

WEBVTT

NOTE duration:"00:48:04.9890000"

NOTE language:en-us

NOTE Confidence: 0.8092476

00:00:08.970 --> 00:00:11.034 welcome to Science et al podcast

NOTE Confidence: 0.8092476

00:00:11.034 --> 00:00:12.410 about everything science sponsored

NOTE Confidence: 0.8092476

00:00:12.461 --> 00:00:14.027 by the Yale School of Medicine.

NOTE Confidence: 0.8092476

00:00:14.030 --> 00:00:15.950 I'm your host Daniel Barron and

NOTE Confidence: 0.8092476

00:00:15.950 --> 00:00:17.767 in this episode I'm speaking

NOTE Confidence: 0.8092476

00:00:17.767 --> 00:00:19.627 with Doctor Pollack Rockson.

NOTE Confidence: 0.8092476

00:00:19.630 --> 00:00:21.370 Paul is the senior manager for

NOTE Confidence: 0.8092476

00:00:21.370 --> 00:00:22.530 education programs at Columbia

NOTE Confidence: 0.8092476

00:00:22.578 --> 00:00:24.099 University's Document Institute.

NOTE Confidence: 0.8092476

00:00:24.100 --> 00:00:26.690 She's also the senior producer for the

NOTE Confidence: 0.8092476

00:00:26.690 --> 00:00:29.060 Story Collider and is an assistant

NOTE Confidence: 0.8092476

00:00:29.060 --> 00:00:31.436 professor of neuroscience at the Icahn

NOTE Confidence: 0.8092476

00:00:31.436 --> 00:00:33.659 School of Medicine at Mount Sinai.

NOTE Confidence: 0.8092476

00:00:33.660 --> 00:00:36.276 Paula, as she asked me to call her,

NOTE Confidence: 0.8092476
00:00:36.280 --> 00:00:37.945 holds a PhD in experimental
NOTE Confidence: 0.8092476
00:00:37.945 --> 00:00:39.610 psychology from the University of
NOTE Confidence: 0.8092476
00:00:39.671 --> 00:00:41.525 Oxford and at Mount Sinai Studies.
NOTE Confidence: 0.8092476
00:00:41.530 --> 00:00:43.756 The neural basis of memory in
NOTE Confidence: 0.8092476
00:00:43.756 --> 00:00:45.780 human and nonhuman primate models.
NOTE Confidence: 0.8092476
00:00:45.780 --> 00:00:47.780 It's the combination of those
NOTE Confidence: 0.8092476
00:00:47.780 --> 00:00:49.380 three areas of expertise,
NOTE Confidence: 0.8092476
00:00:49.380 --> 00:00:51.380 being senior manager, educational programs,
NOTE Confidence: 0.8092476
00:00:51.380 --> 00:00:53.040 senior Producer, Story Collider,
NOTE Confidence: 0.8092476
00:00:53.040 --> 00:00:55.560 and an extremely highly trained and
NOTE Confidence: 0.8092476
00:00:55.560 --> 00:00:57.528 successful scientists that I'm so
NOTE Confidence: 0.8092476
00:00:57.528 --> 00:00:59.378 interested in speaking with Paula.
NOTE Confidence: 0.8092476
00:00:59.380 --> 00:01:01.780 So in the world of academia,
NOTE Confidence: 0.8092476
00:01:01.780 --> 00:01:04.489 Paul is taking a path less traveled
NOTE Confidence: 0.8092476
00:01:04.489 --> 00:01:06.580 and his teared her energy.
NOTE Confidence: 0.8092476

00:01:06.580 --> 00:01:08.635 Thord science communication very much
NOTE Confidence: 0.8092476

00:01:08.635 --> 00:01:12.070 and always as a highly trained scientists.
NOTE Confidence: 0.8092476

00:01:12.070 --> 00:01:14.317 And at the height of the pandemic,
NOTE Confidence: 0.8092476

00:01:14.320 --> 00:01:16.161 when I sat down to listen to
NOTE Confidence: 0.8092476

00:01:16.161 --> 00:01:17.870 and edit these conversations,
NOTE Confidence: 0.8092476

00:01:17.870 --> 00:01:19.928 I really enjoyed kind of re entering
NOTE Confidence: 0.8092476

00:01:19.928 --> 00:01:22.070 that kind of mind space that I
NOTE Confidence: 0.8092476

00:01:22.070 --> 00:01:23.870 had shared with Paula during our
NOTE Confidence: 0.8092476

00:01:23.930 --> 00:01:25.730 conversation and just really want
NOTE Confidence: 0.8092476

00:01:25.730 --> 00:01:27.851 to sincerely thank you for coming
NOTE Confidence: 0.8092476

00:01:27.851 --> 00:01:30.098 to New Haven and speaking with me.
NOTE Confidence: 0.8092476

00:01:30.100 --> 00:01:32.732 We spent a lovely day in New Haven
NOTE Confidence: 0.8092476

00:01:32.732 --> 00:01:35.340 and where she had come to accept
NOTE Confidence: 0.8092476

00:01:35.340 --> 00:01:36.836 a point to fellowship.
NOTE Confidence: 0.8092476

00:01:36.840 --> 00:01:39.066 And the talk that she gave when
NOTE Confidence: 0.8092476

00:01:39.066 --> 00:01:40.932 she accepted the fellowship was

NOTE Confidence: 0.8092476

00:01:40.932 --> 00:01:43.470 standing room only and everyone left

NOTE Confidence: 0.8092476

00:01:43.470 --> 00:01:45.952 inspired and really wanting to use

NOTE Confidence: 0.8092476

00:01:45.952 --> 00:01:47.902 their respective area of expertise

NOTE Confidence: 0.8092476

00:01:47.902 --> 00:01:51.060 to help and improve the world.

NOTE Confidence: 0.8092476

00:01:51.060 --> 00:01:53.205 And just the whole conversation

NOTE Confidence: 0.8092476

00:01:53.205 --> 00:01:55.870 was was wonderful and just again,

NOTE Confidence: 0.8092476

00:01:55.870 --> 00:01:58.050 thank you for coming out.

NOTE Confidence: 0.8092476

00:01:58.050 --> 00:02:00.240 And so here we go.

NOTE Confidence: 0.8092476

00:02:00.240 --> 00:02:01.110 Paula croxon.

NOTE Confidence: 0.7769343

00:02:09.220 --> 00:02:11.560 So Doctor Cox and is actually.

NOTE Confidence: 0.7769343

00:02:11.560 --> 00:02:14.290 Would you prefer Doctor Kroc center Paula?

NOTE Confidence: 0.7769343

00:02:14.290 --> 00:02:16.630 You can call me Paula. OK,

NOTE Confidence: 0.7769343

00:02:16.630 --> 00:02:18.970 that seems more conversation calls me.

NOTE Confidence: 0.7769343

00:02:18.970 --> 00:02:21.700 Don't cry Ray. He's never known only

NOTE Confidence: 0.7769343

00:02:21.700 --> 00:02:24.820 for asking like it rainy. Always say doctor

NOTE Confidence: 0.7769343

00:02:24.820 --> 00:02:27.550 until you know someone says otherwise. So
NOTE Confidence: 0.7769343

00:02:27.550 --> 00:02:30.063 Paula is the senior manager for education
NOTE Confidence: 0.7769343

00:02:30.063 --> 00:02:31.840 programs at Columbia University,
NOTE Confidence: 0.7769343

00:02:31.840 --> 00:02:32.684 Zuckerman Institute.
NOTE Confidence: 0.7769343

00:02:32.684 --> 00:02:34.794 She's also the senior producer
NOTE Confidence: 0.7769343

00:02:34.794 --> 00:02:36.720 for the Story Collider.
NOTE Confidence: 0.7769343

00:02:36.720 --> 00:02:38.880 And she is an assistant professor
NOTE Confidence: 0.7769343

00:02:38.880 --> 00:02:40.754 of neuroscience at the Icahn
NOTE Confidence: 0.7769343

00:02:40.754 --> 00:02:42.956 School of Medicine at Mount Sinai,
NOTE Confidence: 0.7769343

00:02:42.960 --> 00:02:45.402 and the combination of those three
NOTE Confidence: 0.7769343

00:02:45.402 --> 00:02:47.873 titles is precisely why I'm so
NOTE Confidence: 0.7769343

00:02:47.873 --> 00:02:50.189 interested in talking with you today.
NOTE Confidence: 0.7769343

00:02:50.190 --> 00:02:52.920 And so you have a very solid,
NOTE Confidence: 0.7769343

00:02:52.920 --> 00:02:54.480 serious background in neuroscience
NOTE Confidence: 0.7769343

00:02:54.480 --> 00:02:55.650 and in research,
NOTE Confidence: 0.7769343

00:02:55.650 --> 00:02:57.600 and recently taken a career

NOTE Confidence: 0.7769343
00:02:57.600 --> 00:02:59.160 transition into public communication.
NOTE Confidence: 0.7769343
00:02:59.160 --> 00:03:01.464 And could you tell us about
NOTE Confidence: 0.7769343
00:03:01.464 --> 00:03:03.450 what that transition was like?
NOTE Confidence: 0.7769343
00:03:03.450 --> 00:03:05.641 And then maybe we can trace back
NOTE Confidence: 0.7769343
00:03:05.641 --> 00:03:08.020 some of the decision points you
NOTE Confidence: 0.7769343
00:03:08.020 --> 00:03:09.840 know through your education
NOTE Confidence: 0.7769343
00:03:09.840 --> 00:03:11.640 and through your life.
NOTE Confidence: 0.7769343
00:03:11.640 --> 00:03:12.420 Sure, sure,
NOTE Confidence: 0.8693016
00:03:12.420 --> 00:03:14.793 OK. So we will start with the
NOTE Confidence: 0.8693016
00:03:14.793 --> 00:03:17.490 decision and go backwards there, OK?
NOTE Confidence: 0.8530992
00:03:20.960 --> 00:03:23.767 Yeah, so the decision came fairly recently,
NOTE Confidence: 0.8530992
00:03:23.770 --> 00:03:26.188 so I actually yeah I was.
NOTE Confidence: 0.8530992
00:03:26.190 --> 00:03:28.997 I was junior faculty at Mount Sinai.
NOTE Confidence: 0.8530992
00:03:29.000 --> 00:03:31.205 I have my own neuroscience lab in
NOTE Confidence: 0.8530992
00:03:31.205 --> 00:03:34.184 which I was studying the neural and
NOTE Confidence: 0.8530992

00:03:34.184 --> 00:03:36.634 neurochemical basis of episodic memory.
NOTE Confidence: 0.8530992

00:03:36.640 --> 00:03:39.405 So the kind of autobiographical life memories
NOTE Confidence: 0.8530992

00:03:39.405 --> 00:03:42.269 that are lost in people with dementia,
NOTE Confidence: 0.8530992

00:03:42.270 --> 00:03:45.318 such as Alzheimer's disease.
NOTE Confidence: 0.8530992

00:03:45.320 --> 00:03:50.108 And I was also doing a lot of science
NOTE Confidence: 0.8530992

00:03:50.108 --> 00:03:52.530 communication work on the side.
NOTE Confidence: 0.8530992

00:03:52.530 --> 00:03:55.354 And I made the decision early in the
NOTE Confidence: 0.8530992

00:03:55.354 --> 00:03:57.639 summer to switch career trajectory's
NOTE Confidence: 0.8530992

00:03:57.639 --> 00:04:00.633 completely and took up the position
NOTE Confidence: 0.8530992

00:04:00.633 --> 00:04:03.518 at Columbia's Document Institute.
NOTE Confidence: 0.8530992

00:04:03.520 --> 00:04:07.344 So I remain adjunct faculty at Mount Sinai.
NOTE Confidence: 0.8530992

00:04:07.350 --> 00:04:09.735 I really love for research
NOTE Confidence: 0.8530992

00:04:09.735 --> 00:04:11.643 that I'm involved in,
NOTE Confidence: 0.8530992

00:04:11.650 --> 00:04:14.290 and I plan to continue doing
NOTE Confidence: 0.8530992

00:04:14.290 --> 00:04:17.390 that in some form for sometime.
NOTE Confidence: 0.8530992

00:04:17.390 --> 00:04:20.561 But my main job is now communicating

NOTE Confidence: 0.8530992
00:04:20.561 --> 00:04:23.446 science to the public, and I.
NOTE Confidence: 0.8530992
00:04:23.446 --> 00:04:26.267 Doing that in a number of ways.
NOTE Confidence: 0.8530992
00:04:26.270 --> 00:04:32.480 So the program that I run is mostly currently
NOTE Confidence: 0.8530992
00:04:32.480 --> 00:04:38.458 aimed at K through 12 students and teachers.
NOTE Confidence: 0.8530992
00:04:38.460 --> 00:04:41.001 So we have a program where we
NOTE Confidence: 0.8530992
00:04:41.001 --> 00:04:42.890 have high school students.
NOTE Confidence: 0.8530992
00:04:42.890 --> 00:04:44.750 They have opportunities to come
NOTE Confidence: 0.8530992
00:04:44.750 --> 00:04:47.068 into research labs over the summer
NOTE Confidence: 0.8530992
00:04:47.068 --> 00:04:48.993 and and actually learn research
NOTE Confidence: 0.8530992
00:04:48.993 --> 00:04:51.360 first hand from active researchers.
NOTE Confidence: 0.8530992
00:04:51.360 --> 00:04:53.766 We call that the Brainiac program.
NOTE Confidence: 0.8530992
00:04:53.770 --> 00:04:54.576 That's awesome,
NOTE Confidence: 0.8530992
00:04:54.576 --> 00:04:56.188 which stands for something
NOTE Confidence: 0.84023565
00:04:56.190 --> 00:04:57.399 like brain research
NOTE Confidence: 0.84023565
00:04:57.400 --> 00:04:59.008 apprenticeships in New York.
NOTE Confidence: 0.84023565

00:04:59.010 --> 00:05:01.030 I'm missing another letter somewhere.

NOTE Confidence: 0.84023565

00:05:01.030 --> 00:05:02.390 Yeah, I know, I.

NOTE Confidence: 0.84023565

00:05:02.390 --> 00:05:06.445 I think back to when I was in high school

NOTE Confidence: 0.84023565

00:05:06.445 --> 00:05:09.325 and I didn't have any opportunities.

NOTE Confidence: 0.84023565

00:05:09.330 --> 00:05:12.418 Like that is incredible.

NOTE Confidence: 0.84023565

00:05:12.420 --> 00:05:13.410 That's that's it.

NOTE Confidence: 0.84023565

00:05:13.410 --> 00:05:15.720 We recruit as closely as we can

NOTE Confidence: 0.84023565

00:05:15.793 --> 00:05:18.018 from from our local neighborhood,

NOTE Confidence: 0.84023565

00:05:18.020 --> 00:05:20.258 that which which is Upper Manhattan

NOTE Confidence: 0.84023565

00:05:20.258 --> 00:05:22.490 in the South Bronx. So lots

NOTE Confidence: 0.8276778

00:05:22.490 --> 00:05:25.241 kids from Harlem. So this is funded

NOTE Confidence: 0.8276778

00:05:25.241 --> 00:05:26.969 by Columbia University as part

NOTE Confidence: 0.8276778

00:05:26.970 --> 00:05:28.830 of their public outreach program.

