

BMIGSA's GUIDE TO SUCCESS FOR NEW BMI STUDENTS!

Learn the Lingo: Common Abbreviations

BCH = Biochemistry
 MIC & IMM = Microbiology & Immunology
 Main = uOttawa's downtown campus
 RGN = Roger Guindon Hall, 451 Smyth Rd.
 OHRI = Ottawa Health Research Institute
 CHEO = Children's Hospital of Eastern Ontario
 FGPS = Faculty of Graduate and Postdoctoral Studies
 General = General Hospital Campus (Smyth Rd)

Contacting Important People

Program admin: Contact your program person
BCH: Carol Ann Kelly: cakelly@uottawa.ca; 613.562.5424;
MIC: Nicole Trudel: ntrudel@uottawa.ca; 613.562.5800 X8164;
 Both CAK & NT: FAX 613.562.5365 RGN Rm2135
Program directors:
BCH: Odette Laneuville RGN olaneuvi@uottawa.ca X8402
MIC: Kathryn Wright RGN kwright@uottawa.ca X8163

SCHOLARSHIP STUFF

• Eligibility & Deadlines:
www.grad.uottawa.ca/Default.aspx?tabid=1458
 • CIHR (Canadian Institutes for Health Research): www.cihr-irsc.gc.ca/e/780.html
 • NSERC (Natural Sciences and Engineering Research Council of Canada): www.nserc.gc.ca/sf_e.asp?nav=snfv&libi=2_toc
 • OGS (Ontario Graduate Scholarships): http://osap.gov.on.ca/eng/NOT_SECURE/Plan_Grant_s_full_sepapp_OGS_12345.htm
 • FQRNT (Le Fonds québécois de la recherche sur la nature et les technologies): www.fqrnt.gouv.qc.ca/
Travel grants:
 FGPS:
www.grad.uottawa.ca/Default.aspx?tabid=1471
 Dept of BMI:
www.medicine.uottawa.ca/bmi/eng/awards.html

GETTING AROUND

Campus MAPS: Main Campus:
www.uottawa.ca/maps/
Ottawa Hospital: General Campus:
www.ottawahospital.on.ca/directions/maps/map-gen.pdf. **Civic Campus:**
www.ottawahospital.on.ca/directions/maps/mapciv.pdf
Schedules for free shuttle service between the campuses:
 • Between RGN & Main campuses:
www.protection.uottawa.ca/en/shuttle.html
 • Between General & Civic campuses: every half hr, leaves at the top & bottom of every hour, M-F 7am-

5:30pm, outside main entrances, look for a small white bus.
Parking: www.protection.uottawa.ca/en/parking-map.html Gen/Civic:
www.ottawahospital.on.ca/directions/parking-e.asp
Bus: www.octranspo.com (106 and 16 serve the General)
Security: www.protection.uottawa.ca/en/index.html
Emergency: X5411 Non-Emerg X5499 Gen: X72999 Civic: X12999
Health & Safety: www.medicine.uottawa.ca/ehss-spe/eng/health_and_safety.html
Foot Patrol – working late (until 2 am) at RGN and don't feel comfortable walking home? Call Foot Patrol at 613.562.5800X4517 (day) X7433 (night) and they will walk you within a 45 min walk radius.
www.protection.uottawa.ca/en/foot-patrol.html

LINKS to BOOKMARK

Seminar Schedule (Thursdays at 4 pm)
 Please note that changes do happen, check it regularly!
www.medicine.uottawa.ca/bmi/eng/seminars.html and
<http://www.medicine.uottawa.ca/Associations/BMIGSA/index.htm> (Seminar calendar)
Degree Req.:
www.medicine.uottawa.ca/bmi/pdf/Policies05.pdf
BCH:
www.medicine.uottawa.ca/bmi/eng/gradbiochem.html
MIC:
www.medicine.uottawa.ca/bmi/eng/gradmandi.html
 All the **FORMS** you'll ever need for your degree:
www.medicine.uottawa.ca/bmi/eng/gradstudies.html

Where is everyone doing research? You will meet new friends working in labs all over town! We've got a handy directory here!

