

# **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 Re: registration

**BCH:** Carol Ann Kelly: [cakelly@uottawa.ca](mailto:cakelly@uottawa.ca); 613.562.5424;

**MIC:** Nicole Trudel: [ntrudel@uottawa.ca](mailto:ntrudel@uottawa.ca); 613.562.5800 X8164;

Both CAK & NT: FAX 613.562.5365 RGN Rm2135

**Program directors:** They sign your registration forms!

**BCH:** Odette Laneuville RGN [olaneuvi@uottawa.ca](mailto:olaneuvi@uottawa.ca) X8402

**MIC:** Kathryn Wright RGN [kwright@uottawa.ca](mailto:kwright@uottawa.ca) X8163

## **SCHOLARSHIP STUFF**

-Eligibility & Deadlines:

[www.grad.uottawa.ca/Default.aspx?tabid=1458](http://www.grad.uottawa.ca/Default.aspx?tabid=1458)

-CIHR (Canadian Institutes for Health Research):

[www.cihr-irsc.gc.ca/e/780.html](http://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=sfnv&lbi=2\\_toc](http://www.nserc.gc.ca/sf_e.asp?nav=sfnv&lbi=2_toc)

-OGS (Ontario Graduate Scholarships):

[http://osap.gov.on.ca/eng/NOT\\_SECURE/Plan\\_Grants\\_full\\_sepapp\\_OGS\\_12345.htm](http://osap.gov.on.ca/eng/NOT_SECURE/Plan_Grants_full_sepapp_OGS_12345.htm)

-FQRNT (Le Fonds québécois de la recherche sur la nature et les technologies): [www.fqrnt.gouv.qc.ca/](http://www.fqrnt.gouv.qc.ca/)

**Travel grants:**

FGPS: [www.grad.uottawa.ca/Default.aspx?tabid=1471](http://www.grad.uottawa.ca/Default.aspx?tabid=1471)

Dept of BMI: [www.medicine.uottawa.ca/bmi/eng/awards.html](http://www.medicine.uottawa.ca/bmi/eng/awards.html)

## **GETTING AROUND**

**Campus MAPS:** Main Campus: [www.uottawa.ca/maps/](http://www.uottawa.ca/maps/)

**Ottawa Hospital: General Campus:**

[www.ottawahospital.on.ca/directions/maps/map-gen.pdf](http://www.ottawahospital.on.ca/directions/maps/map-gen.pdf)

**Civic Campus:** [www.ottawahospital.on.ca/directions/maps/map-civ.pdf](http://www.ottawahospital.on.ca/directions/maps/map-civ.pdf)

**Schedules for free shuttle service between the campuses:**

-Between RGN & Main campuses:

[www.protection.uottawa.ca/en/shuttle.html](http://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](http://www.protection.uottawa.ca/en/parking-map.html)

Gen/Civic: [www.ottawahospital.on.ca/directions/parking-e.asp](http://www.ottawahospital.on.ca/directions/parking-e.asp)

**Bus:** [www.octranspo.com](http://www.octranspo.com) (106 and 16 serve the General)

**Security:** [www.protection.uottawa.ca/en/index.html](http://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](http://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 613.562.5800 X4517 (day) X7433 (night) and they will walk you within a 45 min walk radius. [www.protection.uottawa.ca/en/foot-patrol.html](http://www.protection.uottawa.ca/en/foot-patrol.html)

## **LINKS to BOOKMARK**

**Seminar Schedule** (Wed. 4pm seminars are **MANDATORY** for EVERYONE!) Please note that changes do happen, check it regularly!

[www.medicine.uottawa.ca/bmi/eng/seminars.html](http://www.medicine.uottawa.ca/bmi/eng/seminars.html)

**Degree Req.:** [www.medicine.uottawa.ca/bmi/pdf/Policies05.pdf](http://www.medicine.uottawa.ca/bmi/pdf/Policies05.pdf)

**BCH:** [www.medicine.uottawa.ca/bmi/eng/gradbiochem.html](http://www.medicine.uottawa.ca/bmi/eng/gradbiochem.html)

**MIC:** [www.medicine.uottawa.ca/bmi/eng/gradmandi.html](http://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](http://www.medicine.uottawa.ca/bmi/eng/gradstudies.html)

## BMIGSA's Guide to Success for New BMI Students!

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](http://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](http://www.sass.uottawa.ca)

- Stressed out & need someone to talk to: contact **Counseling Services:** [medsao@uottawa.ca](mailto:medsao@uottawa.ca); 613.562.5800 X8136; or drop by RGN Rm 2024  
[www.intermed.med.uottawa.ca/Students/StudentAffairs/eng/counseling.html](http://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](http://www.medicine.uottawa.ca/genderequity/eng/index.html)

### FUN & EXCITING events to take part in

- Welcome week: Sept. 8-12 2008
- Games / Poker night in Oct. Exact date TBA
- Pumpkin carving contest in Oct. Exact date TBA
- BMI Christmas Party in Dec. Exact date TBA
- Workshops with a Health Science Librarian TBA
- BMI SEMINAR DAY: Feb.18 2009 \*\*MANDATORY EVENT\*\***
- BMI POSTER DAY: May 14 2009 \*\*MANDATORY EVENT\*\***
- BBQ's: 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](http://www.geegees.uottawa.ca/en/index.asp?lang=EN)
- Intramurals:**[www.geegees.uottawa.ca/en/intramural/Intramurals\\_programs.pdf](http://www.geegees.uottawa.ca/en/intramural/Intramurals_programs.pdf)
- Pick up **soccer** @ Linda Lane Park, every Fri. 4pm (West side of Smyth Rd.)
- Cheap concerts** (\$10) and shows at the National Arts Centre: [www.liverush.ca](http://www.liverush.ca)
- Comic relief:** [www.phdcomics.com](http://www.phdcomics.com)
- Interested in **teaching kids about science?** Check out Let's Talk Science: <http://intermed.med.uottawa.ca/lts-ps/index.php>

### 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/](http://www.gsaed.ca/)
- Biochemistry, Microbiology & Immunology Grad Students Association (BMIGSA): [www.medicine.uottawa.ca/Associations/BMIGSA/index.htm](http://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](mailto:bmigsa@gmail.com)