NOTE Confidence: 0.8276778

00:05:28.830 --> 00:05:31.434 So we partly funded by Columbia University,

NOTE Confidence: 0.8276778

00:05:31.440 --> 00:05:33.534 and we're also the beneficiaries of

NOTE Confidence: 0.8276778

00:05:33.534 --> 00:05:35.920 a number of gifts and donations,

NOTE Confidence: 0.8276778
00:05:35.920 --> 00:05:37.785 including from the Stavros Niarchos
NOTE Confidence: 0.8276778
00:05:37.785 --> 00:05:39.276 Foundation, from the Bank,
NOTE Confidence: 0.8276778
00:05:39.276 --> 00:05:41.508 BNY Mellon from the Pinkerton Foundation.
NOTE Confidence: 0.8276778
00:05:41.510 --> 00:05:45.190 They they fund some of these high school.
NOTE Confidence: 0.8276778
00:05:45.190 --> 00:05:48.020 Scholarships?
NOTE Confidence: 0.8276778
00:05:48.020 --> 00:05:50.844 And again, number of a number of other
NOTE Confidence: 0.8276778
00:05:50.844 --> 00:05:53.420 donations go to our different programs,
NOTE Confidence: 0.8276778
00:05:53.420 --> 00:05:55.350 so we've been very lucky.
NOTE Confidence: 0.8276778
00:05:55.350 --> 00:05:57.672 Very fortunate to have such great
NOTE Confidence: 0.8276778
00:05:57.672 --> 00:05:59.480 supporters for that sounds wonderful.
NOTE Confidence: 0.8276778
00:05:59.480 --> 00:06:00.900 And it's also wonderful
NOTE Confidence: 0.8276778
00:06:00.900 --> 00:06:02.300 at Columbia University.
NOTE Confidence: 0.8276778
00:06:02.300 --> 00:06:04.841 Have really made this part of their
NOTE Confidence: 0.8276778
00:06:04.841 --> 00:06:07.710 mission to have science available to the
NOTE Confidence: 0.83009744
00:06:07.710 --> 00:06:10.405 public like this and such a visible
NOTE Confidence: 0.83009744

00:06:10.410 --> 00:06:11.950 and tangible way also,
NOTE Confidence: 0.83009744

00:06:11.950 --> 00:06:13.498 yeah, so how did
NOTE Confidence: 0.83009744

00:06:13.500 --> 00:06:15.528 you? I'm imagining you
NOTE Confidence: 0.83009744

00:06:15.528 --> 00:06:18.063 being in your lab and.
NOTE Confidence: 0.83009744

00:06:18.070 --> 00:06:19.804 You're writing grants.
NOTE Confidence: 0.83009744

00:06:19.804 --> 00:06:21.538 You're writing papers,
NOTE Confidence: 0.83009744

00:06:21.540 --> 00:06:25.360 doing experiments, and what was?
NOTE Confidence: 0.83009744

00:06:25.360 --> 00:06:27.370 What was that thought process like?
NOTE Confidence: 0.83009744

00:06:27.370 --> 00:06:29.050 What were you looking for?
NOTE Confidence: 0.83079773

00:06:29.940 --> 00:06:32.397 Yeah, OK, So what do you mean?
NOTE Confidence: 0.83079773

00:06:32.400 --> 00:06:34.150 What was I looking for?
NOTE Confidence: 0.83079773

00:06:34.150 --> 00:06:35.209 Scientifically known outside?
NOTE Confidence: 0.83079773

00:06:35.210 --> 00:06:36.260 Looking out for
NOTE Confidence: 0.83079773

00:06:36.260 --> 00:06:39.636 this life or life wise life wise yeah OK well
NOTE Confidence: 0.83079773

00:06:39.636 --> 00:06:42.929 I think it might be useful to backtrack here.
NOTE Confidence: 0.83079773

00:06:42.930 --> 00:06:46.206 Maybe go a little bit further back so because

NOTE Confidence: 0.83079773

00:06:46.206 --> 00:06:49.599 it's hard for me to explain how I got here.

NOTE Confidence: 0.83079773

00:06:49.600 --> 00:06:52.776 I had them probably one of the most

NOTE Confidence: 0.83079773

00:06:52.776 --> 00:06:54.236 traditional trajectories in science

NOTE Confidence: 0.83079773

00:06:54.236 --> 00:06:56.620 of all of most people that I know.

NOTE Confidence: 0.83079773

00:06:56.620 --> 00:06:58.510 So straight out of high school

NOTE Confidence: 0.83079773

00:06:58.510 --> 00:07:00.530 I went to Cambridge University.

NOTE Confidence: 0.83079773

00:07:00.530 --> 00:07:03.358 I didn't know what Cambridge University was,

NOTE Confidence: 0.83079773

00:07:03.360 --> 00:07:06.456 but I was lucky enough to have a high

NOTE Confidence: 0.83079773

00:07:06.456 --> 00:07:09.459 school teacher who was really sort of

NOTE Confidence: 0.83079773

00:07:09.459 --> 00:07:12.524 persistent in getting me to think about

NOTE Confidence: 0.83079773

00:07:12.524 --> 00:07:15.478 going to an Ivy League type University.

NOTE Confidence: 0.83079773

00:07:15.480 --> 00:07:17.904 And I just about squeaked in

NOTE Confidence: 0.83079773

00:07:17.904 --> 00:07:19.116 just about squeaked.

NOTE Confidence: 0.83079773

00:07:19.116 --> 00:07:22.969 I did. So, the, uh,

NOTE Confidence: 0.83079773

00:07:22.969 --> 00:07:26.190 I actually didn't make the offer that I had,

NOTE Confidence: 0.83079773

00:07:26.190 --> 00:07:27.370 which was for, well,
NOTE Confidence: 0.83079773

00:07:27.370 --> 00:07:29.140 the the intricacies of the
NOTE Confidence: 0.83079773

00:07:29.198 --> 00:07:30.560 British academic requirements
NOTE Confidence: 0.83079773

00:07:30.560 --> 00:07:32.376 and all that interesting,
NOTE Confidence: 0.83079773

00:07:32.380 --> 00:07:33.904 but suffice to say,
NOTE Confidence: 0.83079773

00:07:33.904 --> 00:07:37.108 I only just made the grade to get in,
NOTE Confidence: 0.83079773

00:07:37.110 --> 00:07:40.046 and was really lucky that I did I
NOTE Confidence: 0.83079773

00:07:40.046 --> 00:07:42.231 think Cambridge was really good for
NOTE Confidence: 0.83079773

00:07:42.231 --> 00:07:44.750 me and made me work really hard,
NOTE Confidence: 0.8195021

00:07:44.750 --> 00:07:45.839 and it's beautiful.
NOTE Confidence: 0.8195021

00:07:45.840 --> 00:07:47.300 Also, it is very
NOTE Confidence: 0.8195021

00:07:47.300 --> 00:07:50.184 lovely. Yeah, yeah, I did some amazing
NOTE Confidence: 0.8195021

00:07:50.184 --> 00:07:52.000 nonscientific things there as well.
NOTE Confidence: 0.8195021

00:07:52.000 --> 00:07:54.520 So such as I played in a lot of orchestras
NOTE Confidence: 0.8195021

00:07:54.580 --> 00:07:56.794 and I'm a musician as well and I was
NOTE Confidence: 0.8195021

00:07:56.794 --> 00:07:59.140 able to spend a lot of time doing that.

NOTE Confidence: 0.8195021
00:07:59.140 --> 00:08:00.526 Man, I was also able to
NOTE Confidence: 0.8195021
00:08:00.526 --> 00:08:02.199 play a lot of water polo,
NOTE Confidence: 0.8195021
00:08:02.200 --> 00:08:05.427 which is another one of my loves.
NOTE Confidence: 0.8195021
00:08:05.430 --> 00:08:07.292 The program that I did at Cambridge
NOTE Confidence: 0.8195021
00:08:07.292 --> 00:08:09.598 was is the Natural Sciences program,
NOTE Confidence: 0.8195021
00:08:09.600 --> 00:08:11.214 which means it's very broad and
NOTE Confidence: 0.8195021
00:08:11.214 --> 00:08:13.484 it allowed me to explore lots of
NOTE Confidence: 0.8195021
00:08:13.484 --> 00:08:15.374 different areas of biological science,
NOTE Confidence: 0.8195021
00:08:15.380 --> 00:08:18.269 which was my real sort of area of passion,
NOTE Confidence: 0.8195021
00:08:18.270 --> 00:08:20.496 and I ended up in the neuroscience
NOTE Confidence: 0.8195021
00:08:20.496 --> 00:08:22.658 program in my final year there
NOTE Confidence: 0.8195021
00:08:22.658 --> 00:08:24.926 and just really thought it was
NOTE Confidence: 0.8195021
00:08:24.926 --> 00:08:26.888 wonderful and I had to work very
NOTE Confidence: 0.8195021
00:08:26.888 --> 00:08:28.540 hard to stay in that program
NOTE Confidence: 0.8490876
00:08:28.540 --> 00:08:29.828 as well. Just during
NOTE Confidence: 0.8490876

00:08:29.830 --> 00:08:32.018 this time, and you did, you write?

NOTE Confidence: 0.8490876

00:08:32.018 --> 00:08:34.076 Did you do stories like did you

NOTE Confidence: 0.8490876

00:08:34.076 --> 00:08:36.250 have some form of public outreach?

NOTE Confidence: 0.8137689

00:08:36.340 --> 00:08:38.742 Nope, no, no. That's all I had

NOTE Confidence: 0.8137689

00:08:38.742 --> 00:08:40.459 no interest in the garage.

NOTE Confidence: 0.8897006

00:08:42.310 --> 00:08:45.840 I find I didn't even really think about it as

NOTE Confidence: 0.8897006

00:08:45.927 --> 00:08:49.224 a thing that was necessary or interesting.

NOTE Confidence: 0.8897006

00:08:49.230 --> 00:08:51.546 And so I really was very,

NOTE Confidence: 0.8897006

00:08:51.550 --> 00:08:53.866 very myopic about my scientific career.

NOTE Confidence: 0.8897006

00:08:53.870 --> 00:08:56.397 I did work in industry the year

NOTE Confidence: 0.8897006

00:08:56.397 --> 00:08:58.520 after I graduated from college.

NOTE Confidence: 0.8897006

00:08:58.520 --> 00:09:01.190 I worked for Merck for a year and and I'm

NOTE Confidence: 0.8897006

00:09:01.265 --> 00:09:03.546 pharmaceutical pharmaceutical company.

NOTE Confidence: 0.8897006

00:09:03.546 --> 00:09:05.520 Yeah, so they had a.

NOTE Confidence: 0.8897006

00:09:05.520 --> 00:09:07.920 They had to research and development

NOTE Confidence: 0.8897006

00:09:07.920 --> 00:09:10.896 site just North of London at the time.

NOTE Confidence: 0.8897006
00:09:10.900 --> 00:09:14.212 So I worked there for a year and that
NOTE Confidence: 0.8897006
00:09:14.212 --> 00:09:17.376 sort of served to convince me that I
NOTE Confidence: 0.8897006
00:09:17.376 --> 00:09:21.077 needed a PhD if I wanted to have control.
NOTE Confidence: 0.8897006
00:09:21.080 --> 00:09:23.696 Of the research direction that I went in,
NOTE Confidence: 0.8897006
00:09:23.700 --> 00:09:25.828 you know if I didn't just want to
NOTE Confidence: 0.8897006
00:09:25.828 --> 00:09:28.400 be in somebody elses lab and I
NOTE Confidence: 0.8897006
00:09:28.400 --> 00:09:29.579 was pretty ambitious,
NOTE Confidence: 0.8897006
00:09:29.580 --> 00:09:31.536 so I wanted to do that.
NOTE Confidence: 0.8897006
00:09:31.540 --> 00:09:33.682 So I so I got myself into
NOTE Confidence: 0.8897006
00:09:33.682 --> 00:09:35.470 a PhD program at Oxford,
NOTE Confidence: 0.8897006
00:09:35.470 --> 00:09:37.426 which is a Masters then PhD,
NOTE Confidence: 0.8897006
00:09:37.430 --> 00:09:39.586 which sort of resembles the US PhD
NOTE Confidence: 0.8897006
00:09:39.586 --> 00:09:42.091 system in that I had classes and some
NOTE Confidence: 0.8897006
00:09:42.091 --> 00:09:44.300 assignments and I did lab rotations.
NOTE Confidence: 0.8897006
00:09:44.300 --> 00:09:47.570 I found my lab one lab wasn't enough for me,
NOTE Confidence: 0.8897006

00:09:47.570 --> 00:09:50.180 so I was in 2 laps of course.

NOTE Confidence: 0.794394

00:09:52.930 --> 00:09:56.818 And so and so during my

NOTE Confidence: 0.794394

00:09:56.818 --> 00:10:00.150 PhD training I again had.

NOTE Confidence: 0.794394

00:10:00.150 --> 00:10:02.285 Really never thought about public

NOTE Confidence: 0.794394

00:10:02.285 --> 00:10:04.420 outreach or communication at all,

NOTE Confidence: 0.794394

00:10:04.420 --> 00:10:09.946 so I was really focused on on my research.

NOTE Confidence: 0.794394

00:10:09.950 --> 00:10:13.046 And it wasn't until I moved to New

NOTE Confidence: 0.794394

00:10:13.046 --> 00:10:16.589 York that I really was even aware

NOTE Confidence: 0.794394

00:10:16.589 --> 00:10:19.269 that that science communication could

NOTE Confidence: 0.794394

00:10:19.364 --> 00:10:22.179 happen beyond my thesis defense.

NOTE Confidence: 0.85790104

00:10:24.380 --> 00:10:26.666 Yeah, so the way I got to New York

NOTE Confidence: 0.85790104

00:10:26.666 --> 00:10:29.398 was that I started working for my

NOTE Confidence: 0.85790104

00:10:29.398 --> 00:10:31.880 postdoctoral advisor in Oxford at the time.

NOTE Confidence: 0.85790104

00:10:31.880 --> 00:10:34.805 His name is Mark Baxter and he he was.

NOTE Confidence: 0.85790104

00:10:34.810 --> 00:10:37.418 He was great in a number of ways.

