



Canadian Society of Zoologists Winnipeg, 15-19 May 2017



Student Survival Guide



Welcome and Introduction



Welcome to Winterpeg! We hope you are looking forward to all of the fascinating sessions and fun events being held during the Canadian Society of Zoologists (CSZ) 2016 meeting. The Student and Post Doc councillors have collaborated with the student LOC members to produce a survival guide that will help you make the best of your time at the conference and in Winnipeg.



Be sure to come introduce yourselves at the **Meet and Greet** Wednesday evening at Degrees. Then, stick around for a little casual career advancement at our **Strategies for Success Workshop**. We also have a unique opportunity on Monday for students to interact with a panel of NSERC scholarship experts at our **Student and Post-Doc NSERC Scholarship Session**.



Winnipeg offers spots for leisure as well, so we've included information on the best spots to eat, drink, and relax!



We hope that you have a great week. Don't forget, you can stay connected to conference developments by following the live updates on Facebook ([Canadian Society of Zoologists \(CSZ\)](#)) and Twitter ([@csz_scz](#) and [@csz_scz2017](#))!

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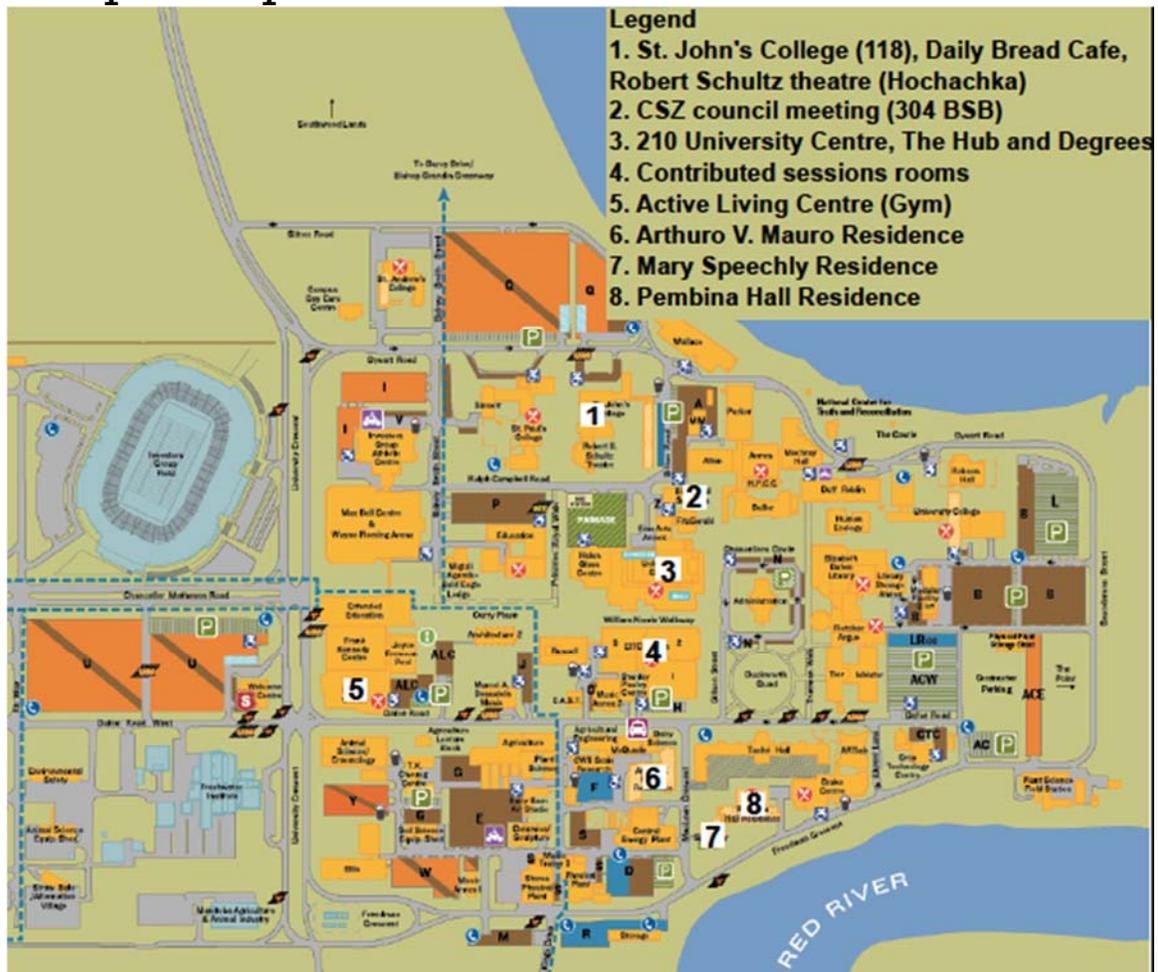
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Schedule at a Glance

