

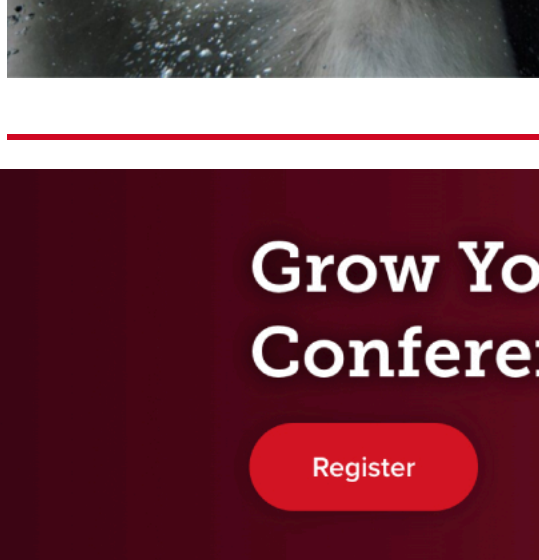


## From the Gridiron to the Boardroom

Former Dinos Football player Anton Bellot's story is a testament to the power of resilience, leadership, and a unique blend of skills cultivated both on the football field and in the classrooms of Scurfield Hall. Now the Director of Agri Business and Agri Food for Alberta Treasury Branch, we spoke to Bellot, BComm'15, on his journey of leadership, systems and success.

[Read Feature](#)

## Alumni Engagement Corner



### Alumni Day Field Trip At The Calgary Zoo

UCalgary Alumni Day is February 17th at the zoo! UCalgary alumni are invited to enjoy some family fun at the Wilder Institute/Calgary Zoo at a special rate of 50% off regular-priced admission for alumni and their families when you purchase tickets in advance. Children under three get in for free!

## Grow Your Career Conference 2024

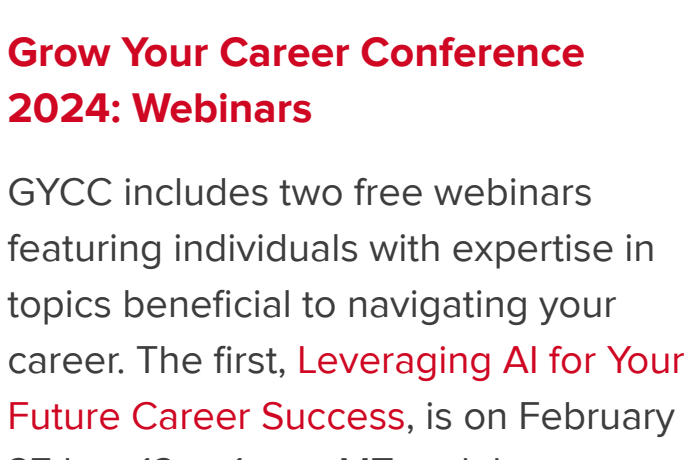
[Register](#)



### Grow Your Career Conference 2024: In Person

Join us for our seventh annual Grow Your Career Conference (GYCC). The full in-person conference day will take place on March 2nd and will include a wide variety of sessions with professionals and thought leaders in a variety of topics from workplace burnout and career transition to resume reviews and mock interview workshops!

[See Full Lineup](#)



### Grow Your Career Conference 2024: Webinars

GYCC includes two free webinars featuring individuals with expertise in topics beneficial to navigating your career. The first, **Leveraging AI for Your Future Career Success**, is on February 27th at 12 to 1 p.m. MT and the second, **Unconscious Bias and How it May be Impacting Your Career**, is on February 29th at 12 to 1 p.m. MT. Register now for these two free events!

[More Information](#)



### Call For GYCC Volunteers!

Looking to get involved with our office? We are currently recruiting volunteers to help our conference participants have an inspiring day filled with learning and growth. Whether you sign up to hand out name tags, help participants navigate the venue, or support the professional headshot photography sessions, your contributions will help make this event a success!

[Sign Up Now](#)



### Whats Next on Your Career Path?

Andrea Christensen, BEd'99, MEd, CDP is our Alumni Career Development Specialist whose impact on our alumni community is both profound and inspiring. With a career dedicated to fostering growth and opportunity, Christensen supports any UCalgary graduate navigating the ever-evolving professional world and in this feature answers some of your frequently asked questions.

[Read Feature](#)



### 2024 Arch Awards Nominations Now Open!

The Arch Awards nominations opened in early December and will close at midnight on March 3rd! Help us recognize our most remarkable alumni — leaders and innovators who have shown excellence in their professions and are champions for the betterment of their communities — by submitting a nomination today!

