

Rebecca L. Valade, M.Sc.
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Education

Master of Science in Neuroscience <i>University of Ottawa- Ottawa, ON</i>	09/2024
Bachelor of Cognitive Science Honours - Concentration in the Biological Foundations of Cognition <i>Carleton University – Ottawa, ON</i>	06/2023

Research Experience

Clinical Research Coordinator <i>Bruyère Health Research Institute – Ottawa, ON</i> <ul style="list-style-type: none">• Coordinate and manage research projects investigating brain-heart interactions and emergency department utilization in older adults with heart failure.• Perform qualitative and quantitative data analysis to support study outcomes and research objectives.• Contribute to manuscript preparation, grant application development, and other research-related projects as required.	02/2025 - Present
Graduate Research Student <i>University of Ottawa, Bruyère Research Institute - Ottawa, ON</i> <ul style="list-style-type: none">• Investigated sex differences in neuromuscular fatigue and cognitive stressors affecting postural control in young adults.• Designed experimental protocols, conducted participant recruitment and interviews and ensured adherence to study protocols.• Collected and analyzed data using advanced statistical methods and presented research findings at academic poster day events.	09/2023 – 09/2024
Research Assistant <i>Public Safety Canada - Ottawa, ON</i> <ul style="list-style-type: none">• Researched and conceptualized scientific and psychological topics relevant to government stakeholders, producing literature reviews, reports and briefing notes.• Assisted in conducting research interviews, collecting and documenting data to support policy research initiatives.• Synthesized research findings to provide evidence-based recommendations to inform government policy development.	09/2023 – 09/2024
Undergraduate Thesis Student <i>Carleton University - Ottawa, ON</i> <ul style="list-style-type: none">• Worked collaboratively with research team to investigate perceptions of probability phrases in Canadian English.• Designed and implemented participant recruitment material and research surveys, conducted statistical analysis and presented findings at poster day events.• Assisted with grant writing, application coordination, and research ethics board submissions.	09/2022 – 04/2023
Research Assistant <i>Carleton University - Ottawa, ON</i> <ul style="list-style-type: none">• Developed neuroscience content in visual and written formats, simplifying complex concepts related to stress and resilience for an online educational module targeted for post-secondary students.	05/2022 – 01/2023

- Conducted qualitative interviews with post-secondary students on mental health and academic experiences, using findings to create educational materials.
- Collaborated closely with the principal investigator to lead project initiatives.

Clinical Research Intern (Remote)

09/2021 – 12/2021

GAOMA Therapeutics – Lyon, France

- Conducted research on pharmaceutical treatments for depression and schizophrenia, analyzing mechanisms of action, market value, and overall significance to support clinical trials.
- Completed a comprehensive project offering a 360-degree perspective on neuropharmacological aspects of psychiatric disorders.
- Gained industry experience in scientific content creation for pharmaceutical research.

Teaching Experience

Tutor

11/2021 – Present

Tutorax- Ottawa, ON

- Accumulated over 100 hours of tutoring experience, providing academic support in Math, Science and French to children aged 5-8 in Math and French, adhering to the regulations set by the Ottawa Catholic School Board.
- Developed customized lesson plans tailored to address the specific academic challenges of each child by their individual needs.
- Communicated with parents, discussing the content covered, improvements observed, and addressing any questions or requests from the child's teacher. Incorporating feedback into subsequent lesson plans for ongoing refinement.
- Served as a supportive and friendly leader/mentor for the child, fostering a trusting relationship through positive guidance and encouragement.

Workshop Facilitator

09/2022 – 04/2023

Carleton University - Ottawa, ON

- Designed and facilitated active-learning-based weekly workshops for 35 students enrolled in the ESP program, to enhance student comprehension of Cognitive Science and Philosophy course material.
- Adapted workshop plans with student learning needs and requests.
- Acted as a mentor, offering guidance and tips to students on navigating university life successfully, including achieving a balance between academic responsibilities and personal life.
- Empowered students to develop effective learning strategies, equipping them to approach university studies independently beyond the ESP program

Scientific Presentations

How do People Perceive Probability Phrases in Canadian English? – Poster presentation to faculty and peers at Carleton University, April 2022.

Sex Differences in the Effect of Fatigue and a Cognitive Stressor on Postural Control – Poster presentation at CMM and NSC Poster Day, University of Ottawa, June 2024.

Comprendre les besoins de la communauté pour transformer le traitement des troubles neurologiques et cardiaques concomitants – Présentation d’affiche à la Conférence Destination Recherche Innovation, L’Institut du Savoir Montfort, Mars 2025.

Under Review: Interventions to enhance recognition of mental health disorders in patients with cardiovascular disease: A rapid scoping review – Poster presentation at Ottawa Cardiovascular Research Day, Ottawa Heart Institute, May 2025

In Preparation: Sex Differences in the Effect of Fatigue and a Cognitive Stressor on Postural Control – Poster and/or Oral Presentation at the Society for Neuroscience Annual Meeting, November 2025.

Publications

In Preparation: Valade, R.L., & Bilodeau, M. Sex Differences in the Effect of Fatigue and a Cognitive Stressor on Postural Control.

Professional Development and Certifications

- Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS 2: CORE 2022) Certification, Government of Canada | 2022
- Liens avec le gouvernement pendent et après une election: Researchers Engaging Government During and After an Election, University of Ottawa | 2025
- In Progress: Core Foundations: San'yas Indigenous Cultural Safety Training | 2025
- In Progress: Knowledge Mobilization in Gerontology Certification, Canadian Association of Gerontology | 2025