NOTE Confidence: 0.85790104

00:10:37.420 --> 00:10:39.471 He was young and brilliant and he

NOTE Confidence: 0.85790104
00:10:39.471 --> 00:10:41.723 taught me a lot about the academic
NOTE Confidence: 0.85790104
00:10:41.723 --> 00:10:44.434 process and he moved to New York about
NOTE Confidence: 0.85790104
00:10:44.434 --> 00:10:46.504 two years after I started working
NOTE Confidence: 0.85790104
00:10:46.504 --> 00:10:49.482 with him and he asked me and the other
NOTE Confidence: 0.85790104
00:10:49.482 --> 00:10:52.089 lab members if we wanted to come an.
NOTE Confidence: 0.85790104
00:10:52.090 --> 00:10:54.100 I decided to go for it.
NOTE Confidence: 0.85790104
00:10:54.100 --> 00:11:00.586 And he was also. Yeah he was.
NOTE Confidence: 0.85790104
00:11:00.586 --> 00:11:03.384 He was really sort of open to letting
NOTE Confidence: 0.85790104
00:11:03.384 --> 00:11:06.150 me have my own research direction.
NOTE Confidence: 0.85790104
00:11:06.150 --> 00:11:08.677 Which which is really exciting for me.
NOTE Confidence: 0.85790104
00:11:08.680 --> 00:11:09.050 So
NOTE Confidence: 0.8389838
00:11:09.050 --> 00:11:10.860 you were functioning as a
NOTE Confidence: 0.8389838
00:11:10.860 --> 00:11:12.670 postdoc when you moved to
NOTE Confidence: 0.8389838
00:11:12.670 --> 00:11:14.841 Mount Sinai. I was, yeah, yeah,
NOTE Confidence: 0.8389838
00:11:14.841 --> 00:11:17.368 an postdoc is is a great time.
NOTE Confidence: 0.8389838

00:11:17.370 --> 00:11:19.470 At least I think it's a
NOTE Confidence: 0.8389838

00:11:19.470 --> 00:11:21.350 great time because I yeah,
NOTE Confidence: 0.8389838

00:11:21.350 --> 00:11:23.884 I got to have more academic freedom,
NOTE Confidence: 0.8389838

00:11:23.890 --> 00:11:26.319 which is kind of what I've been
NOTE Confidence: 0.8389838

00:11:26.319 --> 00:11:28.230 looking for this whole time.
NOTE Confidence: 0.8389838

00:11:28.230 --> 00:11:30.533 But I also had had the benefit
NOTE Confidence: 0.8389838

00:11:30.533 --> 00:11:32.210 of mentorship and guidance.
NOTE Confidence: 0.8389838

00:11:32.210 --> 00:11:34.611 And then so I kind of stumbled
NOTE Confidence: 0.8389838

00:11:34.611 --> 00:11:36.270 on this group called.
NOTE Confidence: 0.8389838

00:11:36.270 --> 00:11:37.698 New right which?
NOTE Confidence: 0.8389838

00:11:37.698 --> 00:11:41.064 Which is a is a science writing
NOTE Confidence: 0.8389838

00:11:41.064 --> 00:11:43.016 workshop comprised of scientists
NOTE Confidence: 0.8389838

00:11:43.016 --> 00:11:44.840 and non scientists too.
NOTE Confidence: 0.8389838

00:11:44.840 --> 00:11:46.776 Could be writers journalists.
NOTE Confidence: 0.8389838

00:11:46.776 --> 00:11:49.680 We also had some some people
NOTE Confidence: 0.8389838

00:11:49.767 --> 00:11:52.062 who wrote poetry or some

NOTE Confidence: 0.8389838

00:11:52.062 --> 00:11:54.357 people from the theater world.

NOTE Confidence: 0.8389838

00:11:54.360 --> 00:11:55.374 Some artists,

NOTE Confidence: 0.8389838

00:11:55.374 --> 00:11:59.430 some of whom rotated in and out and

NOTE Confidence: 0.8389838

00:11:59.541 --> 00:12:02.956 others who are permanent members.

NOTE Confidence: 0.8389838

00:12:02.960 --> 00:12:05.080 And they adopted me even though I didn't

NOTE Confidence: 0.8389838

00:12:05.080 --> 00:12:07.090 really want to do science communication.

NOTE Confidence: 0.8389838

00:12:07.090 --> 00:12:08.710 I just really wanted a paper

NOTE Confidence: 0.8389838

00:12:08.710 --> 00:12:10.340 in a high impact Journal.

NOTE Confidence: 0.8389838

00:12:10.340 --> 00:12:10.630 And

NOTE Confidence: 0.83945256

00:12:10.630 --> 00:12:12.990 if I became better at this is true.

NOTE Confidence: 0.83945256

00:12:12.990 --> 00:12:14.470 It's kind of embarrassing now,

NOTE Confidence: 0.83945256

00:12:14.470 --> 00:12:16.830 but at the time, that was really what

NOTE Confidence: 0.83945256

00:12:16.830 --> 00:12:19.190 I wanted and I thought if I became

NOTE Confidence: 0.83945256

00:12:19.190 --> 00:12:21.254 a better writer I could get that.

NOTE Confidence: 0.83945256

00:12:21.254 --> 00:12:23.315 I think that's pretty sound logic, right?

NOTE Confidence: 0.83945256

00:12:23.315 --> 00:12:25.675 It's gotta be a really good writer together.
NOTE Confidence: 0.83945256

00:12:25.680 --> 00:12:27.780 Sometime it's actually backed up
NOTE Confidence: 0.83945256

00:12:27.780 --> 00:12:30.640 by it by some published data now.
NOTE Confidence: 0.83945256

00:12:30.640 --> 00:12:31.992 You use more narrative
NOTE Confidence: 0.83945256

00:12:31.992 --> 00:12:33.336 elements in your writing.
NOTE Confidence: 0.83945256

00:12:33.340 --> 00:12:35.056 You are more likely to be
NOTE Confidence: 0.83945256

00:12:35.056 --> 00:12:36.608 published in a high impact
NOTE Confidence: 0.83945256

00:12:36.608 --> 00:12:38.666 Journal and you're more and more
NOTE Confidence: 0.83945256

00:12:38.666 --> 00:12:40.779 likely to have higher citations
NOTE Confidence: 0.8617976

00:12:40.780 --> 00:12:43.815 as well. Were fun to read for sure.
NOTE Confidence: 0.8617976

00:12:43.815 --> 00:12:46.160 Definitely the hook. Your
NOTE Confidence: 0.8273934

00:12:46.160 --> 00:12:47.930 neuroscience papers start like that.
NOTE Confidence: 0.8273934

00:12:47.930 --> 00:12:51.026 Now that I think about it like some
NOTE Confidence: 0.8273934

00:12:51.026 --> 00:12:52.538 philosophical question or hook or
NOTE Confidence: 0.8273934

00:12:52.540 --> 00:12:53.599 something exactly, yeah,
NOTE Confidence: 0.8273934

00:12:53.599 --> 00:12:55.722 go trying to get published in

NOTE Confidence: 0.8273934

00:12:55.722 --> 00:12:58.200 higher external and I got my wish.

NOTE Confidence: 0.8273934

00:12:58.200 --> 00:13:00.680 I did like OK for published in

NOTE Confidence: 0.8273934

00:13:00.680 --> 00:13:02.798 Nature Neuroscience and then I was

NOTE Confidence: 0.8273934

00:13:02.800 --> 00:13:04.570 like OK great. I'm done.

NOTE Confidence: 0.8273934

00:13:04.570 --> 00:13:07.194 But at that point I had got involved

NOTE Confidence: 0.8273934

00:13:07.194 --> 00:13:09.527 with Brain Awareness Week as well.

NOTE Confidence: 0.8273934

00:13:09.530 --> 00:13:11.990 Brain Awareness Week is is a

NOTE Confidence: 0.8273934

00:13:11.990 --> 00:13:14.324 fantastic thing is spearheaded by the

NOTE Confidence: 0.8273934

00:13:14.324 --> 00:13:16.487 Dana Foundation and it is a week.

NOTE Confidence: 0.8273934

00:13:16.490 --> 00:13:18.590 But usually spills over into

NOTE Confidence: 0.8273934

00:13:18.590 --> 00:13:20.690 the whole month of March.

NOTE Confidence: 0.8273934

00:13:20.690 --> 00:13:22.270 When people all over the

NOTE Confidence: 0.8273934

00:13:22.270 --> 00:13:23.534 world is truly international,

NOTE Confidence: 0.8273934

00:13:23.540 --> 00:13:25.406 celebrate the brain and raise awareness

NOTE Confidence: 0.8273934

00:13:25.406 --> 00:13:27.684 of the need for mental health research

NOTE Confidence: 0.8273934

00:13:27.684 --> 00:13:29.945 and for brain research and for for
NOTE Confidence: 0.8273934

00:13:30.003 --> 00:13:32.096 taking care of our own mental health.
NOTE Confidence: 0.8273934

00:13:32.100 --> 00:13:34.116 So I thought that this was really
NOTE Confidence: 0.8273934

00:13:34.116 --> 00:13:35.952 cool and there were some people
NOTE Confidence: 0.8273934

00:13:35.952 --> 00:13:38.059 at Mount Sinai doing like a brain
NOTE Confidence: 0.8273934

00:13:38.119 --> 00:13:40.213 fair where they would invite people
NOTE Confidence: 0.8273934

00:13:40.213 --> 00:13:42.152 from local schools and local kids
NOTE Confidence: 0.8273934

00:13:42.152 --> 00:13:44.049 to come and learn about the brain
NOTE Confidence: 0.8273934

00:13:44.049 --> 00:13:45.420 through hands-on activities.
NOTE Confidence: 0.8273934

00:13:45.420 --> 00:13:47.796 I had a little bit of fun with
NOTE Confidence: 0.8273934

00:13:47.796 --> 00:13:50.039 this and I thought that it would
NOTE Confidence: 0.8273934

00:13:50.039 --> 00:13:52.520 be cool if we got some local.
NOTE Confidence: 0.8273934

00:13:52.520 --> 00:13:54.260 Um performers who weren't necessarily
NOTE Confidence: 0.8273934

00:13:54.260 --> 00:13:56.594 doing shows about the brain but who
NOTE Confidence: 0.8273934

00:13:56.594 --> 00:13:58.470 were doing these kind of nerdy shows.
NOTE Confidence: 0.8273934

00:13:58.470 --> 00:14:00.510 So I thought it would be cool if

NOTE Confidence: 0.8273934
00:14:00.510 --> 00:14:02.849 we got some model events involved,
NOTE Confidence: 0.8273934
00:14:02.850 --> 00:14:05.667 as well as things like brain fares for kids.
NOTE Confidence: 0.8273934
00:14:05.670 --> 00:14:07.668 So I approached some groups with
NOTE Confidence: 0.8273934
00:14:07.668 --> 00:14:10.008 names like Nerd Nights and the Story
NOTE Confidence: 0.8273934
00:14:10.008 --> 00:14:12.213 Collider and ask them if they wouldn't
NOTE Confidence: 0.8273934
00:14:12.273 --> 00:14:14.219 mind doing a show about the brain
NOTE Confidence: 0.8273934
00:14:14.219 --> 00:14:15.720 in March and generally speaking,
NOTE Confidence: 0.8273934
00:14:15.720 --> 00:14:18.360 they said if you can find us a
NOTE Confidence: 0.8273934
00:14:18.426 --> 00:14:21.000 scientist to be on the show we will do.
NOTE Confidence: 0.8273934
00:14:21.000 --> 00:14:24.437 We will do the show about brain.
NOTE Confidence: 0.8273934
00:14:24.440 --> 00:14:25.066 So, um,
NOTE Confidence: 0.8273934
00:14:25.066 --> 00:14:27.570 so I kind of became energized by this,
NOTE Confidence: 0.8273934
00:14:27.570 --> 00:14:29.754 and I thought this was a great idea
NOTE Confidence: 0.8273934
00:14:29.754 --> 00:14:32.578 and I found a scientist for nerd night.
NOTE Confidence: 0.8273934
00:14:32.580 --> 00:14:34.458 And then I found some scientists
NOTE Confidence: 0.8273934

00:14:34.458 --> 00:14:35.710 for the story Collider,
NOTE Confidence: 0.8273934

00:14:35.710 --> 00:14:38.055 along with the help of some colleagues
NOTE Confidence: 0.8273934

00:14:38.055 --> 00:14:40.023 and then the story Collider asked
NOTE Confidence: 0.8273934

00:14:40.023 --> 00:14:42.453 me if I wanted to tell a story
NOTE Confidence: 0.8273934

00:14:42.453 --> 00:14:44.469 on their show and I said yes.
NOTE Confidence: 0.8273934

00:14:44.470 --> 00:14:47.600 And then after I hung up the phone with them,
NOTE Confidence: 0.8273934

00:14:47.600 --> 00:14:50.104 I called them back and I said no,
NOTE Confidence: 0.8273934

00:14:50.110 --> 00:14:52.299 I do not want to do there.
NOTE Confidence: 0.8020684

00:14:52.300 --> 00:14:54.440 Still not convinced her.
NOTE Confidence: 0.8020684

00:14:54.440 --> 00:14:59.010 So under men so unconvinced.
NOTE Confidence: 0.86531276

00:14:59.010 --> 00:15:01.674 And there are a couple of reasons for that.
NOTE Confidence: 0.86531276

00:15:01.680 --> 00:15:03.696 One of the reasons was that was
NOTE Confidence: 0.86531276

00:15:03.696 --> 00:15:05.523 that the research I was doing
NOTE Confidence: 0.86531276

00:15:05.523 --> 00:15:07.028 was was in nonhuman primates,
NOTE Confidence: 0.86531276

00:15:07.030 --> 00:15:09.182 and I felt the need to be very
NOTE Confidence: 0.86531276

00:15:09.182 --> 00:15:10.749 sensitive and careful about how

NOTE Confidence: 0.86531276

00:15:10.749 --> 00:15:12.669 I spoke to people about that.

NOTE Confidence: 0.86531276

00:15:12.670 --> 00:15:15.046 I still do feel the need for that,

NOTE Confidence: 0.86531276

00:15:15.050 --> 00:15:17.471 and so I wasn't sure that standing on a

NOTE Confidence: 0.86531276

00:15:17.471 --> 00:15:19.894 stage in front of people was the best

NOTE Confidence: 0.86531276

00:15:19.894 --> 00:15:22.405 way to communicate that when you know a

NOTE Confidence: 0.86531276

00:15:22.405 --> 00:15:24.546 two way conversation might have been better.

NOTE Confidence: 0.86531276

00:15:24.546 --> 00:15:26.890 But the other reason was that I was

NOTE Confidence: 0.86531276

00:15:26.958 --> 00:15:29.156 just afraid and didn't think it was.

NOTE Confidence: 0.86531276

00:15:29.160 --> 00:15:32.912 Important and so I didn't see why I should,

NOTE Confidence: 0.86531276

00:15:32.912 --> 00:15:35.052 but they're very persuasive,

NOTE Confidence: 0.86531276

00:15:35.052 --> 00:15:38.496 so I had this conversation with

NOTE Confidence: 0.86531276

00:15:38.496 --> 00:15:41.576 Aaron Barker and she said to me.

