

Want to know what's happening on the ISS this week? Click [here](#) to find out.

BIOBEAT

Dec 2, 2020

Next Wednesday, Dec. 9th is the last day of classes...as if you didn't know.

One week left. You're almost there...

It's kind of hard to believe that there's only one full week of classes left. I think it's felt like a long semester for all of us but hopefully, for both students and faculty alike, we've learned a lot. Take a few minutes this week and reflect back on what you have accomplished this semester. It's worth doing, really. You'll be surprised at how far you've come in a short period of time and we don't spend enough time reflecting on what we've done and instead focus on what's coming up. It makes it too easy to overlook or even neglect your accomplishments. But not this time! Take five minutes, sit somewhere quiet, and think about the following:

- Remember at the beginning of the semester when you worried about using Google Meet because you hadn't used it much before? Now you're probably all experts, or close enough.
- Break-out rooms, online quizzes, online mid-terms? Sure, they took some getting used to but now it's second nature.
- Is there other software, hardware, or platforms that you were worried about but now you know how to use? Good for you!
- In each of your courses, what's one thing you learned that surprised you?
- Is there a concept that you once found difficult but now you understand? That's progress!



- Did you take a chance and ask a question in the Chat that maybe you wouldn't have if you'd been in person?
- What's one thing you like about online learning? One thing you hate? Whatever you answered, I'm sure others agree. And possibly your profs too...
- Did you find that learning online made you study in a way that's new for you?

However you feel about this semester, it's been a learning curve for us all and overall, I hope you've learned some interesting things that you didn't know before, had some fun using the chat functions, had good conversations in the the break-out rooms, tried some new things, and maybe met new friends that you wouldn't have otherwise. Time to finish off the semester strong - you got this.

CONGRATS TO HEALTH SCIENCE GRADUATE - JORDAN BIRD!

Jordan Bird graduated last year and was actively involved in research from his third year onwards. He is now a research assistant and will be starting his Masters degree at UBCO in Fall 2021. But he also recently took part in an innovation competition called [Neuro Nexus](#). This week, his team took 1st place and won a \$10K research grant! The research focused on a deep learning artificial intelligence system utilizing ocular fundus photographs to differentiate between typical and atypical optic neuritis pathology subtypes. The work is in conjunction with students at UofC and UofA under the supervision of Dr. Etienne Benard-Seguin and Dr. Fiona Costello, neuro-ophthalmologists at Rockyview General Hospital. This competition runs annually and it would be great to see more MRU students taking part. Check it out - the variety of project topics is amazing.

Next week's newsletter: Independent Project students will tell you about their projects and there will be links to their final talks!