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CMN/NSG/SCA

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Your student council is intent on making sure that your Graduate Studies at the uOttawa Faculty of Medicine are as enjoyable as they are productive. Working with the Department, Faculty, FGPS and GSAE, we hold academic and social events for you all year-round.

Throughout all the work that you put into your degree, whether towards a Masters or a Ph.D, your council is here to ensure that your working environment - whatever set at RGN, OHRI, CHED, or the Royal or the Heart Institute - offers ample opportunities to interact with your colleagues, and to get away from the bench once in a while. We will send out regular emails to keep you informed on our ongoing events and opportunities. Share your concerns, learn how to make your life easier, and help us to improve the experience for you all year-round!

Learn the Lingos
CMN = Cellular and Molecular Medicine
OMRI = Orthopaedics
NSC = Neuroscience
NSG = Neurosurgery
OMR = Biochemistry, Microbiology and Immunology
RGN = Respiratory
SAPS = Forensic Science Research Institute
GRE = General Hospital Campus
CHED = Children's Hospital of Eastern Ontario
GSAE = Graduate Student Association

Where to Buy Food?
Roger Guindon Hall
Café, 1st floor
Convenient snacks and pre-made sandwiches.

Children's Hospital of Eastern Ontario
Café, 2nd floor
Mr. Sub, Pizza Pizza, Starbucks
Cafeteria, 1st floor
Wide range of hot meals

The Ottawa Hospital General Campus
Cafeteria, 1st floor
Wide range of hot meals, salad bar
Tim Hortons, Second Cup, 1st floor

Tips for Success!
1. Communication is key!
Consistently communicate with your PI about your work. If they are very busy, make sure there is someone in the lab (such as a postdoc) that can teach you and help with your project. If you have concerns, approach the CMN/NSG/SCA, as we can use our resources to make sure that you're properly supported.

2. Set goals!
Make sure you have a clear direction for your project and set short and long-term goals. Furthermore, know the requirements for your program. You alone are responsible for managing your research progress effectively.

3. Manage your time efficiently!
Set yourself up to not waste energy in clutter. It's better to go into every day with a checklist of reasonable tasks than to have work over the weekend because you forgot to prepare gels.

4. Get out there!
The worst thing you can do is be closed off and unwilling to learn. Everyone in CMN/NSG has been where you are, and those relevant to your area are often especially willing to share advice based off of their experiences and views on the interesting questions. Also, get to conferences, and know that FGPS and the department both have money set aside to help you get there.

5. Be proactive!
If there's an interesting conference relevant to your project, if there are opportunities to train your techniques, to improve your experiments, don't hesitate to bring them up to your PI.

6. Enjoy yourself!
They say that hard work is its own reward. You're going to be around for a little/long while, and you'll need plenty of chances to balance stress with pleasure. So if the GSA can help you with that balance, tell us how!

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Cellular and Molecular Medicine
Neuroscience
Biochemistry Microbiology
Immunology
Epidemiology

SURVIVAL GUIDE 2017

Welcome Week 2017
The University of Ottawa and the CMN/NSCBM/EPI Student Councils are hosting a series of events during the September. Get informed about Graduate studies and the GSA, and get to know your peers!

Tuesday, September 5th 2017
Welcome remarks
Tent outside student lounge RGN

Program Orientations
CMN in RGNO2
RGNO2 in RGNS
RGN in RGNO
EP in RGNO

Population Health in RGNO
Back to School Banquet
RGN Atrium

Outdoor Movie (FR)
Bon cop Bad cop 2
University square

Thursday September 7th 2017
“Can I Kiss You” Mike Dormitz
Monpet Gym - 6:00PM-7:30PM
uOShow - A Tribe Called Red
10$ University Square - 8:00PM-11:00PM

Tuesday September 12th 2017
GSAE Breakfast and Orientation
RGNO 2012-2012 9:00AM-11:45AM
GSAE BBQ and service fair
RGNO 12-2PM-2:00PM

Friday September 22nd
uOttawa & Carleton Grad Party!
Busses leave Cafe Nostalgica at 8PM!