NOTE Confidence: 0.86531276

00:15:41.580 --> 00:15:43.680 You know, she asked me questions

NOTE Confidence: 0.86531276

00:15:43.680 --> 00:15:46.270 about my life and so she asked me,

NOTE Confidence: 0.86531276

00:15:46.270 --> 00:15:46.992 for example,

NOTE Confidence: 0.86531276

00:15:46.992 --> 00:15:49.519 is there anybody in your life you
NOTE Confidence: 0.86531276

00:15:49.519 --> 00:15:51.458 suffered with a mental health problem
NOTE Confidence: 0.86531276

00:15:51.458 --> 00:15:53.876 and I said Oh no, not really.
NOTE Confidence: 0.86531276

00:15:53.876 --> 00:15:55.688 Well just my grandmother.
NOTE Confidence: 0.86531276

00:15:55.690 --> 00:15:57.916 Um, I suppose she had Alzheimer's disease,
NOTE Confidence: 0.86531276

00:15:57.920 --> 00:15:59.188 but everybody knows somebody
NOTE Confidence: 0.86531276

00:15:59.188 --> 00:16:00.139 with Alzheimer's disease.
NOTE Confidence: 0.86531276

00:16:00.140 --> 00:16:02.366 I don't think that's very special story,
NOTE Confidence: 0.86531276

00:16:02.370 --> 00:16:04.278 and she said, oh, OK, OK,
NOTE Confidence: 0.86531276

00:16:04.278 --> 00:16:05.868 well what about your research?
NOTE Confidence: 0.86531276

00:16:05.870 --> 00:16:07.460 What do you work on?
NOTE Confidence: 0.86531276

00:16:07.460 --> 00:16:08.712 And I said, well,
NOTE Confidence: 0.86531276

00:16:08.712 --> 00:16:11.270 I work on acetal choline and she said,
NOTE Confidence: 0.86531276

00:16:11.270 --> 00:16:13.278 as tell who an I said it's a
NOTE Confidence: 0.86531276

00:16:13.278 --> 00:16:15.721 it's a target of most of the
NOTE Confidence: 0.86531276

00:16:15.721 --> 00:16:17.950 Alzheimer's drugs that work at all.

NOTE Confidence: 0.86531276
00:16:17.950 --> 00:16:20.808 And she said, oh really, not a special story.
NOTE Confidence: 0.8406164
00:16:23.180 --> 00:16:25.538 Oh well, so that's interesting connection.
NOTE Confidence: 0.8406164
00:16:25.540 --> 00:16:27.910 Had you made that connection in
NOTE Confidence: 0.8406164
00:16:27.910 --> 00:16:30.274 your research to your personal life,
NOTE Confidence: 0.8406164
00:16:30.274 --> 00:16:32.640 or was this no? OK, right
NOTE Confidence: 0.8406164
00:16:32.640 --> 00:16:35.520 now you know I had no so actually
NOTE Confidence: 0.8406164
00:16:35.520 --> 00:16:38.048 the process of telling this story
NOTE Confidence: 0.8406164
00:16:38.048 --> 00:16:40.640 for me was an incredible process
NOTE Confidence: 0.8406164
00:16:40.720 --> 00:16:43.200 because I made this connection.
NOTE Confidence: 0.8406164
00:16:43.200 --> 00:16:45.696 So in the story I I talked about,
NOTE Confidence: 0.8406164
00:16:45.700 --> 00:16:46.633 my grandmother's health
NOTE Confidence: 0.8406164
00:16:46.633 --> 00:16:47.566 mental health decline,
NOTE Confidence: 0.8406164
00:16:47.570 --> 00:16:49.526 which happened during my teenage years
NOTE Confidence: 0.8406164
00:16:49.526 --> 00:16:51.618 and I didn't handle it very well.
NOTE Confidence: 0.8406164
00:16:51.620 --> 00:16:52.836 I would sort of.
NOTE Confidence: 0.8406164

00:16:52.836 --> 00:16:55.334 I struggled with it a lot and and
NOTE Confidence: 0.8406164

00:16:55.334 --> 00:16:57.710 I sort of was dealing with my own
NOTE Confidence: 0.8406164

00:16:57.787 --> 00:16:59.701 identity and then felt a little
NOTE Confidence: 0.8406164

00:16:59.701 --> 00:17:02.364 bit as if my identity was at risk,
NOTE Confidence: 0.8406164

00:17:02.364 --> 00:17:04.440 because because my grandmother was was
NOTE Confidence: 0.8406164

00:17:04.504 --> 00:17:06.443 she didn't Remember Me and I didn't
NOTE Confidence: 0.8406164

00:17:06.443 --> 00:17:08.776 have a great way of dealing with this,
NOTE Confidence: 0.8406164

00:17:08.780 --> 00:17:10.652 so I just sort of gradually
NOTE Confidence: 0.8406164

00:17:10.652 --> 00:17:11.900 lost touch with her.
NOTE Confidence: 0.8406164

00:17:11.900 --> 00:17:13.784 Over the years I didn't really
NOTE Confidence: 0.8406164

00:17:13.784 --> 00:17:16.269 want to talk to her on the phone,
NOTE Confidence: 0.8406164

00:17:16.270 --> 00:17:18.190 for example, because I knew she.
NOTE Confidence: 0.8406164

00:17:18.190 --> 00:17:20.270 Wouldn't know who was calling.
NOTE Confidence: 0.8406164

00:17:20.270 --> 00:17:22.594 Um, but I felt very guilty about
NOTE Confidence: 0.8406164

00:17:22.594 --> 00:17:24.958 that later on when it was too
NOTE Confidence: 0.8406164

00:17:24.958 --> 00:17:26.902 late to do anything about it.

NOTE Confidence: 0.8406164
00:17:26.910 --> 00:17:27.978 Um, simultaneously without
NOTE Confidence: 0.8406164
00:17:27.978 --> 00:17:29.758 really being conscious of it,
NOTE Confidence: 0.8406164
00:17:29.760 --> 00:17:32.168 I had started working on this particular
NOTE Confidence: 0.8406164
00:17:32.168 --> 00:17:34.520 area of the brain more because I
NOTE Confidence: 0.8406164
00:17:34.520 --> 00:17:36.858 fell into it because I had found
NOTE Confidence: 0.8406164
00:17:36.858 --> 00:17:38.848 a great research colleague rather
NOTE Confidence: 0.8406164
00:17:38.848 --> 00:17:41.679 than because I chose in that area.
NOTE Confidence: 0.8406164
00:17:41.679 --> 00:17:44.157 But in learning about the disease,
NOTE Confidence: 0.8406164
00:17:44.160 --> 00:17:46.512 I came to terms with what happened
NOTE Confidence: 0.8406164
00:17:46.512 --> 00:17:47.520 to my grandmother,
NOTE Confidence: 0.8406164
00:17:47.520 --> 00:17:49.530 and I began to forgive myself.
NOTE Confidence: 0.8406164
00:17:49.530 --> 00:17:52.365 But almost telling the story was a
NOTE Confidence: 0.8406164
00:17:52.365 --> 00:17:55.200 process of self forgiveness for me.
NOTE Confidence: 0.8406164
00:17:55.200 --> 00:17:55.864 And so.
NOTE Confidence: 0.8406164
00:17:55.864 --> 00:17:57.856 And so for some reason that
NOTE Confidence: 0.8406164

00:17:57.856 --> 00:17:59.589 was totally unclear to me.

NOTE Confidence: 0.8406164

00:17:59.590 --> 00:18:01.480 They put me last in the show.

NOTE Confidence: 0.8406164

00:18:01.480 --> 00:18:03.279 I had to wait for everybody else

NOTE Confidence: 0.8406164

00:18:03.279 --> 00:18:04.450 to tell their story.

NOTE Confidence: 0.8406164

00:18:04.450 --> 00:18:05.209 I got up.

NOTE Confidence: 0.8406164

00:18:05.209 --> 00:18:06.727 I told mine I couldn't see

NOTE Confidence: 0.8406164

00:18:06.727 --> 00:18:07.960 anybody in the audience.

NOTE Confidence: 0.8406164

00:18:07.960 --> 00:18:08.938 It was really.

NOTE Confidence: 0.8406164

00:18:08.938 --> 00:18:11.587 You know I didn't have no idea how

NOTE Confidence: 0.8406164

00:18:11.587 --> 00:18:14.197 it went and I got down off the stage

NOTE Confidence: 0.8406164

00:18:14.271 --> 00:18:16.805 and after they wrapped up the show.

NOTE Confidence: 0.8406164

00:18:16.810 --> 00:18:19.708 People came up to me with tears

NOTE Confidence: 0.8406164

00:18:19.708 --> 00:18:22.426 in their eyes and they thanked

NOTE Confidence: 0.8406164

00:18:22.426 --> 00:18:25.186 me for sharing my story and.

NOTE Confidence: 0.8406164

00:18:25.190 --> 00:18:28.000 When I see people asked if they could hug me.

NOTE Confidence: 0.8406164

00:18:28.000 --> 00:18:30.800 And told me that they'd had a similar

NOTE Confidence: 0.8406164
00:18:30.800 --> 00:18:33.016 experience and it meant a lot to
NOTE Confidence: 0.8406164
00:18:33.016 --> 00:18:35.275 them that somebody got up and talked
NOTE Confidence: 0.8406164
00:18:35.275 --> 00:18:37.495 about how hard it was personally.
NOTE Confidence: 0.8406164
00:18:37.500 --> 00:18:39.018 And I was
NOTE Confidence: 0.8890307
00:18:39.020 --> 00:18:42.050 like, oh, that's what we're doing.
NOTE Confidence: 0.78098017
00:18:44.680 --> 00:18:46.576 Because everybody knows someone
NOTE Confidence: 0.78098017
00:18:46.576 --> 00:18:48.460 without scientists, right? I
NOTE Confidence: 0.78098017
00:18:48.460 --> 00:18:51.250 just hadn't occurred to me
NOTE Confidence: 0.78098017
00:18:51.250 --> 00:18:53.482 that something so relatable.
NOTE Confidence: 0.78098017
00:18:53.490 --> 00:18:58.120 Could be as important as it was. But
NOTE Confidence: 0.88619167
00:18:58.120 --> 00:18:59.740 also, did you discuss your
NOTE Confidence: 0.88619167
00:18:59.740 --> 00:19:01.036 research during the story,
NOTE Confidence: 0.88619167
00:19:01.040 --> 00:19:03.096 and I think that's a huge part of
NOTE Confidence: 0.88619167
00:19:03.096 --> 00:19:05.315 what can really affect people because
NOTE Confidence: 0.88619167
00:19:05.315 --> 00:19:07.775 people have these experiences and they
NOTE Confidence: 0.88619167

00:19:07.843 --> 00:19:10.107 don't know how to make sense of them.

NOTE Confidence: 0.88619167

00:19:10.110 --> 00:19:12.301 And so by communicating what you were

NOTE Confidence: 0.88619167

00:19:12.301 --> 00:19:14.969 doing the way you were thinking about it,

NOTE Confidence: 0.88619167

00:19:14.970 --> 00:19:17.794 I was big. Big deal, I mean,

NOTE Confidence: 0.88619167

00:19:17.794 --> 00:19:19.606 did people tell you specifically that

NOTE Confidence: 0.88619167

00:19:19.606 --> 00:19:21.844 like it wasn't just that you were

NOTE Confidence: 0.88619167

00:19:21.844 --> 00:19:23.930 telling your story about your grandma,

NOTE Confidence: 0.88619167

00:19:23.930 --> 00:19:25.540 but you're helping everyone makes

NOTE Confidence: 0.8411882

00:19:25.540 --> 00:19:27.461 sense of it? Yes, yeah, definitely.

NOTE Confidence: 0.8411882

00:19:27.461 --> 00:19:29.387 I did talk about my research.

NOTE Confidence: 0.8411882

00:19:29.390 --> 00:19:31.398 Yeah, you know, I talked about how how

NOTE Confidence: 0.8411882

00:19:31.398 --> 00:19:34.077 I felt as if my research was helping

NOTE Confidence: 0.8411882

00:19:34.077 --> 00:19:35.485 us understand Alzheimer's disease

NOTE Confidence: 0.8411882

00:19:35.549 --> 00:19:38.325 because I was working on this on this

NOTE Confidence: 0.8411882

00:19:38.325 --> 00:19:39.712 neurotransmitter alstyle Colleen, which.

NOTE Confidence: 0.8411882

00:19:39.712 --> 00:19:42.134 It is the target of most of

NOTE Confidence: 0.8411882
00:19:42.134 --> 00:19:44.478 the Alzheimer's drugs at work,
NOTE Confidence: 0.8411882
00:19:44.480 --> 00:19:46.352 but they don't work very well
NOTE Confidence: 0.8411882
00:19:46.352 --> 00:19:48.732 and we don't know why they don't
NOTE Confidence: 0.8411882
00:19:48.732 --> 00:19:50.844 work well and our research showed
NOTE Confidence: 0.8411882
00:19:50.844 --> 00:19:53.031 that that you need acetal choline
NOTE Confidence: 0.8411882
00:19:53.031 --> 00:19:55.232 in order to recover from damage.
NOTE Confidence: 0.8411882
00:19:55.232 --> 00:19:57.824 Physical damage elsewhere in the brain,
NOTE Confidence: 0.8411882
00:19:57.830 --> 00:19:59.846 which is another huge thing that
NOTE Confidence: 0.8411882
00:19:59.846 --> 00:20:01.190 happens in Alzheimer's disease,
NOTE Confidence: 0.8411882
00:20:01.190 --> 00:20:05.110 cell loss and cell death is happening.
NOTE Confidence: 0.8411882
00:20:05.110 --> 00:20:07.720 And it seems as if that we need to detect
NOTE Confidence: 0.8411882
00:20:07.784 --> 00:20:09.806 Alzheimer's earlier in order to for
NOTE Confidence: 0.8411882
00:20:09.806 --> 00:20:12.749 those drugs to be even remotely effective.
NOTE Confidence: 0.8411882
00:20:12.750 --> 00:20:14.405 Because by the time that
NOTE Confidence: 0.8411882
00:20:14.405 --> 00:20:15.729 damage is already happened,
NOTE Confidence: 0.8411882

00:20:15.730 --> 00:20:18.469 it's too late.
NOTE Confidence: 0.8411882

00:20:18.470 --> 00:20:19.517 And so actually,
NOTE Confidence: 0.8411882

00:20:19.517 --> 00:20:21.262 it's such an interesting area
NOTE Confidence: 0.8411882

00:20:21.262 --> 00:20:23.236 of research because that theory
NOTE Confidence: 0.8411882

00:20:23.236 --> 00:20:25.251 of acetal choline being imported
NOTE Confidence: 0.8411882

00:20:25.251 --> 00:20:26.969 in Alzheimer's is really old.
NOTE Confidence: 0.8411882

00:20:26.970 --> 00:20:29.234 And it got dropped for a long time
NOTE Confidence: 0.8411882

00:20:29.234 --> 00:20:31.412 because we felt as if as a field we
NOTE Confidence: 0.8411882

00:20:31.412 --> 00:20:33.718 felt as if it didn't make any sense.
NOTE Confidence: 0.8411882

00:20:33.720 --> 00:20:36.440 It couldn't be the answer.
NOTE Confidence: 0.8411882

00:20:36.440 --> 00:20:39.296 And that's because it's part of the answer,
NOTE Confidence: 0.8411882

00:20:39.300 --> 00:20:40.732 not the whole thing,
NOTE Confidence: 0.8411882

00:20:40.732 --> 00:20:41.090 right?
NOTE Confidence: 0.8411882

00:20:41.090 --> 00:20:43.004 So the research I subsequently went
NOTE Confidence: 0.8411882

00:20:43.004 --> 00:20:45.750 on to do and I became independent,
NOTE Confidence: 0.8411882

00:20:45.750 --> 00:20:47.892 but which was still in collaboration

NOTE Confidence: 0.8411882
00:20:47.892 --> 00:20:48.963 with Mark Baxter.