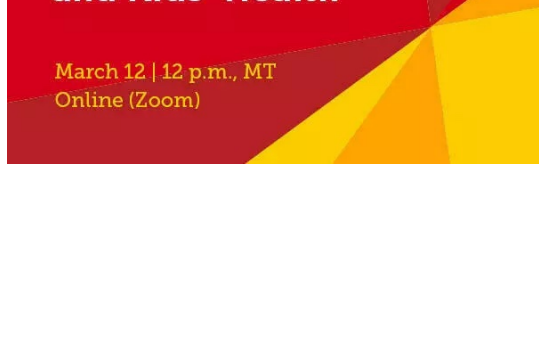
[More Information](#)



### Fostering Social Change with Irvine Carvery & Liza Arnason

Join us on March 5th at the Social Innovation Hub for an insightful event: "Fostering Social Change with Irvine Carvery & Liza Arnason, BA'92" presented by Innovate Calgary's Social Innovation Hub in partnership with the Black Alumni Network and University of Calgary Alumni.

[Register Now](#)



### Dig In! Spring Ahead or Fall Behind? Daylight Saving and Kids' Health

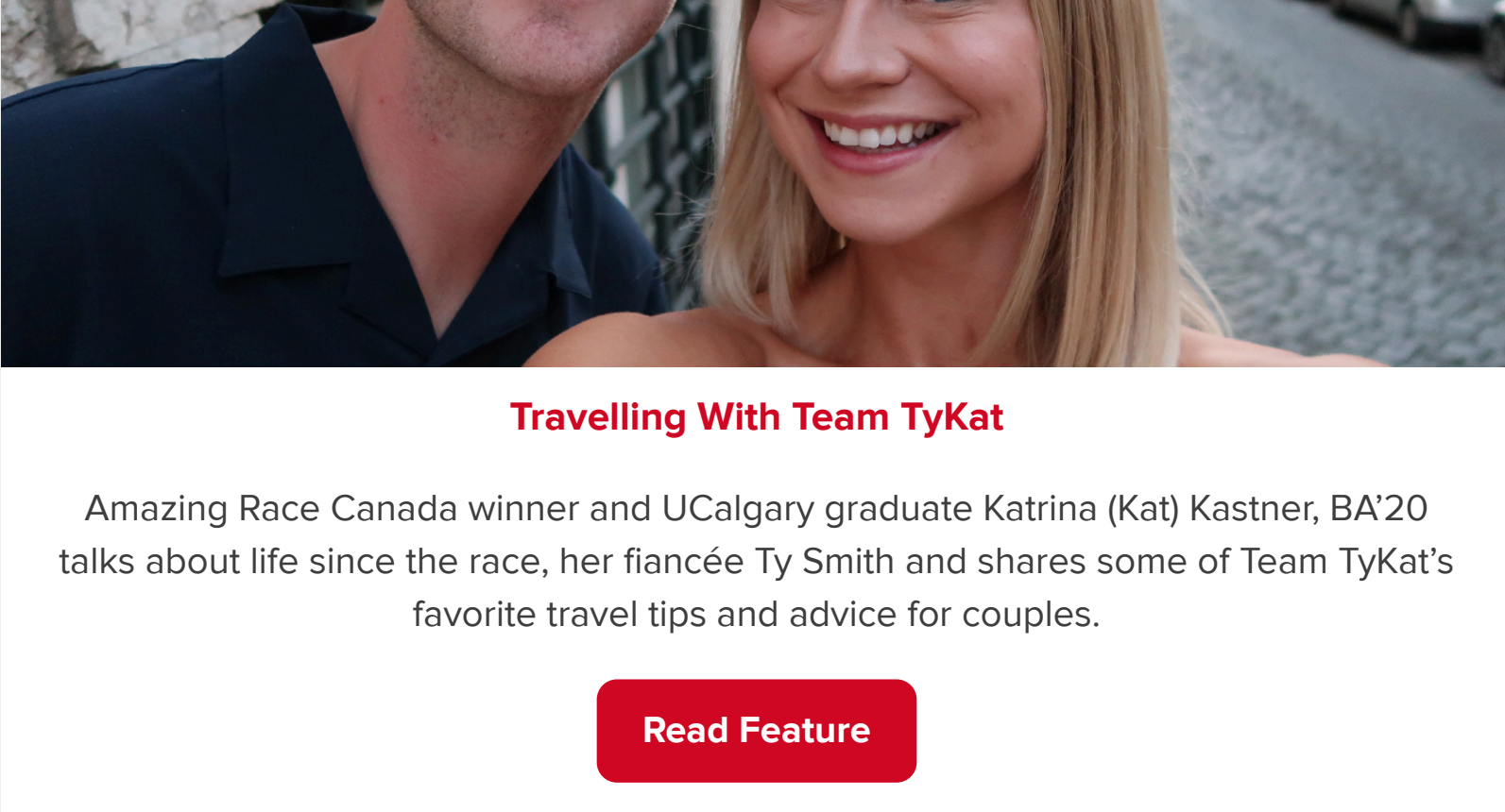
March 12 | 12 p.m. - 4P7  
Online (Zoom)