Monday	Tuesday	Wednesday	Thursday
<p>14:00-15:00: NSERC Scholarship and Fellowship session (EITC E2-125/E2-105) <i>Beverages provided</i></p> <p>15:15-16:15: Education panel (EITC E2 – 105)</p> <p>16:15-17:15: Diversity workshop (EITC E2-105)</p> <p>17:30-19:00: Welcome reception and social (210 University Centre)</p> <p>19:00-20:30: Official conference welcome & Fry Lecture (210 University Centre)</p> <p>20:30-late: Social Mixer (The Hub)</p>	<p>8:30-18:00: Sessions (EITC)</p> <p>11:00-12:30: ZET Workshop (EITC E2-150)</p> <p>12:30-13:30: AGM lunch (220 University Centre)</p> <p>13:30-14:30: Boutilier lecture 13:30 – 14:30 (210 University Centre)</p> <p>19:00-20:30: ZET Lecture (210 University Centre)</p> <p>20:00-late: ZET lecture mixer (The Hub)</p>	<p>8:30-16:30: Sessions (EITC)</p> <p>13:00-14:25: Presidents' Award Talks (210 University Centre)</p> <p>16:30-18:30: Poster session (210 University Centre) <i>Catered</i></p> <p>18:30-19:00: Student/PDF Meet and Greet (Degrees)</p> <p>19:00-20:30: Strategies for Success workshop (Degrees) <i>Snacks & beverages provided</i></p> <p>18:30-late: Social Mixer and Open Mic Night (The Hub)</p>	<p>8:30-12:30: Sessions (EITC) Note: Wardle Lecture 10:45-11:45 (210 University Centre)</p> <p>12:45-13:40: Cameron Lecture (210 University Centre)</p> <p>13:55-16:00: Hoar award talks (210 University Centre)</p> <p>16:30-17:30: Bus to the Forks</p> <p>17:30-1:00: Canadian Museum for Human Rights Tours + Closing Banquet</p>

Don't miss these events!

Campus Map



Student Updates

Get involved

Become a CSZ student councillor in 2018

Do you have ideas to enhance the student CSZ experience? Why not lead the way as a student councillor? Student councillors have a two year appointment on council. In year one, they are the primary councillor in charge of student matters and are mentored by the outgoing student councillor. In year two, councillors are considered outgoing and mentor the new councillor. Councillors also have their expenses paid to attend the annual meeting!

If you are interested in serving on the CSZ council as a student councillor next year, please let Jantina (jtoxopeu@uwo.ca) know.

Stay connected

Please don't hesitate to contact your student councillors at anytime with any questions, comments, or concerns! Keep checking our CSZ Twitter account ([@csz_scz](https://twitter.com/cs_z)) and Facebook page ([Canadian Society of Zoologists \(CSZ\)](https://www.facebook.com/CanadianSocietyofZoologists)) for regular updates and student opportunities.