NOTE Confidence: 0.8411882
00:20:48.970 --> 00:20:52.399 My previous mentor was to try and work with

NOTE Confidence: 0.8411882
00:20:52.399 --> 00:20:56.094 them with a technique to increase our style

NOTE Confidence: 0.8411882
00:20:56.094 --> 00:20:59.067 calling function in the brain by using.

NOTE Confidence: 0.8411882
00:20:59.070 --> 00:21:00.074 Using dreads,

NOTE Confidence: 0.8411882
00:21:00.074 --> 00:21:02.082 these designer receptors exclusively

NOTE Confidence: 0.8411882
00:21:02.082 --> 00:21:05.066 activated by designer drugs Joe Dreads is

NOTE Confidence: 0.8411882
00:21:05.066 --> 00:21:07.640 a very cool acronym for very Long Thing.

NOTE Confidence: 0.8411882
00:21:07.640 --> 00:21:08.048 OK,

NOTE Confidence: 0.8411882
00:21:08.048 --> 00:21:09.272 I'm not familiar.

NOTE Confidence: 0.8411882
00:21:09.272 --> 00:21:09.680 Well,

NOTE Confidence: 0.8411882
00:21:09.680 --> 00:21:10.090 basically

NOTE Confidence: 0.7903937
00:21:10.090 --> 00:21:11.308 it's a switch

NOTE Confidence: 0.7903937
00:21:11.310 --> 00:21:12.528 that can increase

NOTE Confidence: 0.7903937
00:21:12.530 --> 00:21:15.386 or decrease the activity of a cell.

NOTE Confidence: 0.7903937

00:21:15.390 --> 00:21:17.838 You have to choose between those.

NOTE Confidence: 0.7903937

00:21:17.840 --> 00:21:21.503 You can't have both in the same cell yet,

NOTE Confidence: 0.7903937

00:21:21.510 --> 00:21:25.120 although maybe at some point.

NOTE Confidence: 0.7903937

00:21:25.120 --> 00:21:27.268 And it's so. It's basically a

NOTE Confidence: 0.7903937

00:21:27.268 --> 00:21:29.640 modified version of a channel that

NOTE Confidence: 0.7903937

00:21:29.640 --> 00:21:31.800 exists naturally in the cells,

NOTE Confidence: 0.7903937

00:21:31.800 --> 00:21:34.688 but it's been modified so that so that

NOTE Confidence: 0.7903937

00:21:34.688 --> 00:21:37.100 it only responds to an artificial

NOTE Confidence: 0.7903937

00:21:37.100 --> 00:21:40.449 drug that you can give to the animal.

NOTE Confidence: 0.7903937

00:21:40.450 --> 00:21:43.200 Or maybe one day the person. So

NOTE Confidence: 0.88097227

00:21:43.200 --> 00:21:45.558 you're so you tell this story,

NOTE Confidence: 0.88097227

00:21:45.560 --> 00:21:48.648 and then these people even help you make

NOTE Confidence: 0.88097227

00:21:48.648 --> 00:21:50.666 connections about how they're coping

NOTE Confidence: 0.88097227

00:21:50.666 --> 00:21:53.018 with situations in their own life.

NOTE Confidence: 0.88097227

00:21:53.020 --> 00:21:57.478 And then you go back. The lab and.

NOTE Confidence: 0.88097227

00:21:57.480 --> 00:21:58.665 Continue researching Alzheimer's

NOTE Confidence: 0.88097227

00:21:58.665 --> 00:22:01.035 for what is the timeline here?

NOTE Confidence: 0.88097227

00:22:01.040 --> 00:22:03.020 I'm trying to draw a

NOTE Confidence: 0.8378728

00:22:03.020 --> 00:22:06.252 number. Yeah, so I think it was probably

NOTE Confidence: 0.8378728

00:22:06.252 --> 00:22:09.416 about six or seven years ago that I

NOTE Confidence: 0.8378728

00:22:09.416 --> 00:22:12.128 told that first story was number one.

NOTE Confidence: 0.8378728

00:22:12.130 --> 00:22:15.070 It was awhile ago, yeah.

NOTE Confidence: 0.8378728

00:22:15.070 --> 00:22:17.356 After I told her it just kind of stuck

NOTE Confidence: 0.8378728

00:22:17.356 --> 00:22:19.795 in my head alittle bit and I had

NOTE Confidence: 0.8378728

00:22:19.795 --> 00:22:21.838 been playing around because I was in

NOTE Confidence: 0.8378728

00:22:21.838 --> 00:22:23.718 new right and I was around writers.

NOTE Confidence: 0.8378728

00:22:23.718 --> 00:22:25.664 I had started writing a little bit.

NOTE Confidence: 0.8378728

00:22:25.670 --> 00:22:27.651 I had a blog at Psychology Today

NOTE Confidence: 0.8378728

00:22:27.651 --> 00:22:29.667 that I didn't write very much on

NOTE Confidence: 0.8378728

00:22:29.667 --> 00:22:31.922 but I was trying but after I told

NOTE Confidence: 0.8378728

00:22:31.922 --> 00:22:33.770 that story I think I realized that

NOTE Confidence: 0.8378728

00:22:33.770 --> 00:22:36.456 I had a bit of a talent for writing
NOTE Confidence: 0.8378728

00:22:36.456 --> 00:22:38.911 for the spoken word and I started
NOTE Confidence: 0.8378728

00:22:38.911 --> 00:22:41.570 to give more talks for the public.
NOTE Confidence: 0.8378728

00:22:41.570 --> 00:22:44.050 So yeah, so I would do these events.
NOTE Confidence: 0.8378728

00:22:44.050 --> 00:22:45.600 Cool things like nerd night
NOTE Confidence: 0.8378728

00:22:45.600 --> 00:22:46.840 and taste of science.
NOTE Confidence: 0.8378728

00:22:46.840 --> 00:22:48.786 And I had a collaborator Ben Lilly
NOTE Confidence: 0.8378728

00:22:48.786 --> 00:22:51.024 who was really into doing these weird
NOTE Confidence: 0.8378728

00:22:51.024 --> 00:22:53.034 and wonderful sort of hybrid things,
NOTE Confidence: 0.8378728

00:22:53.040 --> 00:22:56.460 so I did some science comedy.
NOTE Confidence: 0.8378728

00:22:56.460 --> 00:22:57.992 Additional science exclamation point.
NOTE Confidence: 0.8378728

00:22:57.992 --> 00:23:01.011 So this scientist gives a 5 minute talk
NOTE Confidence: 0.8378728

00:23:01.011 --> 00:23:03.468 and then an improv comedy group uses
NOTE Confidence: 0.8378728

00:23:03.468 --> 00:23:06.386 that as a sort of audience suggestion.
NOTE Confidence: 0.7875493

00:23:08.320 --> 00:23:10.960 They do like a dread receptor, imagining the
NOTE Confidence: 0.7875493

00:23:10.960 --> 00:23:13.270 community potential there. You could do a

NOTE Confidence: 0.7875493
00:23:13.270 --> 00:23:14.260 lot. I haven't
NOTE Confidence: 0.7875493
00:23:14.260 --> 00:23:16.900 done that one. I should do that one.
NOTE Confidence: 0.7875493
00:23:16.900 --> 00:23:19.392 Yeah, it's run by this incredible improv
NOTE Confidence: 0.7875493
00:23:19.392 --> 00:23:22.504 group who was sort of made up of these very,
NOTE Confidence: 0.7875493
00:23:22.510 --> 00:23:24.160 very smart, very nerdy people.
NOTE Confidence: 0.7875493
00:23:24.160 --> 00:23:25.810 He always invited guest team.
NOTE Confidence: 0.7875493
00:23:25.810 --> 00:23:27.460 There was up to scientists.
NOTE Confidence: 0.7875493
00:23:27.460 --> 00:23:28.510 This is hilarious.
NOTE Confidence: 0.7875493
00:23:28.510 --> 00:23:30.960 The first one I did I talked
NOTE Confidence: 0.7875493
00:23:31.039 --> 00:23:32.680 about brain evolution.
NOTE Confidence: 0.7875493
00:23:32.680 --> 00:23:33.643 And small animals.
NOTE Confidence: 0.7875493
00:23:33.643 --> 00:23:36.461 I show a lot of footage of monkeys
NOTE Confidence: 0.7875493
00:23:36.461 --> 00:23:38.457 drinking alcohol and crows,
NOTE Confidence: 0.7875493
00:23:38.460 --> 00:23:40.410 making tools and animals doing
NOTE Confidence: 0.7875493
00:23:40.410 --> 00:23:42.798 sort of human SmartThings an this
NOTE Confidence: 0.7875493

00:23:42.798 --> 00:23:45.000 was great material for them, but
NOTE Confidence: 0.8299777

00:23:45.000 --> 00:23:47.695 I seem to remember their favorite thing
NOTE Confidence: 0.8299777

00:23:47.700 --> 00:23:51.396 with my accent that got a lot of.
NOTE Confidence: 0.8299777

00:23:51.400 --> 00:23:53.319 Yeah, that is very attention.
NOTE Confidence: 0.8299777

00:23:53.320 --> 00:23:56.668 Thank you. Yeah yeah they they
NOTE Confidence: 0.8299777

00:23:56.668 --> 00:24:00.089 made fun of that a lot so.
NOTE Confidence: 0.8299777

00:24:00.090 --> 00:24:03.049 So yeah, I started doing doing a lot
NOTE Confidence: 0.8299777

00:24:03.049 --> 00:24:05.729 of these things and I just thought.
NOTE Confidence: 0.8299777

00:24:05.730 --> 00:24:07.865 Initially I just thought they were fun,
NOTE Confidence: 0.8299777

00:24:07.870 --> 00:24:09.977 but but I also started to realize
NOTE Confidence: 0.8299777

00:24:09.977 --> 00:24:11.553 that they had real potential
NOTE Confidence: 0.8299777

00:24:11.553 --> 00:24:13.377 and let me ask you this
NOTE Confidence: 0.8630600000000001

00:24:13.380 --> 00:24:15.580 then so you would publish papers before I
NOTE Confidence: 0.8630600000000001

00:24:15.580 --> 00:24:17.927 mean in high impact journals like Journal
NOTE Confidence: 0.8630600000000001

00:24:17.927 --> 00:24:20.284 of Neuroscience had a couple of papers
NOTE Confidence: 0.8630600000000001

00:24:20.284 --> 00:24:22.244 there when you were in grad school.

NOTE Confidence: 0.8630600000000001
00:24:22.250 --> 00:24:24.538 Very cool work and so I remember the
NOTE Confidence: 0.8630600000000001
00:24:24.538 --> 00:24:26.842 1st paper I ever published. You know,
NOTE Confidence: 0.8630600000000001
00:24:26.842 --> 00:24:29.290 like you scroll by this on the computer.
NOTE Confidence: 0.8630600000000001
00:24:29.290 --> 00:24:31.873 Maybe you get a hard copy and
NOTE Confidence: 0.8630600000000001
00:24:31.873 --> 00:24:33.590 then you look at it.
NOTE Confidence: 0.8630600000000001
00:24:33.590 --> 00:24:35.726 Like a tangible thing of all
NOTE Confidence: 0.8630600000000001
00:24:35.726 --> 00:24:37.580 that work that you've done.
NOTE Confidence: 0.8630600000000001
00:24:37.580 --> 00:24:40.856 How did something like that differ from.
NOTE Confidence: 0.8630600000000001
00:24:40.860 --> 00:24:43.394 I think after you told your first
NOTE Confidence: 0.8630600000000001
00:24:43.394 --> 00:24:45.970 story and like the types of writing
NOTE Confidence: 0.8630600000000001
00:24:45.970 --> 00:24:47.430 because about similar topics,
NOTE Confidence: 0.8630600000000001
00:24:47.430 --> 00:24:48.526 write your science,
NOTE Confidence: 0.8630600000000001
00:24:48.526 --> 00:24:50.868 life and the science communication life.
NOTE Confidence: 0.8630600000000001
00:24:50.868 --> 00:24:52.476 And how does that?
NOTE Confidence: 0.8630600000000001
00:24:52.480 --> 00:24:54.280 How does that change for you?
NOTE Confidence: 0.8475295

00:24:54.280 --> 00:24:56.380 So I mean publishing my first paper,
NOTE Confidence: 0.8475295

00:24:56.380 --> 00:24:58.844 the huge deal. I know my boyfriend at
NOTE Confidence: 0.8475295

00:24:58.844 --> 00:25:01.834 the time got it like bound for me and a
NOTE Confidence: 0.8475295

00:25:01.834 --> 00:25:04.180 little thing you know, I still have it.
NOTE Confidence: 0.87642944

00:25:05.780 --> 00:25:07.030 It was, it was really.
NOTE Confidence: 0.87642944

00:25:07.030 --> 00:25:08.320 It was really special and it
NOTE Confidence: 0.87642944

00:25:08.320 --> 00:25:10.009 was a sort of tangible thing.
NOTE Confidence: 0.87642944

00:25:10.010 --> 00:25:11.180 I remember. My colleague said
NOTE Confidence: 0.87642944

00:25:11.180 --> 00:25:12.925 to me this is your legacy now
NOTE Confidence: 0.87642944

00:25:12.925 --> 00:25:14.497 you never have to have children.
NOTE Confidence: 0.87642944

00:25:14.500 --> 00:25:16.840 You've done this.
NOTE Confidence: 0.88649017

00:25:16.840 --> 00:25:22.510 I thought you. Fresh is up, but.
NOTE Confidence: 0.87947434

00:25:22.510 --> 00:25:25.738 When I told that first story.
NOTE Confidence: 0.87947434

00:25:25.740 --> 00:25:26.538 It wasn't intangible.
NOTE Confidence: 0.87947434

00:25:26.538 --> 00:25:28.400 I mean, there was a tangible thing.
NOTE Confidence: 0.87947434

00:25:28.400 --> 00:25:29.655 Actually there was a recording

NOTE Confidence: 0.87947434
00:25:29.655 --> 00:25:31.590 of it and it's on the podcast,
NOTE Confidence: 0.87947434
00:25:31.590 --> 00:25:33.670 but Walter here, but.
NOTE Confidence: 0.87947434
00:25:33.670 --> 00:25:37.348 It just something it changed me.
NOTE Confidence: 0.87947434
00:25:37.350 --> 00:25:40.304 It changed me to tell that story.
NOTE Confidence: 0.87947434
00:25:40.310 --> 00:25:43.460 It made me think about my research
NOTE Confidence: 0.87947434
00:25:43.460 --> 00:25:46.160 in a completely different way.
NOTE Confidence: 0.87947434
00:25:46.160 --> 00:25:48.158 And it was it connected me.
NOTE Confidence: 0.87947434
00:25:48.160 --> 00:25:50.232 You know, I always was interested in
NOTE Confidence: 0.87947434
00:25:50.232 --> 00:25:52.510 base or they called basic research.
NOTE Confidence: 0.87947434
00:25:52.510 --> 00:25:56.416 I was interested in just how the brain works.
NOTE Confidence: 0.87947434
00:25:56.420 --> 00:25:59.996 And. After I told that story,
NOTE Confidence: 0.87947434
00:26:00.000 --> 00:26:03.220 I became so closely connected with what
NOTE Confidence: 0.87947434
00:26:03.220 --> 00:26:06.326 the human impact of my work could be.
NOTE Confidence: 0.87947434
00:26:06.330 --> 00:26:07.270 In a way that.
NOTE Confidence: 0.87947434
00:26:07.270 --> 00:26:09.118 I could have written that in that
NOTE Confidence: 0.87947434