### Dig In: Daylight Savings and Kids' Health

We know that sleep is important to everyone's health, and even more so when considering childhood development. Does daylight saving time help or hinder childhood development? Join UCalgary alum and expert Shelly Quallieri, BA'99, on March 12th to explore the importance of sleep for children's overall health.

[Register Now](#)

## Alumni Exclusives



### Travelling With Team TyKat

Amazing Race Canada winner and UCalgary graduate Katrina (Kat) Kastner, BA'20 talks about life since the race, her fiancée Ty Smith and shares some of Team TyKat's favorite travel tips and advice for couples.

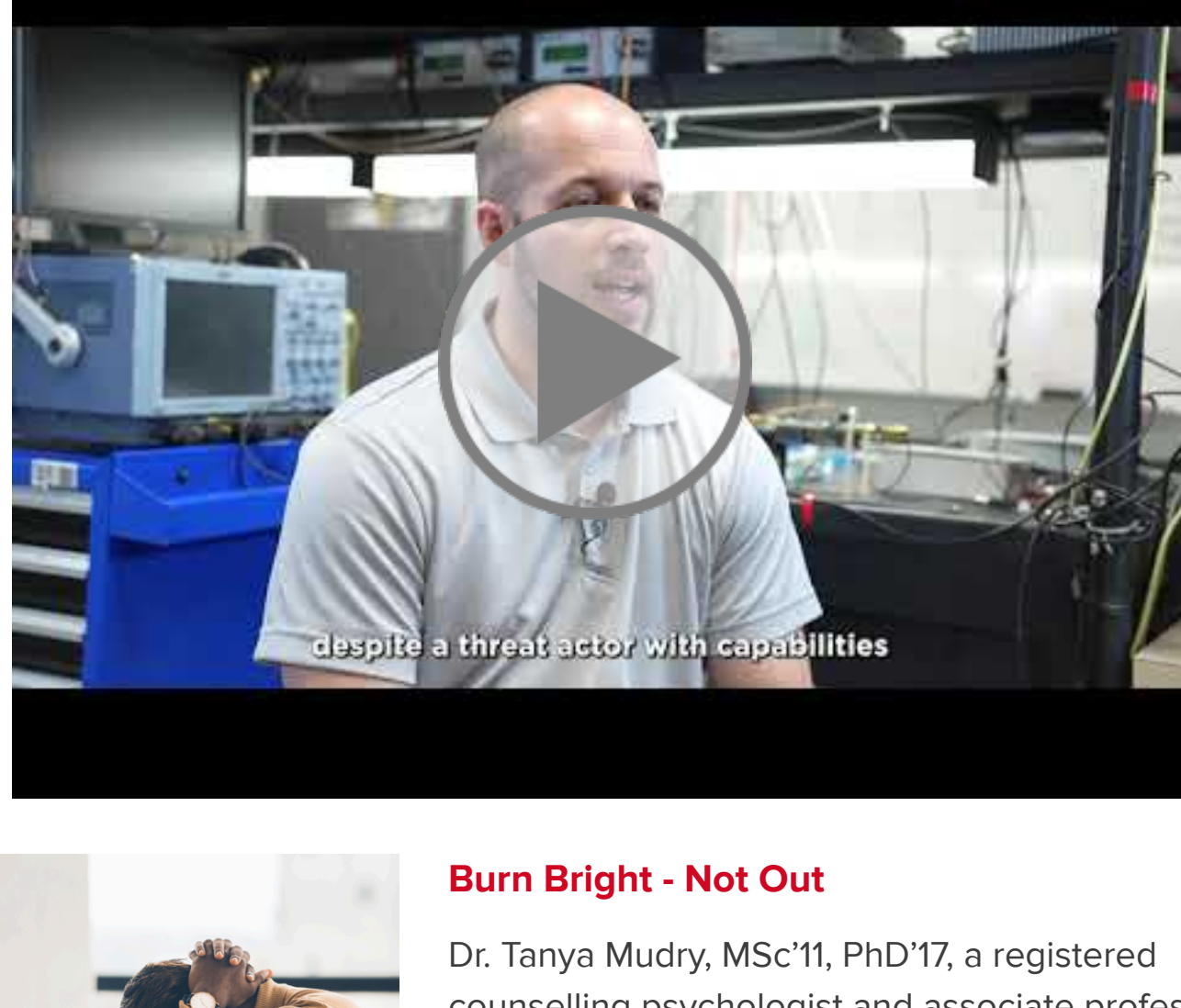
[Read Feature](#)