Meet your Councillors

Incoming Student Councillor

Cayleih Robertson



Hello, hello everyone! I'm Cayleih Robertson, a PhD student in Grant McClelland's lab at McMaster University. The CSZ annual meeting is something I eagerly anticipate every year and I cannot wait to spend the week sciencing and socializing with all of you. I'm also super excited to dive in as your incoming CSZ student councilor and am happy to talk about any concerns or questions you may have as a student member. I'll be around for the entire meeting and satellite symposium and I'm looking forward to chatting with as many of you as possible. See you in Winnipeg!

Returning Student Councillor

Jantina Toxopeus



Hi everyone! My name is Jantina Toxopeus, a PhD student in the Department of Biology at the University of Western Ontario, and your returning CSZ Student Councillor. I've had a great year helping plan the events for the Winnipeg 2017 meeting, and am excited to continue representing you on council for the next year. I look forward to seeing new and returning faces, and am always happy to chat about any questions or concerns you have as a student member of the society. I hope you all have a great time at this meeting in sunny Winnipeg!

Outgoing Student Councillor

Dillon Chung



Hello all, and welcome to CSZ's 2017 Annual Meeting in Winnipeg! My name is Dillon Chung, and I am a PhD. student in the Department of Zoology at the University of British Columbia. This is my last year as a Student Councillor (time flies!). But don't worry, you will be left in some very capable hands. If you ever have any questions or suggestions about the Annual Meeting or Council operations, please do not hesitate to come up and ask! Otherwise, enjoy the week and be sure to thank the members of the local organizing committee for putting together another great meeting!

PDF Councillor

Milica Mandic



Hello fellow CSZers! Welcome to the 2017 Annual Meeting in Winnipeg, Manitoba. My name is Milica Mandic and I am at the University of Ottawa doing post-doctoral research in Steve Perry's lab. I am your current post-doctoral councillor who has taken the reins from Matt Pamerter this past year. Along with the very capable student councilors we have a number of great events planned out for you this meeting. If you have any questions about post-doc concerns for CSZ, science (especially hypoxia) or sports (snowboarding!), please feel free to stop me for a chat. I am looking forward, as I am sure you all are, to another great CSZ meeting!

Key Student Events

Student and Post-Doc NSERC Scholarship Session

Monday May 15th 14:00-15:00 Room EITC E2-105

You do not need to register for this event



We invite you to join your CSZ student and post-doctoral councillors for a special NSERC information session at 3:00pm Monday May 15th, 2017. Perspectives on the awards will be provided by a panel discussion with several experts in the realm of NSERC applications. There will be plenty of time for additional questions and student directed discussion. If you are unable to attend, but still have some questions don't hesitate to contact your councillors Dillon, Jantina or Milica (PDF councillor) so that they can ask questions on your behalf. We hope to see you there!

Student and PDF Councillor Meet & Greet

Degrees, Wednesday, May 17th 18:30-19:00

You do not need to register for this event

Prior to the Strategies for Success Workshop, at 7:00pm on Wednesday May 17th, we invite you to come and meet your student and PDF councillors. The event will take place at Degrees in the University Centre 3rd floor. We will have an opportunity to discuss society business and then relax over refreshments. If you have any questions, concerns or suggestions please bring them to the table! Likewise, if you'd like to become involved with CSZ council, we encourage you to come and chat with us.

Strategies for Success Workshop

Degrees, Wednesday May 17th 19:00-20:30

You do not need to register for this event

The now annual Strategies for Success Workshop will be held on Wednesday May 17th, 2017 at 7:00pm at Degrees. Students and Post-docs are invited to meet with our assembled experts to discuss the strategies for professional development both within and outside of academia. Although the advice is serious, the event is casual. Students should feel free to move from station to station as they wish, and partake in the friendly discussion. This year, the workshop topics were chosen by our student members and are as follows:

- i. How to find a job/building your job package
- ii. Careers outside of academia
- iii. Grant writing tips and tricks
- iv. Using research to travel the world
- v. Publish or perish: tips for publishing productivity
- vi. Science outreach and communication

- vii. Networking tips and tricks
- viii. What to expect from a career in academia
- ix. Diversity in science
 - x. Balancing science: achieving the elusive family/work-life balance
 - xi. Surviving the first years of a faculty position
 - xii. Winning teaching techniques

We have some exceptional professionals participating in the workshop so be sure to attend!