Research Inst.	Governing body	Campus	Main # (+ Ext.)
Cancer Centre	OHRI	General	613-737-7700
Eye Institute	OHRI	General	613-737-8899
Sprott Centre for Stem Cell Res.	OHRI	General	613-737-8899
Apoptosis Research Ctr.	CHEO Research Inst.	General	613-737-7600
BMI	BMI	General / Main	613-562-5800
Loeb	OHRI	Civic	613-798-5555
Heart Institute	U of O Heart Institute	Civic	613-798-5555

Other research locations where you may have friends: Canadian Blood Services (CBS), Canadian Food & Inspection Agency (CFIA), Health Canada, National Research Council (NRC).

Help is available whenever you need it!

Need to see a doctor? **Health Services:** 300-100 Marie-Curie St., Main campus; 613.564.3950;
www.uottawa.ca/health

Student Academic Success Service (SASS): find help with anything from career planning to workshops & advisors helping you write that publication for Nature. www.sass.uottawa.ca

Stressed out & need someone to talk to: contact **Counseling Services:** medsao@uottawa.ca; 613.562.5800 X8136; or drop by RGN Rm 2024 www.intermed.med.uottawa.ca/Students/StudentAffairs/eng/counseling.html

The Faculty of Medicine has an **Office of Equity, Diversity and Gender Issues:** RGN Rm 2035; 613.562.5800 X8604
www.medicine.uottawa.ca/genderequity/eng/index.html

FUN & EXCITING events to take part in:

• **Welcome week BMIGSA pubcrawl Sept. 17 2009 (7 pm Nostalgica and 9 pm Heart and Crown)**
 • Games / Poker night in Oct. Exact date TBA
 • Pumpkin carving contest in Oct. Exact date TBA
 • BMI Christmas Party in Dec. Exact date TBA
 • Ski trip February 5-7, 2010
 • Career Day 22nd January, 2010
 • Workshops with a Health Science Librarian Sept. 10 2009
•BMI SEMINAR DAY: Feb.17 2010 **MANDATORY EVENT**
•BMI POSTER DAY: May 20 2010 **MANDATORY EVENT**
 •BBQs: All summer long! Watch for posters and emails!
•Sports Services: you have paid for sports services in your tuition fee already! Use it:
www.geegees.uottawa.ca/en/index.asp?lang=EN
•Intramurals:www.geegees.uottawa.ca/en/intramural

[/Intramurals-programs.pdf](#)

•**Cheap concerts** (\$10) and shows at the National Arts Centre: www.liverush.ca
 •**Comic relief:** www.phdcomics.com
 •Interested in **teaching kids about science?** Check out Let's Talk Science: <http://intermed.med.uottawa.ca/lts/ps/index.php> and VROC <http://www.pirweb.org/vroc.htm>

Be sure to check your E-MAIL and the BMI Bulletin to stay up to date with the latest happenings & events!

You're an exclusive member of:

•**U of O Grad Students Assoc. (GSAED) :**
www.gsaed.ca/
 •**Biochemistry, Microbiology & Immunology Grad Students Association (BMIGSA):**
www.medicine.uottawa.ca/Associations/BMIGSA/index.htm
 (The BMIGSA biweekly BMI Bulletin can be found on the BMIGSA website!)
 Other **questions/problems** and you don't know where to turn?
Suggestions for academic or social events you'd like to see happen? Feel free to **contact BMIGSA** at: bmigsa@gmail.com

Last updated Sept. 8/09 by AV. Prepared by JC, EL, LM, & AT

BMIGSA OFFICIAL WEBSITE:

<http://www.medicine.uottawa.ca/Associations/BMIGSA/index.htm>