00:26:09.118 --> 00:26:10.646 Journal of neuroscience paper,
NOTE Confidence: 0.87947434

00:26:10.650 --> 00:26:12.498 but I probably wouldn't have believed it.
NOTE Confidence: 0.87947434

00:26:12.500 --> 00:26:13.820 I probably would have thought,
NOTE Confidence: 0.87947434

00:26:13.820 --> 00:26:15.140 or, you know, that's very,
NOTE Confidence: 0.87947434

00:26:15.140 --> 00:26:18.140 very far in the future that my research
NOTE Confidence: 0.87947434

00:26:18.140 --> 00:26:20.729 will ever be used to help people.
NOTE Confidence: 0.87947434

00:26:20.730 --> 00:26:22.718 And I became aware that I was
NOTE Confidence: 0.87947434

00:26:22.718 --> 00:26:24.716 doing something I was part of
NOTE Confidence: 0.87947434

00:26:24.716 --> 00:26:26.526 something bigger and more important,
NOTE Confidence: 0.87947434

00:26:26.530 --> 00:26:27.490 or something that
NOTE Confidence: 0.8892627

00:26:27.490 --> 00:26:29.422 struck me when I was going
NOTE Confidence: 0.8892627

00:26:29.422 --> 00:26:30.710 through your your papers.
NOTE Confidence: 0.8892627

00:26:30.710 --> 00:26:32.964 You know, like on Google Scholar is,
NOTE Confidence: 0.8892627

00:26:32.970 --> 00:26:35.350 you've studied many different facets
NOTE Confidence: 0.8892627

00:26:35.350 --> 00:26:38.439 of the human experience. Is this OK?
NOTE Confidence: 0.8892627

00:26:38.439 --> 00:26:40.952 OK, so head back so you studied

NOTE Confidence: 0.8892627
00:26:40.952 --> 00:26:43.582 many different facets of the human
NOTE Confidence: 0.8892627
00:26:43.582 --> 00:26:45.828 experience like studied memory, right?
NOTE Confidence: 0.8892627
00:26:45.828 --> 00:26:47.460 You've studied expectation behavioral
NOTE Confidence: 0.8892627
00:26:47.460 --> 00:26:48.712 control, emotion processing.
NOTE Confidence: 0.8892627
00:26:48.712 --> 00:26:50.817 I mean these are very
NOTE Confidence: 0.8892627
00:26:50.817 --> 00:26:52.360 different domains in it.
NOTE Confidence: 0.8892627
00:26:52.360 --> 00:26:54.784 It occurred to me like here's
NOTE Confidence: 0.8892627
00:26:54.784 --> 00:26:57.610 a person pulls a person who
NOTE Confidence: 0.8892627
00:26:57.610 --> 00:26:59.838 really wants to understand.
NOTE Confidence: 0.8892627
00:26:59.840 --> 00:27:01.553 Human experience scientifically.
NOTE Confidence: 0.8892627
00:27:01.553 --> 00:27:05.550 When do you feel like that was
NOTE Confidence: 0.8892627
00:27:05.646 --> 00:27:08.580 a larger goal or your interest
NOTE Confidence: 0.8892627
00:27:08.580 --> 00:27:11.031 in neuroscience or what drove
NOTE Confidence: 0.8892627
00:27:11.031 --> 00:27:13.803 you to change all of those to
NOTE Confidence: 0.8569505
00:27:13.810 --> 00:27:16.034 pursue those different topics?
NOTE Confidence: 0.8569505

00:27:16.034 --> 00:27:19.562 The honest answer is. Lack of.
NOTE Confidence: 0.8569505

00:27:19.562 --> 00:27:22.660 Understanding of how academia works.
NOTE Confidence: 0.83120954

00:27:25.330 --> 00:27:27.476 I already admitted this system students
NOTE Confidence: 0.83120954

00:27:27.476 --> 00:27:29.980 earlier today, so I don't mind missing
NOTE Confidence: 0.83120954

00:27:29.980 --> 00:27:33.492 it again. So the real truth is, yeah, I I.
NOTE Confidence: 0.83120954

00:27:33.492 --> 00:27:35.496 I was really curious about what
NOTE Confidence: 0.83120954

00:27:35.496 --> 00:27:37.857 makes us what makes people people,
NOTE Confidence: 0.83120954

00:27:37.860 --> 00:27:40.366 and I didn't really think about the
NOTE Confidence: 0.83120954

00:27:40.370 --> 00:27:42.868 idea that maybe having a coherent body
NOTE Confidence: 0.83120954

00:27:42.868 --> 00:27:45.740 of work would be a helpful thing for
NOTE Confidence: 0.83120954

00:27:45.740 --> 00:27:49.390 akarere, it snows suggesting using.
NOTE Confidence: 0.83120954

00:27:49.390 --> 00:27:51.658 Yeah, I'm suggesting is thinking here.
NOTE Confidence: 0.84332377

00:27:53.510 --> 00:27:56.310 But what, yeah? So it was partly not,
NOTE Confidence: 0.84332377

00:27:56.310 --> 00:27:58.368 but I think it was the
NOTE Confidence: 0.84332377

00:27:58.368 --> 00:28:00.160 underlying driver that was that.
NOTE Confidence: 0.84332377

00:28:00.160 --> 00:28:03.103 I just wanted to know what makes us tick

NOTE Confidence: 0.84332377
00:28:03.103 --> 00:28:06.104 and I wanted to know how brains worked.

NOTE Confidence: 0.84332377
00:28:06.110 --> 00:28:08.721 And you know, I was really influenced

NOTE Confidence: 0.84332377
00:28:08.721 --> 00:28:11.408 by Oliver Sacks writing when I was

NOTE Confidence: 0.84332377
00:28:11.408 --> 00:28:13.273 first deciding on my direction

NOTE Confidence: 0.84332377
00:28:13.273 --> 00:28:15.866 for the end of my undergraduate

NOTE Confidence: 0.84332377
00:28:15.866 --> 00:28:18.011 and beginning of Graduate School.

NOTE Confidence: 0.84332377
00:28:18.020 --> 00:28:20.468 You know I was given a book of Oliver

NOTE Confidence: 0.84332377
00:28:20.468 --> 00:28:22.829 Sacks work and and I remember reading

NOTE Confidence: 0.84332377
00:28:22.829 --> 00:28:25.212 that and just wanting to know how

NOTE Confidence: 0.84332377
00:28:25.212 --> 00:28:27.156 that happened and also being very,

NOTE Confidence: 0.84332377
00:28:27.160 --> 00:28:29.680 very affected by the way that he wrote.

NOTE Confidence: 0.84332377
00:28:29.680 --> 00:28:31.640 But I don't think I was consciously

NOTE Confidence: 0.84332377
00:28:31.640 --> 00:28:33.848 aware that I was affected by the way

NOTE Confidence: 0.84332377
00:28:33.848 --> 00:28:36.392 that he wrote until a lot later when

NOTE Confidence: 0.84332377
00:28:36.392 --> 00:28:38.342 I started having this storytelling

NOTE Confidence: 0.84332377

00:28:38.342 --> 00:28:40.602 experience myself and I understood what
NOTE Confidence: 0.84332377

00:28:40.602 --> 00:28:43.619 it was to communicate the process of science.
NOTE Confidence: 0.84332377

00:28:43.620 --> 00:28:46.770 As well as just the drive and the findings.
NOTE Confidence: 0.84332377

00:28:46.770 --> 00:28:50.338 So I was used to writing the introduction.
NOTE Confidence: 0.84332377

00:28:50.340 --> 00:28:51.010 And the.
NOTE Confidence: 0.84332377

00:28:51.010 --> 00:28:54.173 Like when even when we talked to read a
NOTE Confidence: 0.84332377

00:28:54.173 --> 00:28:56.609 scientific paper were taught to read.
NOTE Confidence: 0.84332377

00:28:56.610 --> 00:28:59.628 The introduction and the and the.
NOTE Confidence: 0.84332377

00:28:59.630 --> 00:29:01.410 Conclusions the discussion section.
NOTE Confidence: 0.84332377

00:29:01.410 --> 00:29:02.300 Thank you.
NOTE Confidence: 0.8159349

00:29:04.930 --> 00:29:07.170 More more closely then we read the
NOTE Confidence: 0.8159349

00:29:07.170 --> 00:29:09.682 methods and the results and the methods
NOTE Confidence: 0.8159349

00:29:09.682 --> 00:29:12.300 and results themselves tend to get very,
NOTE Confidence: 0.8159349

00:29:12.300 --> 00:29:14.060 very polished and pared down,
NOTE Confidence: 0.8159349

00:29:14.060 --> 00:29:16.180 and maybe shunted into a
NOTE Confidence: 0.8159349

00:29:16.180 --> 00:29:18.300 supplementary section of some sort.

NOTE Confidence: 0.8159349
00:29:18.300 --> 00:29:19.992 But one of the things I
NOTE Confidence: 0.8159349
00:29:19.992 --> 00:29:21.470 get asked about a lot.
NOTE Confidence: 0.8159349
00:29:21.470 --> 00:29:23.040 Now I'm a science communicator
NOTE Confidence: 0.8159349
00:29:23.040 --> 00:29:24.914 is the process of science and
NOTE Confidence: 0.8159349
00:29:24.914 --> 00:29:26.354 what it's like to do that.
NOTE Confidence: 0.8159349
00:29:26.360 --> 00:29:28.341 One of the things that I think
NOTE Confidence: 0.8159349
00:29:28.341 --> 00:29:29.734 people are really curious about
NOTE Confidence: 0.8159349
00:29:29.734 --> 00:29:31.662 is how we do what we do and
NOTE Confidence: 0.8159349
00:29:31.730 --> 00:29:33.560 what the thought processes that
NOTE Confidence: 0.8923021
00:29:33.560 --> 00:29:36.608 goes into that are those questions.
NOTE Confidence: 0.8923021
00:29:36.610 --> 00:29:38.092 I mean, I don't imagine that
NOTE Confidence: 0.8923021
00:29:38.092 --> 00:29:39.080 there are technical questions,
NOTE Confidence: 0.8923021
00:29:39.080 --> 00:29:41.550 but more like what is it to be a scientist?
NOTE Confidence: 0.8923021
00:29:41.550 --> 00:29:43.956 What does it feel like to?
NOTE Confidence: 0.8923021
00:29:43.960 --> 00:29:45.460 I don't study nonhuman
NOTE Confidence: 0.8923021

00:29:45.460 --> 00:29:46.960 primates and Seattle coin.

NOTE Confidence: 0.8923021

00:29:46.960 --> 00:29:49.585 How do you explain something like that?

NOTE Confidence: 0.842049

00:29:50.230 --> 00:29:52.630 I try not to explain it.

NOTE Confidence: 0.8626795

00:29:53.220 --> 00:29:54.460 You show, Oh yes,

NOTE Confidence: 0.8626795

00:29:54.460 --> 00:29:56.000 that's what this program is.

NOTE Confidence: 0.8626795

00:29:56.000 --> 00:29:56.582 That's wonderful.

NOTE Confidence: 0.8626795

00:29:56.582 --> 00:29:58.037 You have that funding to

NOTE Confidence: 0.8626795

00:29:58.037 --> 00:29:59.400 bring high school students.

NOTE Confidence: 0.8626795

00:29:59.400 --> 00:30:00.330 And yeah, well,

NOTE Confidence: 0.8626795

00:30:00.330 --> 00:30:02.490 when you when you tell a story,

NOTE Confidence: 0.8626795

00:30:02.490 --> 00:30:04.744 I mean, do you go through the

NOTE Confidence: 0.8626795

00:30:04.744 --> 00:30:06.927 process of what it feels like like

NOTE Confidence: 0.8626795

00:30:06.927 --> 00:30:09.289 the day in day out in the lab?

NOTE Confidence: 0.84720135

00:30:10.490 --> 00:30:15.560 Yeah, so for me a story lives in the scenes.

NOTE Confidence: 0.84720135

00:30:15.560 --> 00:30:17.250 Start. Try forward whatever the

NOTE Confidence: 0.84720135

00:30:17.250 --> 00:30:20.185 the the arc of this story so the

NOTE Confidence: 0.84720135

00:30:20.185 --> 00:30:21.749 Oculus story really describes

NOTE Confidence: 0.84720135

00:30:21.749 --> 00:30:23.758 whatever part of someone's journey

NOTE Confidence: 0.84720135

00:30:23.758 --> 00:30:26.044 you they want to talk about,

NOTE Confidence: 0.84720135

00:30:26.050 --> 00:30:29.795 so that could be a whole lifetime.

NOTE Confidence: 0.84720135

00:30:29.800 --> 00:30:31.655 Or it could be very small moment

NOTE Confidence: 0.84720135

00:30:31.655 --> 00:30:33.679 like I once told a story about

NOTE Confidence: 0.84720135

00:30:33.679 --> 00:30:35.419 the swimming race that I did.

NOTE Confidence: 0.820396

00:30:37.190 --> 00:30:38.753 Open water swimming rail system

NOTE Confidence: 0.820396

00:30:38.753 --> 00:30:40.944 being raised, but still you know it

NOTE Confidence: 0.820396

00:30:40.950 --> 00:30:42.840 lasted about the scope of that

NOTE Confidence: 0.820396

00:30:42.840 --> 00:30:45.377 story was about 2 1/2 hours so it

NOTE Confidence: 0.820396

00:30:45.377 --> 00:30:47.520 doesn't have to be along along arc,

NOTE Confidence: 0.820396

00:30:47.520 --> 00:30:49.686 but within that the real power

NOTE Confidence: 0.820396

00:30:49.686 --> 00:30:52.270 of his story lies in the scenes.

NOTE Confidence: 0.820396

00:30:52.270 --> 00:30:54.090 Um without without real descriptive

NOTE Confidence: 0.820396

00:30:54.090 --> 00:30:56.323 seems that put the listener into

NOTE Confidence: 0.820396

00:30:56.323 --> 00:30:58.058 that place without a character,

NOTE Confidence: 0.820396

00:30:58.060 --> 00:30:59.870 which is usually the storyteller.

NOTE Confidence: 0.820396

00:30:59.870 --> 00:31:02.292 In this case, is not usually the

NOTE Confidence: 0.820396

00:31:02.292 --> 00:31:04.579 main character in a personal story,

NOTE Confidence: 0.820396

00:31:04.580 --> 00:31:07.002 I like to think of those scenes

NOTE Confidence: 0.820396

00:31:07.002 --> 00:31:09.279 like the more vivid they are,

NOTE Confidence: 0.820396

00:31:09.280 --> 00:31:11.380 the more possible it is to

NOTE Confidence: 0.820396

00:31:11.380 --> 00:31:13.270 bring somebody into your world.