Silent Auction

Thursday May 18th 18:00-21:00

This year the silent auction will once again take place during the closing banquet on Thursday May 18th. As always, the student sections use the funds obtained from the silent auction to support the student events during the conference, the student research travel awards and our sustainability initiatives.

We hope that you will be able to help with the silent auction by donating items. Donations of any kind would be greatly appreciated, science related or not! In the past we have had books, clothing, artwork, gift certificates and even some edible treats! This event is always a lot of fun, so we hope to see you all there.

Any donations can be dropped off at the registration desk or left with your student councilors who are ready to help you with any questions you may have: Dillon Chung (dchungch@zoology.ubc.ca) or Jantina Toxopeus (jtoxopeu@uwo.ca).

Presentation tips

Let's face it – oral presentations can be nerve-wracking! Whether this is your first conference presentation or you're old-hat at it by now, those butterflies always seem to creep in just before the chair calls you to the front of the room. To help calm those nerves and keep you feeling confident, here are a few tips for preparing a great presentation:

1. **Visuals:** A Powerpoint presentation is a visual presentation, so take full advantage of pictures, diagrams, and graphs! Too much text on a slide is visually unappealing, and can cause you to lose your audience as they try and read through your paragraphs.
2. **Pace:** Take a deep breath before you begin, and make sure you keep breathing during your presentation! Rushing through a presentation is a common response to being nervous and wanting to get it over-with; however, remember that your audience is there because they're interested in what you have to say. Your science matters, so slow down and give it the attention it deserves!
3. **You're the expert:** This is your research and you know it better than anyone else; even though Professor Hot Shot is sitting in the front row, they may not be familiar with a particular subject area, acronym, or jargon. Remember to spell it out for your audience – explain it simply, and you'll keep your audience on point.
4. **Tell a story:** conferences are awesome and exciting, but also tiring. At the end of the day, your audience may be about to drift off, but you can capture their attention again with your awesome study. The best way to do this is to tell a story with your presentation. Guide your audience through a storyline, keep it flowing, and make sure each slide leads to the next. Try making a flow-chart of your story first, and then fill in your presentation as you go. Also, great stories in science always have context, so don't forget to tell us why it all matters!
5. **Throw down your arms:** Your audience is generally genuinely curious and interested in your work – they're not out to make you feel stupid or show you up in the question period. Thus, don't feel the need to be defensive when a difficult question comes your way. Instead, take it as an opportunity to learn something, or at least see your research from someone else's eyes.
6. **Take advantage of the time you're given:** You may feel that you can't fit all of your research into 12-15 minutes, but going over your time limit is not recommended, and this is a golden opportunity to distill your research into its most important parts. Avoid the temptation to explain every little detail the last two years of research that led to this; instead, focus on the take-home message, and then use what data you need to reach that message.

Overall, remember to relax and have fun! That may be easier said than done, but CSZ is a welcoming and friendly environment for its student members, so you are in good hands!

How to make a poster

IMPORTANT: due to space limitations, posters larger than 90 cm WIDE and 115 cm HIGH *cannot be accommodated* at CSZ 2017, so please make sure you stay within these dimensions.

So you wanna make a prizewinning poster?

