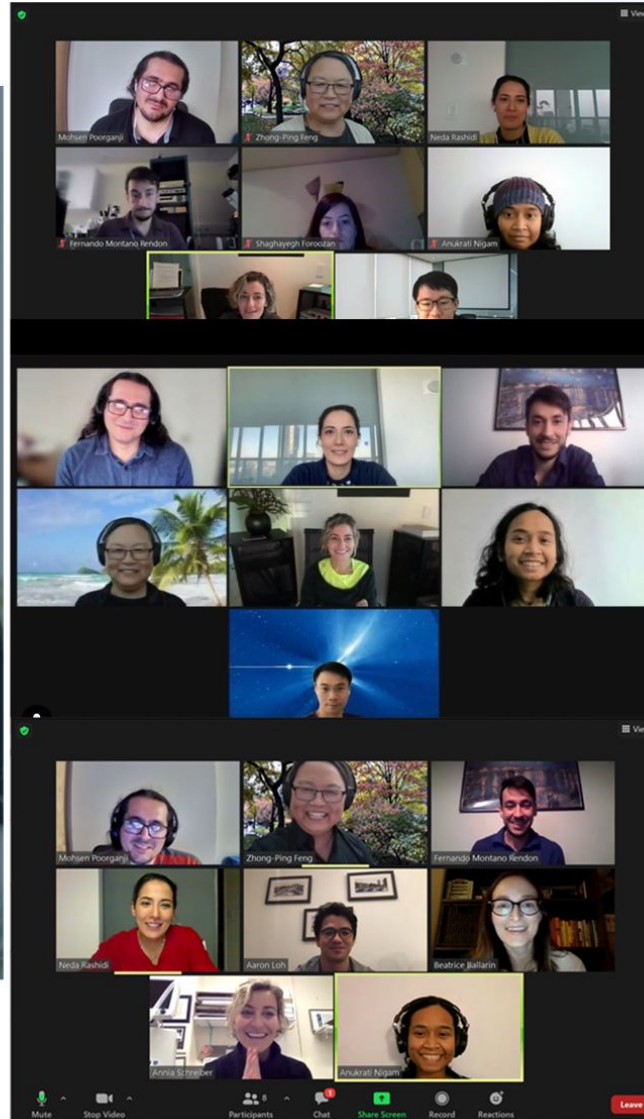
Friday, July 15th
5:30 PM







**YOUR IDEAS CAN
CHANGE THE
IMS INTERNATIONAL
COMMUNITY**



Mohsen Poorganji
President



Anna Mandel
Vice-President



Ali Golbabaei



Anukrati Nigam



Atsuhiko Hibi



Katie Göke



Zhong-Ping Feng
Faculty Advisor



**You
belong
here!**



Thank you!



<https://ims-international.ca/>



Q & A!

- Questions will be asked through Slido
- Slido link for Q&A:
<https://app.sli.do/event/khwjaSXrCnq7s7MRKoAy5m>





Thank you!



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