NOTE Confidence: 0.820396

00:31:13.270 --> 00:31:15.436 So when I'm working with storytellers,

NOTE Confidence: 0.820396

00:31:15.440 --> 00:31:17.606 who was scientists? I'll ask them.

NOTE Confidence: 0.820396

00:31:17.610 --> 00:31:19.420 What did I look like?

NOTE Confidence: 0.820396

00:31:19.420 --> 00:31:21.586 You know, what could you see?

NOTE Confidence: 0.820396

00:31:21.590 --> 00:31:22.682 Who was there?

NOTE Confidence: 0.820396

00:31:22.682 --> 00:31:25.230 What were you doing with your hands?

NOTE Confidence: 0.820396

00:31:25.230 --> 00:31:26.845 What are the physical sensations

NOTE Confidence: 0.820396
00:31:26.845 --> 00:31:27.814 in your body?

NOTE Confidence: 0.820396
00:31:27.820 --> 00:31:30.012 You know so that they can describe to

NOTE Confidence: 0.820396
00:31:30.012 --> 00:31:32.679 us the research setting that they're in,

NOTE Confidence: 0.820396
00:31:32.680 --> 00:31:34.295 and that's so powerful 'cause

NOTE Confidence: 0.820396
00:31:34.295 --> 00:31:35.264 people just don't.

NOTE Confidence: 0.820396
00:31:35.270 --> 00:31:36.890 They don't know what that

NOTE Confidence: 0.8632473
00:31:36.890 --> 00:31:38.840 looks like. I think that's fascinating.

NOTE Confidence: 0.8632473
00:31:38.840 --> 00:31:40.460 So you think in scenes.

NOTE Confidence: 0.8632473
00:31:40.460 --> 00:31:42.796 I know some of the methods that you

NOTE Confidence: 0.8632473
00:31:42.796 --> 00:31:45.316 use when you were in Graduate School,

NOTE Confidence: 0.8632473
00:31:45.320 --> 00:31:47.258 and I can't imagine a bigger

NOTE Confidence: 0.8632473
00:31:47.258 --> 00:31:49.200 transition in the way you think

NOTE Confidence: 0.8632473
00:31:49.200 --> 00:31:51.144 from like doing MRI analysis like

NOTE Confidence: 0.8632473
00:31:51.144 --> 00:31:53.090 probabilistic. Like this big matrices of.

NOTE Confidence: 0.87540406
00:31:53.350 --> 00:31:55.468 Numbers and figuring that out too,

NOTE Confidence: 0.87540406

00:31:55.470 --> 00:31:57.510 like thinking in terms of scenes

NOTE Confidence: 0.87540406

00:31:57.510 --> 00:32:00.079 and what you do with your hands.

NOTE Confidence: 0.87540406

00:32:00.080 --> 00:32:01.492 They sound like completely

NOTE Confidence: 0.87540406

00:32:01.492 --> 00:32:02.904 different ways of thinking,

NOTE Confidence: 0.87540406

00:32:02.910 --> 00:32:05.028 and I'm curious how how you

NOTE Confidence: 0.87540406

00:32:05.028 --> 00:32:06.800 transitioned into that. But I

NOTE Confidence: 0.87540406

00:32:06.800 --> 00:32:10.760 think what happened is that I that I just.

NOTE Confidence: 0.87540406

00:32:10.760 --> 00:32:13.861 Started to become I started to gain

NOTE Confidence: 0.87540406

00:32:13.861 --> 00:32:15.864 mastery around storytelling in the

NOTE Confidence: 0.87540406

00:32:15.864 --> 00:32:18.280 same way that I'd spent all of those

NOTE Confidence: 0.87540406

00:32:18.354 --> 00:32:21.106 hours and all of that time to gain

NOTE Confidence: 0.87540406

00:32:21.106 --> 00:32:23.272 mastery around doing an MRI analysis.

NOTE Confidence: 0.87540406

00:32:23.272 --> 00:32:26.060 For example, like I learned to do

NOTE Confidence: 0.87540406

00:32:26.060 --> 00:32:28.573 those MRI studies by spending hours

NOTE Confidence: 0.87540406

00:32:28.573 --> 00:32:31.226 and hours and hours in the lab.

NOTE Confidence: 0.87540406

00:32:31.230 --> 00:32:33.166 And one of the things that I did.

NOTE Confidence: 0.87540406
00:32:33.170 --> 00:32:35.130 Because this is how I like to do
NOTE Confidence: 0.87540406
00:32:35.130 --> 00:32:37.079 things as I did everything myself,
NOTE Confidence: 0.87540406
00:32:37.080 --> 00:32:39.304 much to the irritation of everyone around me,
NOTE Confidence: 0.87540406
00:32:39.310 --> 00:32:41.290 probably.
NOTE Confidence: 0.87540406
00:32:41.290 --> 00:32:43.238 So I really wanted to do everything.
NOTE Confidence: 0.87540406
00:32:43.240 --> 00:32:45.360 I learned anesthesia so I could take care
NOTE Confidence: 0.87540406
00:32:45.360 --> 00:32:47.990 of the animals I learned to run the scanner.
NOTE Confidence: 0.87540406
00:32:47.990 --> 00:32:49.380 I learned to tune the
NOTE Confidence: 0.87540406
00:32:49.380 --> 00:32:50.492 coils with a screwdriver.
NOTE Confidence: 0.87540406
00:32:50.500 --> 00:32:51.337 I lent it.
NOTE Confidence: 0.87540406
00:32:51.337 --> 00:32:53.290 Yeah, I learned to do every aspect.
NOTE Confidence: 0.87540406
00:32:53.290 --> 00:32:56.946 I wasn't as good at some as others.
NOTE Confidence: 0.87540406
00:32:56.950 --> 00:32:59.422 But I wanted to do everything and I
NOTE Confidence: 0.87540406
00:32:59.422 --> 00:33:01.658 wanted to know about the process of
NOTE Confidence: 0.87540406
00:33:01.658 --> 00:33:04.512 it and back in July of last year I
NOTE Confidence: 0.87540406

00:33:04.512 --> 00:33:06.731 had the opportunity to do that with
NOTE Confidence: 0.87540406

00:33:06.731 --> 00:33:08.897 storytelling because I started to work
NOTE Confidence: 0.87540406

00:33:08.897 --> 00:33:11.283 for the story Collider part time as
NOTE Confidence: 0.87540406

00:33:11.283 --> 00:33:13.590 a producer for the New York shows.
NOTE Confidence: 0.87540406

00:33:13.590 --> 00:33:16.089 So I went from telling the story.
NOTE Confidence: 0.87540406

00:33:16.090 --> 00:33:17.782 From these couple of episodes that
NOTE Confidence: 0.87540406

00:33:17.782 --> 00:33:20.143 I'd had up on the stage where I
NOTE Confidence: 0.87540406

00:33:20.143 --> 00:33:21.901 was was actually telling my own.
NOTE Confidence: 0.87540406

00:33:21.910 --> 00:33:24.558 I thought it's a lot about the process
NOTE Confidence: 0.87540406

00:33:24.558 --> 00:33:26.994 of telling his story and I started to
NOTE Confidence: 0.87540406

00:33:26.994 --> 00:33:29.521 be able to show other people how to
NOTE Confidence: 0.87540406

00:33:29.521 --> 00:33:31.858 do that and take somebody you never
NOTE Confidence: 0.87540406

00:33:31.858 --> 00:33:34.294 told the story before and look for
NOTE Confidence: 0.87540406

00:33:34.294 --> 00:33:36.189 those things that they would need
NOTE Confidence: 0.87540406

00:33:36.189 --> 00:33:38.899 to do in order to tell a story and
NOTE Confidence: 0.87540406

00:33:38.899 --> 00:33:40.789 to help them through that process

NOTE Confidence: 0.87540406
00:33:40.789 --> 00:33:42.982 or to take someone who has told
NOTE Confidence: 0.87540406
00:33:42.982 --> 00:33:44.934 1000 stories before and help them
NOTE Confidence: 0.87540406
00:33:44.934 --> 00:33:46.866 fit it into the scientific model.
NOTE Confidence: 0.87540406
00:33:46.870 --> 00:33:48.118 Little more, for example,
NOTE Confidence: 0.87540406
00:33:48.118 --> 00:33:49.366 because story Collider really
NOTE Confidence: 0.87540406
00:33:49.366 --> 00:33:50.710 is stories about science.
NOTE Confidence: 0.87540406
00:33:50.710 --> 00:33:52.768 Even if someone wanna scientist which.
NOTE Confidence: 0.87540406
00:33:52.770 --> 00:33:53.430 Is fine,
NOTE Confidence: 0.87540406
00:33:53.430 --> 00:33:55.679 we still want that to be something
NOTE Confidence: 0.87540406
00:33:55.679 --> 00:33:57.244 about science in there because
NOTE Confidence: 0.87540406
00:33:57.244 --> 00:33:58.690 the science is everywhere,
NOTE Confidence: 0.8739902
00:33:58.690 --> 00:34:00.490 so you breakdown like you take
NOTE Confidence: 0.8739902
00:34:00.490 --> 00:34:01.690 your reductionist approach to
NOTE Confidence: 0.8739902
00:34:01.747 --> 00:34:03.299 storytelling to its components,
NOTE Confidence: 0.8739902
00:34:03.300 --> 00:34:05.268 and then you have trainings that
NOTE Confidence: 0.8739902

00:34:05.268 --> 00:34:07.250 you know. People do that now

NOTE Confidence: 0.8739902

00:34:07.250 --> 00:34:10.058 yeah, yeah. So we also have a workshop

NOTE Confidence: 0.8739902

00:34:10.058 --> 00:34:12.148 program which has been a total joy

NOTE Confidence: 0.8739902

00:34:12.148 --> 00:34:14.611 for me to be apart of because really

NOTE Confidence: 0.8739902

00:34:14.611 --> 00:34:16.759 figuring out how to show people

NOTE Confidence: 0.8739902

00:34:16.759 --> 00:34:18.544 the process of using storytelling

NOTE Confidence: 0.8739902

00:34:18.544 --> 00:34:20.680 and narrative to bring their work

NOTE Confidence: 0.8739902

00:34:20.740 --> 00:34:22.378 to life has been really cool.

NOTE Confidence: 0.8739902

00:34:22.380 --> 00:34:24.090 Part of my storytelling career.

NOTE Confidence: 0.8739902

00:34:24.090 --> 00:34:27.114 Which which is still a side career for me.

NOTE Confidence: 0.8739902

00:34:27.120 --> 00:34:29.738 There's been really one of the most

NOTE Confidence: 0.8739902

00:34:29.738 --> 00:34:32.130 wonderful things I did and in some

NOTE Confidence: 0.8739902

00:34:32.130 --> 00:34:34.200 ways I think was a catalyst for

NOTE Confidence: 0.84812427

00:34:34.200 --> 00:34:35.885 me. Switching to doing science

NOTE Confidence: 0.84812427

00:34:35.885 --> 00:34:37.570 outreach in communication full time.

NOTE Confidence: 0.84812427

00:34:37.570 --> 00:34:40.266 I'd like to ask you more about that.

NOTE Confidence: 0.84812427
00:34:40.270 --> 00:34:41.725 So you described yourself as
NOTE Confidence: 0.84812427
00:34:41.725 --> 00:34:43.659 being very like nose to the
NOTE Confidence: 0.84812427
00:34:43.659 --> 00:34:45.319 grindstone like academic pathway.
NOTE Confidence: 0.84812427
00:34:45.320 --> 00:34:47.336 You're setting yourself up with grants,
NOTE Confidence: 0.84812427
00:34:47.340 --> 00:34:50.706 you got multiple grants and then.
NOTE Confidence: 0.84812427
00:34:50.710 --> 00:34:53.086 What what was that like sitting
NOTE Confidence: 0.84812427
00:34:53.086 --> 00:34:55.571 there trying to make that decision
NOTE Confidence: 0.84812427
00:34:55.571 --> 00:34:57.626 to stay full time research
NOTE Confidence: 0.84812427
00:34:57.626 --> 00:34:59.929 or bring this other aspect?
NOTE Confidence: 0.84812427
00:34:59.930 --> 00:35:02.438 The science communication into your life?
NOTE Confidence: 0.84812427
00:35:02.440 --> 00:35:03.276 Like what?
NOTE Confidence: 0.84812427
00:35:03.276 --> 00:35:06.202 What thoughts were going through your mind?
NOTE Confidence: 0.88385075
00:35:07.170 --> 00:35:09.210 I think it was probably the hardest decision.
NOTE Confidence: 0.88385075
00:35:09.210 --> 00:35:13.150 I'm about to break. Um?
NOTE Confidence: 0.88385075
00:35:13.150 --> 00:35:14.510 Night Inside science was.
NOTE Confidence: 0.88385075

00:35:14.510 --> 00:35:16.936 I don't want to say that science

NOTE Confidence: 0.88385075

00:35:16.936 --> 00:35:19.127 is my only thing in my life

NOTE Confidence: 0.88385075

00:35:19.127 --> 00:35:21.050 because it definitely wasn't.

NOTE Confidence: 0.88385075

00:35:21.050 --> 00:35:23.073 I've always been lucky enough to be

NOTE Confidence: 0.88385075

00:35:23.073 --> 00:35:25.180 a balanced person who likes to do

NOTE Confidence: 0.88385075

00:35:25.180 --> 00:35:26.950 weird things like open water swimming,

NOTE Confidence: 0.88385075

00:35:26.950 --> 00:35:29.560 and I've always been a musician, so I have.

NOTE Confidence: 0.88385075

00:35:29.560 --> 00:35:31.970 I have lots of facets to my life,

NOTE Confidence: 0.88385075

00:35:31.970 --> 00:35:34.118 but I chose very early on

NOTE Confidence: 0.88385075

00:35:34.118 --> 00:35:35.550 that science would be.

NOTE Confidence: 0.88385075

00:35:35.550 --> 00:35:36.234 The one.

NOTE Confidence: 0.88385075

00:35:36.234 --> 00:35:38.628 Um, and then I also chose really

NOTE Confidence: 0.88385075

00:35:38.628 --> 00:35:40.868 early on that science research.

NOTE Confidence: 0.88385075

00:35:40.870 --> 00:35:42.710 Active science research would be

NOTE Confidence: 0.88385075

00:35:42.710 --> 00:35:44.550 the way that I want.

NOTE Confidence: 0.88385075

00:35:44.550 --> 00:35:46.916 And I was very intentional about that,

NOTE Confidence: 0.88385075
00:35:46.920 --> 00:35:50.168 but and I never considered anything else.

NOTE Confidence: 0.88385075
00:35:50.170 --> 00:35:52.450 And so I never considered another

NOTE Confidence: 0.88385075
00:35:52.450 --> 00:35:53.970 type of career before.

NOTE Confidence: 0.88385075
00:35:53.970 --> 00:35:54.740 I loved

NOTE Confidence: 0.8306716
00:35:54.740 --> 00:35:57.440 tuning those coils with a screwdriver, either

NOTE Confidence: 0.8306716
00:35:57.440 --> 00:36:00.149 in some way is some weird way.