Brent Sinclair, Western University

Presenting a poster at a conference can be an attractive way to sell your story in a different format. Posters can be forgiving of an incomplete story, and at a meeting with many concurrent sessions, posters are a great way to tell your story without the risk that no one could come to your talk because you were scheduled directly opposite Professor Popular-Superstar. Most people make their posters in powerpoint, and if you google “how to make a scientific poster”, you’ll find all sorts of useful practical advice about font size and colour palette etc. etc. I’ve been involved in judging posters at CSZ (and also several American meetings) for many years; here are ten points that will help you to set your poster apart from the others:

1. Figure out your message and stick to it.

You probably aren’t going to be able to distill your entire PhD thesis into a single 1.2 × 1.2 m sheet of paper, so don’t try. Decide what the key message of your poster is, and include only the data, methods and background that are necessary to support that conclusion. The best posters have less, not more, information, and the first step in decluttering your poster is to have a clear, singular message. You can talk about the side projects, extra data, etc. in person when you find an interested reader... and even have them lurking on a piece of paper or tablet you have to hand, in case you need to go into great detail.

2. Make it easy on the viewer.

Conferences are exhausting. The last thing anyone wants to do by the time they reach a poster session is read 10,000 words of dense text. Bullet points, minimal text, open space, and well-emphasised take-home messages all help to make a poster approachable, and maximise the likelihood that someone will pay close attention to it. Offer clues (arrows, colour coding) to help the reader follow the intended order of your presentation. Project your poster at a lab meeting or to friends to get feedback on the flow, structure, and content before it is printed.

3. Think about your audience(s).

At your poster, you will have visitors who want to know the intimate details of every experiment, those asking vague questions such as ‘what would you have done differently?’ (probably a judge...), and people browsing because they met you at a mixer, saw a relevant keyword, or liked the colour scheme. These different audiences will want different kinds of information, so think about ways to appease your diverse readership. For example, subheadings and take-home messages make it easy to get the point; if you provide each figure with a title that states the take-

home message, a casual reader can leave understanding the data, while the specialist can soak up a detailed caption.

4. Manage a crowd (in advance).

If all goes well, your poster will be surrounded by a crowd of interested onlookers that resembles a rugby scrum. If your poster is in a landscape format, make sure that it is structured in a way that a reader doesn't have to fight their way back and forth to see it. If it is in a portrait format, avoid putting important things at the bottom – you don't want your reader to have to get on her knees for the take-home message!

5. Don't get stuck in a box.

A poster doesn't have to be a scientific paper printed on glossy paper. Do you need an "Introduction, methods, results, discussion" format? If you have (e.g.) three experiments, it might be better to format the poster around those. Your figures don't necessarily need to be labelled 'Figure 1, Figure 2' if it is clear how you are supposed to follow through the poster, likewise, you don't need to have a results write-up if the titles and captions of the figures tell the story. Finally, be creative with how you emphasise your results – circles, arrows, and call-out boxes are all fair game, and can be a perfect way to draw the reader into your story.

6. Your poster needs to stand alone...

If you aren't at your poster, then a reader (or judge!) still needs to be able to get the take-home message. If you are entering a CSZ poster competition (the Holeton and Battle awards), the first triage of posters to find the finalists is based only on the file you submit, so it has to be self-explanatory (and beautiful!),

7. ...but your presentation should enhance it.

Having a practiced presentation of about 2 min is absolutely essential. It needs to use the poster as a prop to tell the story. Think of it as an oral presentation, but with all of your slides already on display.

8. Be outgoing (even if you aren't)

There is nothing more awkward than going to look at a poster with a clearly unhappy student glaring at you nearby as you make your way through the results. Welcome readers to your poster; introduce yourself and offer to walk them through it. If you need to practice this with your lab mates or family, do so!

9. Read comics.

I like to think of a poster as a large infographic of an experiment or study. There are some excellent graphic artists out there who make a living by telling stories (sometimes complex, data-rich ones), and we can learn a lot from them. Some of my favourites are Randall Monroe's 'xkcd', Matthew Innman's 'The Oatmeal', and Jorge Cham's 'PhD Comics'. If you can apply their storytelling techniques to a poster, you will be doing many of the things I suggest above, and telling your story well to boot.