### UCalgary Grad Works On Securing Our Digital Future

CEO and co-founder of Quantized Technologies Inc. (QTI), Jordan Smith, BComm'12, BSc'20, MSc'23, says quantum computing could "break the internet". This UCalgary graduate is now leading the charge for a safer digital future through his company, QTI is also one of the newest additions to the **Alumni Built Business (ABB) directory**, if you own an ABB be sure to sign up today.

[Read More](#)



### Burn Bright - Not Out

Dr. Tanya Mudry, MSc'11, PhD'17, a registered counselling psychologist and associate professor in the Werklund School of Education says this time of year marks peak exhaustion for many people. Here's why — and how to recognize, avoid and recuperate from burnout.

[Read Feature](#)

## Campus Connect



### Black Excellence: A Heritage to Celebrate; a Future to Build

Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in Canada and their communities. Various departments and schools across the University of Calgary campus hold events to celebrate Black Canadians' many achievements, contributions to those communities.

[Learn More](#)



### Black in this City Series

For EDI week, a team of transdisciplinary partners will unpack the distinct experiences of Black Canadians; experiences which have created an interconnected and dynamic community. Through a transdisciplinary lens, this series will investigate Black resilience in this City and across Canada.

[Learn More](#)



### Creating Tomorrow: Quantum Research

Big challenges, bold ideas  
Quantum Research Transforming the Future  
Wed, Feb. 21

### Creating Tomorrow: Quantum Research

Creating Tomorrow is a new event series starting Wednesday, February 21st aimed at bringing together experts, industry, partners, donors and the general public. At this event, Dr. Urbasi Sinha, PhD, Canada Excellence Research Chair in Photonic Quantum Science and Technologies, will explore the fascinating world of quantum research and how it will impact our daily lives.

[Learn More](#)



### Haskayne Graduate Programs Open House

Interested in learning more about the Haskayne Master of Management, MBA or Executive MBA? These programs welcome graduates from all faculties, be sure to attend Haskayne's Open House on February 24th and get your questions answered. Register today.

[Learn More](#)



### Register for UCalgary Summer Camps!

Get out and roar! Don't miss out, register now for the highly popular UCalgary summer camps. From business and design, to STEM, arts, aquatics, sports, outdoor camps and more, there's something for everyone from age four to 17!

[Learn More](#)

## Upcoming Events and Programs

Feb.1-29 | Black History Month  
Feb.14 | The Changing Face of Academia: Ethical Use of AI in Higher Education  
Feb.15 | Engaging AI in Artistic Practice and Pedagogy  
Feb.15 | Violet King Engaged Scholar Awards  
Feb.17 | Alumni Field Trip to the Wilder Institute / Calgary Zoo  
Feb.21 | Creating Tomorrow: Quantum Research  
Feb.24 | Haskayne Graduate Programs Open House  
Feb.27 | GYCC: Leveraging AI for Your Future Career Success Webinar  
Feb.27 | Science in the Cinema Presents The Notebook  
Feb.29 | GYCC: Unconscious Bias Webinar  
Feb.29 | Affirming and Embracing the Creativity and Innovation of Black People in STEM  
Feb.29 | An Evening with Black Art Historian: Dr. Charmaine Nelson  
Mar.2 | Grow Your Career Conference - In Person Programs  
Mar.5 | Fostering Social Change with Irvine Carvery & Liza Arnason  
Mar.7 | Black in — Planning and Housing  
Mar.8 | International Women's Day  
Mar.12 | Toward an Ethics of Belonging - Dr. Agnes Tam CH 4th Annual Lecture in Applied Ethics

Alumni Health & Dental Insurance

**Lock in member-only rates by March 31<sup>st</sup>.**

[Get a quote](#)

**YES please!**

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