



## The OPTIONS Program Presents

# The Resilient Engineer: A conversation about establishing healthy research expectations and fostering self-care

Monday May 11, 2020

3:00 – 4:30 pm EST

Online ([uoft.me/optionsprogram](https://uoft.me/optionsprogram))

### PANELISTS

- Julie Audet, Vice Dean, Graduate Studies and Professor, Institute of Biomaterials and Biomedical Engineering
- Alison McGuigan, Professor, Department of Chemical Engineering and Applied Chemistry and Institute of Biomaterials and Biomedical Engineering
- Arthur Chan, Professor, Department of Chemical Engineering and Applied Chemistry
- Jasjit Sangha, PhD, Learning Strategist, Academic Success Centre

Moderator: Albert Hunyh, Leadership Education Specialist, [Troost Institute for Leadership Education in Engineering](#)

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#### **Julie Audet**, Vice Dean, Graduate Studies and Professor, Institute of Biomaterials and Biomedical Engineering



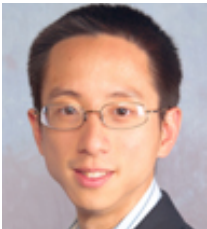
Julie Audet joined the Institute of Biomaterials and Biomedical Engineering (IBBME) at U of T in 2003 after completing her studies in the field of stem cell bioengineering. Dr. Audet is interested in the Development of Biological Search Algorithms and their applications in Stem and Progenitor cell manufacturing processes. Before taking the position of FASE Vice Dean of Graduate Studies in 2017, Dr. Audet served as the Associate Director, Graduate Studies for IBBME from 2012 to 2017. Dr. Audet has been an instructor in several undergraduate and graduate courses covering statistical design of experiments for bioprocess optimization, biostatistics and statistical discovery techniques for biomedical researchers, all of which are closely related to her research interests. During the pandemic, her most effective self-care activities include watching wild animals, keeping in touch with her three older brothers, helping neighbors get groceries and going for long hilly walks.

#### **Alison McGuigan**, Professor, Department of Chemical Engineering and Applied Chemistry and Institute of Biomaterials and Biomedical Engineering



Alison McGuigan is a Professor in Chemical Engineering and Applied Chemistry and in the Institute of Biomaterials and Biomedical Engineering. Her research group is focused on developing engineered tissues for understanding tissue regeneration and disease. Professor McGuigan has received numerous awards recognizing the impact of her research including the TERMIS New Investigator Award, the Canadian Society for Chemical Engineering Hatch Innovation Award, the University of Toronto McLean Award, and in 2018 was elected to the Royal Society of Canada College of New Fellows. During physical distancing she is attempting to look after her four young kids, maintain her research program, deliver an online course and find some time to maintain her physical and mental health!

#### **Arthur Chan**, Professor, Department of Chemical Engineering and Applied Chemistry



Arthur Chan is an associate professor who studies atmospheric chemistry and impacts on human health. Professor Chan was born in the United States, grew up in Hong Kong, did high school in Toronto, and then university and a postdoc in the United States. He enjoys outdoor activities (hiking and biking), but right now he is just splitting his time between working and taking care of his dog (17 years old and as sweet as she is demanding). On weekends, he video chats with his friends and family, listens to podcasts, and completes tasks he has been putting off (e.g. doing taxes, organizing drawers).

#### **Jasjit Sangha**, PhD, Learning Strategist, Academic Success Centre



Dr. Jasjit Sangha is a Learning Strategist with the [Academic Success Centre](#). She brings comprehensive experience to her work with students through her background in adult learning, student development, mindfulness and equity and inclusion. Her knowledge of learning is also informed by her work teaching at the undergraduate and graduate level, courses she has taken on the neuroscience of mindfulness and self-compassion, as well as training she is currently doing with the Search Inside Yourself Leadership Institute that brings together research and teaching on emotional intelligence, neuroscience, mindfulness and leadership.