10. Above all...

Remember that you are presenting your science, which might amount to years of your life. Use it as an opportunity to showcase your ideas, your results, and your creativity. You never know which poster viewer may be a future supervisor or colleague.

Making the most of conferences

Conferences are packed full of symposia, contributed sessions, workshops and socials, which can have your head spinning in no time. There are a lot of opportunities packed into a short amount of time, so here are some tips on making the most of your conference experience:

1. **Take in the social opportunities:** conferences are full of colleagues and mentors, and you should aim to spend time with both. The students here may be the same people you see at CSZ 20 years from now, so it pays to make friends outside of your lab. Start your friendships and traditions now! When it comes to mentors, take full advantage of catching coffee, lunch, or dinner with that prof whose research you've been fawning over – more often than not, they are excited to talk to new students, and will be happy to chat with you.
2. **Don't be afraid to talk to a research giant:** on that vein, don't feel that you are "just a student" and somehow not worthy of someone else's time. If you are interested in meeting someone, talking to them about their research, or introducing them to yours, feel free to approach them! It's nerve-wracking, but everyone here remembers what it was like to be a student and are generally happy to hear from you.
3. **Talk to your student councillors:** this may sound like a shameless plug, but we're honestly happy to meet and hear from all of you. If you have any ideas, comments, or concerns, please feel free to approach us!
4. **Attend symposia and contributed talks:** The organized symposia are full of aforementioned research giants and are a great opportunity to hear about exciting research that may or may not be related to your field. In truth, you never know whose research may jump out at you as your next big thing, or inspire you to pursue a new direction in your current research.
5. **Balance:** Now that you're planning on taking in as many talks and social events as you can, remember to take some time for yourself. You should leave the conference feeling inspired, not completely burnt-out. If you need to take an unscheduled coffee break or catch an extra 30 mins of zzz's, that's fine - do what you need to do to stay fresh and happy.

We hope this helps, and happy conferencing to everyone!



It's easy being green:

Tips for being environmentally friendly during the conference

The CSZ student councillors strive each year to reduce environmental impact of our annual meeting. This year is no different, and we have used some our funding to invest in Bullfrog Power. Bullfrog Power will match all the power used at the 2017 meeting with electricity from clean, and renewable energy sources. While this will offset our carbon footprint, there are still many other things we can do to keep this conference green. Follow the tips below to join us in this effort!

1. Use a laptop or portable device throughout the conference to access the schedule and other resources. Using digital resources will reduce the amount of paper waste and save our trees.
2. Bring a reusable water bottle and coffee thermos instead of using disposable bottles and cups.
3. If you're traveling around town or heading back to the airport, be sure to carpool or use public transit.
4. Recycle, recycle, and recycle. It's easy to settle for a garbage can at a busy event, but it's important to take the extra few seconds to find the proper disposal.
5. Reduce energy use in your room. Be sure to turn off the lights, the air conditioning/heat and unplug any electronics each day when you leave.



A local guide to Winnipeg

Transportation

Public Transit

Winnipeg has a bus service for getting around town: www.winnipegtransit.com
Fares are \$2.70.

#160, #161, #162 (long route), #170 (long route), will take you downtown through the rapid transit (also you can reach Osborne village through Osborne station of rapid transit). #60 will also take you to the Osborne village and also downtown. #185 will take you to the Osborne Village area.

Safe walk on campus

If you're on campus at night and would like a safe walk to your residence, call the campus safe-walk program at **204-474-9312** or **#555 on Rogers or MTS wireless**. Campus safewalk operates 24 hours a day, 7 days a week.

Taxi Services (No Uber in Winnipeg ☺)

Unicity Taxi- (204)-925-3131 or download the Unicity app
Duffy's Taxi- (204)-925-0101
Spring Taxi- (204)-774-8294

Site Seeing

Short trips by bus, foot, or bike

- The Forks (1 Forks Market Rd)
- Fort Whyte Alive (1961 McCreary Rd)
- Assiniboine Park/Zoo (2595 Roblin Blvd)

Day trips (by car)

- Whiteshell Provincial Park
 - https://www.gov.mb.ca/sd/parks/popular_parks/eastern/whiteshell.html
- Spruce Woods sand dunes
 - https://www.gov.mb.ca/sd/parks/popular_parks/western/spruce.html
- Narcisse snake dens
 - Every year tens of thousands of red sided garter snakes come to the narcisse snake for mating. This is the largest concentration of these snakes in the world. Peak activity of the snakes falls right around the time of the conference making this a prime opportunity to go out and visit the snake dens. Located approximately 1.5 hours north of

Winnipeg.

http://www.naturenorth.com/spring/creature/garter/Narcisse_Snake_Dens.html

- Oak hammock marsh
 - <http://www.oakhammockmarsh.ca/>
- Birds Hill provincial park
 - https://www.gov.mb.ca/sd/parks/popular_parks/central/birds.html

Coffee

On campus

- Tim Horton's (located on 2nd floor UC or 2nd floor Engineering building)
- Starbucks (located on 1st floor UC in the bookstore)
- Degrees (located in the UC 3rd floor)

Winnipeg Cuisine

Quick and Casual

- UC food court (1st floor UC)
- GPA's Convenience store (1st floor UC)
- Nuburger (472 Stradbrook Ave)
 - Some of the best burgers in Winnipeg
- Want something brought to you check out skipthedishes.com!!! **(Use coupon code CSZ2017 for 20% off your first order)**

Sit-Down Dinner and Drinks

- Degree's Diner (3rd floor UC)
 - Looking for a sit-down meal or to get food to go? Degrees Diner is a great spot to get some food and a drink. Great place if you are looking for healthier alternatives to just eating pub food. Degrees has a great Pad Thai!
- Daily Bread Café (Basement of St. John's College on Campus)
 - Located in the St. John's College on campus the Daily Bread Café offers a variety of food choices and a few local beers
- The Hub Social Club (3rd floor UC)
 - The main on campus pub featuring a menu of traditional pub foods. Looking to catch the NHL playoffs? This is the place to go.
- Stella's (1463 Pembina Hwy)

- Winnipeg hot spot for breakfast, lunch or dinner! Highly recommended for quality food at a reasonable price. Try out the Mexican breakfast!
- The Grove (164 Stafford St.)
 - The Grove is a great option to get food and drinks if you find yourself in the Corydon Ave area of time.
- Peg Beer Co. (125 Pacific Ave)
 - Looking to sample some local Winnipeg beers? Peg Beer Co. is a relatively new BrewPub in the Exchange District of Winnipeg
- Barley Brothers (2005 Pembina Hwy)
 - Just down the road from the university and contains a large variety of beers for those beer lovers amongst us!
- Toad in the Hole (112 Osborne St.)
 - English style pub in the heart of Osborne village featuring live bands in the basement and whiskey bar
- Tavern United (1824 Pembina Hwy)
- Cornerstone Bar and Restaurant (93 Osborne St)
- Brazen Hall (800 Pembina Hwy)
 - A brand new BrewPub a 15-20 minute bus ride from campus. Great place to go if you want to try local Winnipeg beers.

Shopping

Liquor

- Feeling thirsty and looking for a case of beer or two? Your best bet for beer near campus are the bottleshop open until 2am during the week and conveniently located behind Canada Inns on pembina (1824 Pembina Hwy) or the Liquor Mart (1235 Pembina Hwy or 2851 Pembina Hwy) open until 10pm during the week.

Clothing

- Need a last minute outfit for the banquet? **St.Vital Mall** is your closest bet, located at 1225 St. Mary's Road (Bus #75 from campus, about 18 minutes on bus)

Grocery Stores Near the University

- **Superstore**- 80 Bison Dr.
- **Safeway** - 2155 or 1319 Pembina Hwy
- **Sobeys** - 2850 Pembina Hwy