NOTE Confidence: 0.8306716
00:36:00.150 --> 00:36:04.008 I really did. No, I get it. I really did.

NOTE Confidence: 0.8306716
00:36:04.010 --> 00:36:06.705 You had mastery over something and you

NOTE Confidence: 0.8306716
00:36:06.710 --> 00:36:09.950 understood it. Yeah, yeah, yeah.

NOTE Confidence: 0.8306716
00:36:09.950 --> 00:36:12.698 But you know that was really.

NOTE Confidence: 0.8306716
00:36:12.700 --> 00:36:14.780 It was such a big part of me,

NOTE Confidence: 0.8306716
00:36:14.780 --> 00:36:17.282 so I think the first thing for me was

NOTE Confidence: 0.8306716
00:36:17.282 --> 00:36:19.450 that I needed to accept that there

NOTE Confidence: 0.8306716
00:36:19.450 --> 00:36:21.730 are many ways to be a scientist.

NOTE Confidence: 0.8306716
00:36:21.730 --> 00:36:23.872 And I had told myself for a long time

NOTE Confidence: 0.8306716

00:36:23.872 --> 00:36:26.046 that if I wasn't tenure track faculty,
NOTE Confidence: 0.8306716

00:36:26.050 --> 00:36:27.970 and if I didn't have this many grants
NOTE Confidence: 0.8306716

00:36:27.970 --> 00:36:30.098 that I didn't have this many papers,
NOTE Confidence: 0.8306716

00:36:30.100 --> 00:36:32.900 then I wasn't a scientist.
NOTE Confidence: 0.8306716

00:36:32.900 --> 00:36:35.259 And I know that's not the case.
NOTE Confidence: 0.8306716

00:36:35.260 --> 00:36:37.552 Now I'm a little embarrassed by that,
NOTE Confidence: 0.8306716

00:36:37.552 --> 00:36:40.164 and I hope that I didn't make anyone
NOTE Confidence: 0.8306716

00:36:40.164 --> 00:36:42.621 feel like less of a scientist because
NOTE Confidence: 0.8306716

00:36:42.621 --> 00:36:44.356 they didn't have those things.
NOTE Confidence: 0.8306716

00:36:44.356 --> 00:36:46.720 You know, like I think I I,
NOTE Confidence: 0.8306716

00:36:46.720 --> 00:36:48.904 I see a lot or hear a lot of
NOTE Confidence: 0.8306716

00:36:48.904 --> 00:36:50.760 questions from junior researchers.
NOTE Confidence: 0.8306716

00:36:50.760 --> 00:36:52.782 Well from people in the science
NOTE Confidence: 0.8306716

00:36:52.782 --> 00:36:54.278 communication field, for example,
NOTE Confidence: 0.8306716

00:36:54.278 --> 00:36:55.505 questioning whether they're
NOTE Confidence: 0.8306716

00:36:55.505 --> 00:36:57.922 scientists at all because they don't

NOTE Confidence: 0.8306716

00:36:57.922 --> 00:36:59.794 have all of these accolades and.

NOTE Confidence: 0.8306716

00:36:59.800 --> 00:37:01.528 I I realize how that's not

NOTE Confidence: 0.8306716

00:37:01.528 --> 00:37:03.350 important for being a scientist,

NOTE Confidence: 0.8306716

00:37:03.350 --> 00:37:04.970 it's important for some things,

NOTE Confidence: 0.8306716

00:37:04.970 --> 00:37:06.908 usually more accolades, but it's not,

NOTE Confidence: 0.8306716

00:37:06.910 --> 00:37:08.836 you know, to be a scientist,

NOTE Confidence: 0.8306716

00:37:08.840 --> 00:37:10.682 you just have to have science

NOTE Confidence: 0.8306716

00:37:10.682 --> 00:37:12.720 in your life and embrace it.

NOTE Confidence: 0.8306716

00:37:12.720 --> 00:37:14.320 And that's that's something that

NOTE Confidence: 0.8306716

00:37:14.320 --> 00:37:16.270 I'm never not going to have.

NOTE Confidence: 0.8306716

00:37:16.270 --> 00:37:18.340 So I'm always going to be.

NOTE Confidence: 0.8306716

00:37:18.340 --> 00:37:18.683 Scientist.

NOTE Confidence: 0.8306716

00:37:18.683 --> 00:37:21.427 But I think the other thing was that

NOTE Confidence: 0.8306716

00:37:21.427 --> 00:37:24.143 I just have always looked for a place

NOTE Confidence: 0.8306716

00:37:24.143 --> 00:37:27.090 where I can make a real difference and.

NOTE Confidence: 0.8306716

00:37:27.090 --> 00:37:29.340 I really saw science communication

NOTE Confidence: 0.8306716

00:37:29.340 --> 00:37:32.868 as a place where I could do that.

NOTE Confidence: 0.8306716

00:37:32.870 --> 00:37:35.130 In a way that was.

NOTE Confidence: 0.8306716

00:37:35.130 --> 00:37:36.895 Just very very different from

NOTE Confidence: 0.8306716

00:37:36.895 --> 00:37:38.307 from my research direction.

NOTE Confidence: 0.8306716

00:37:38.310 --> 00:37:41.126 My agonized over it for a long time.

NOTE Confidence: 0.8306716

00:37:41.130 --> 00:37:43.246 Imagine I'm not sure if I

NOTE Confidence: 0.8306716

00:37:43.246 --> 00:37:45.717 even know how long I had an

NOTE Confidence: 0.83382356

00:37:45.720 --> 00:37:48.193 iced over it six years, maybe I

NOTE Confidence: 0.83382356

00:37:48.193 --> 00:37:49.959 didn't. It was clearly apparent

NOTE Confidence: 0.83382356

00:37:49.960 --> 00:37:52.424 to everybody around me, except for me.

NOTE Confidence: 0.83382356

00:37:52.430 --> 00:37:55.246 By the time I made my my decision,

NOTE Confidence: 0.83382356

00:37:55.250 --> 00:37:57.720 people said to me, oh, you figured

NOTE Confidence: 0.83382356

00:37:57.720 --> 00:37:59.128 it out, then what

NOTE Confidence: 0.83382356

00:37:59.130 --> 00:38:01.630 sort of advice, or?

NOTE Confidence: 0.83382356

00:38:01.630 --> 00:38:02.578 I'm imagining imagining

NOTE Confidence: 0.83382356

00:38:02.578 --> 00:38:04.158 people in the Department would

NOTE Confidence: 0.83382356

00:38:04.158 --> 00:38:05.520 like stage interventions,

NOTE Confidence: 0.83382356

00:38:05.520 --> 00:38:07.921 or I don't know like trying to

NOTE Confidence: 0.83382356

00:38:07.921 --> 00:38:10.130 persuade you one way or another.

NOTE Confidence: 0.83382356

00:38:10.130 --> 00:38:12.270 I am curious what sort

NOTE Confidence: 0.83382356

00:38:12.270 --> 00:38:13.982 of things people said.

NOTE Confidence: 0.83382356

00:38:13.990 --> 00:38:14.899 On both sides.

NOTE Confidence: 0.8731497

00:38:16.310 --> 00:38:18.122 So I'm really I'm really fortunate

NOTE Confidence: 0.8731497

00:38:18.122 --> 00:38:19.330 to have great colleagues,

NOTE Confidence: 0.8731497

00:38:19.330 --> 00:38:22.300 so by and large they did tell me how

NOTE Confidence: 0.8731497

00:38:22.300 --> 00:38:25.234 much they wanted me to stay. Um and.

NOTE Confidence: 0.8731497

00:38:25.234 --> 00:38:27.890 I didn't take that any other way than

NOTE Confidence: 0.8731497

00:38:27.973 --> 00:38:30.709 the way that I think it was intended,

NOTE Confidence: 0.8731497

00:38:30.710 --> 00:38:32.439 which is that they wanted to have

NOTE Confidence: 0.8731497

00:38:32.439 --> 00:38:34.327 me as a colleague and and would

NOTE Confidence: 0.8731497

00:38:34.327 --> 00:38:36.380 miss me if I left the field.

NOTE Confidence: 0.8731497

00:38:36.380 --> 00:38:39.395 An and in fact I'm really lucky in that

NOTE Confidence: 0.8731497

00:38:39.395 --> 00:38:42.257 long after I left the field I still

NOTE Confidence: 0.8731497

00:38:42.257 --> 00:38:44.907 have had people ask me to come back,

NOTE Confidence: 0.8731497

00:38:44.910 --> 00:38:47.100 so I've had multiple opportunities

NOTE Confidence: 0.8731497

00:38:47.100 --> 00:38:48.414 to think about.

NOTE Confidence: 0.8731497

00:38:48.420 --> 00:38:50.055 My decision and decide whether

NOTE Confidence: 0.8731497

00:38:50.055 --> 00:38:52.210 it was the right one for me.

NOTE Confidence: 0.8731497

00:38:52.210 --> 00:38:54.366 And that's been really helpful for me.

NOTE Confidence: 0.8731497

00:38:54.370 --> 00:38:54.932 I did.

NOTE Confidence: 0.8731497

00:38:54.932 --> 00:38:56.899 There was a little bit of me

NOTE Confidence: 0.8731497

00:38:56.899 --> 00:38:59.007 that thought that when I left,

NOTE Confidence: 0.8731497

00:38:59.010 --> 00:39:03.330 that would be it and I wouldn't have

NOTE Confidence: 0.83147645

00:39:01.480 --> 00:39:03.330 the opportunity to go back. It

NOTE Confidence: 0.83147645

00:39:03.330 --> 00:39:04.260 sounds scary and

NOTE Confidence: 0.83147645

00:39:04.260 --> 00:39:05.492 there's a junior trainee

NOTE Confidence: 0.83147645
00:39:05.492 --> 00:39:07.032 right now that takes a
NOTE Confidence: 0.83147645
00:39:07.040 --> 00:39:09.210 lot of guts. Yeah, yeah it does.
NOTE Confidence: 0.83147645
00:39:09.210 --> 00:39:10.980 And I also realized that that
NOTE Confidence: 0.83147645
00:39:10.980 --> 00:39:12.600 isn't that cut and dried.
NOTE Confidence: 0.83147645
00:39:12.600 --> 00:39:15.645 And there was definitely way for me
NOTE Confidence: 0.83147645
00:39:15.645 --> 00:39:19.230 to go back if I wanted to do that.
NOTE Confidence: 0.83147645
00:39:19.230 --> 00:39:20.861 And there was a way for me
NOTE Confidence: 0.83147645
00:39:20.861 --> 00:39:22.050 to stay involved as well,
NOTE Confidence: 0.83147645
00:39:22.050 --> 00:39:23.856 which is the route that I chose
NOTE Confidence: 0.83147645
00:39:23.856 --> 00:39:25.252 was to hopefully stay involved
NOTE Confidence: 0.83147645
00:39:25.252 --> 00:39:26.944 in the research in some way.
NOTE Confidence: 0.83147645
00:39:26.950 --> 00:39:28.777 I'm and I'm also lucky enough to
NOTE Confidence: 0.83147645
00:39:28.777 --> 00:39:31.132 be in an Institute where there's a
NOTE Confidence: 0.83147645
00:39:31.132 --> 00:39:33.388 ton of amazing research going on.
NOTE Confidence: 0.83147645
00:39:33.390 --> 00:39:35.382 And so that's that's also been a nice
NOTE Confidence: 0.83147645

00:39:35.382 --> 00:39:37.316 way for me to keep my connection.

NOTE Confidence: 0.83147645

00:39:37.320 --> 00:39:39.940 You know, I go to a lot of science talks.

NOTE Confidence: 0.83147645

00:39:39.940 --> 00:39:42.964 I still give them occasionally when I can.

NOTE Confidence: 0.83147645

00:39:42.970 --> 00:39:45.210 So yeah, that's that's been kind of nice.

NOTE Confidence: 0.83147645

00:39:45.210 --> 00:39:47.450 I thought it would be all or nothing,

NOTE Confidence: 0.83147645

00:39:47.450 --> 00:39:48.850 and that's not the case,

NOTE Confidence: 0.83147645

00:39:48.850 --> 00:39:50.970 but I also had a lot of people who I

NOTE Confidence: 0.83147645

00:39:51.031 --> 00:39:53.077 think really recognized that that was

NOTE Confidence: 0.83147645

00:39:53.077 --> 00:39:55.569 something that I had a real talent for.

NOTE Confidence: 0.83147645

00:39:55.570 --> 00:39:56.130 I mean,

NOTE Confidence: 0.83147645

00:39:56.130 --> 00:39:57.530 science communication by that, or

NOTE Confidence: 0.85805213

00:39:57.530 --> 00:39:58.930 both. I think you've adopted.

NOTE Confidence: 0.8640311

00:40:01.250 --> 00:40:02.090 Yeah, no, definitely

NOTE Confidence: 0.8640311

00:40:02.090 --> 00:40:04.071 yeah so but but for every colleague

NOTE Confidence: 0.8640311

00:40:04.071 --> 00:40:05.996 who wanted me to stay, sometimes even

NOTE Confidence: 0.8640311

00:40:05.996 --> 00:40:07.664 the same colleague would also save.

NOTE Confidence: 0.8640311
00:40:07.670 --> 00:40:09.870 I really see that this that this is
NOTE Confidence: 0.8640311
00:40:09.870 --> 00:40:12.365 the right thing for you to do and that
NOTE Confidence: 0.8640311
00:40:12.365 --> 00:40:14.639 you're going to be great at doing this.
NOTE Confidence: 0.8640311
00:40:14.640 --> 00:40:16.868 And one person said, oh, you got out.
NOTE Confidence: 0.91024166
00:40:18.960 --> 00:40:22.579 You made it. Good for you.
NOTE Confidence: 0.88747877
00:40:25.300 --> 00:40:26.822 So but now, yeah, I don't
NOTE Confidence: 0.88747877
00:40:26.822 --> 00:40:28.370 know it made the world seem
NOTE Confidence: 0.88747877
00:40:28.426 --> 00:40:29.938 a lot more fun for a while.
NOTE Confidence: 0.88747877
00:40:29.940 --> 00:40:31.803 I think there was a bit of me that
NOTE Confidence: 0.88747877
00:40:31.803 --> 00:40:33.388 just thought I can't leave because
NOTE Confidence: 0.88747877
00:40:33.388 --> 00:40:35.299 if I leave then then that's it.
NOTE Confidence: 0.88747877
00:40:35.300 --> 00:40:37.044 I close that door.
NOTE Confidence: 0.88747877
00:40:37.044 --> 00:40:39.920 Um, I think I was kidding myself about that.
NOTE Confidence: 0.88747877
00:40:39.920 --> 00:40:42.790 I think I think that that is a much more
NOTE Confidence: 0.88747877
00:40:42.866 --> 00:40:46.410 fluid world now than than it used to be, and.
NOTE Confidence: 0.88747877

00:40:46.410 --> 00:40:49.090 I could be wrong.

NOTE Confidence: 0.88747877

00:40:49.090 --> 00:40:51.306 But I feel I feel like I can

NOTE Confidence: 0.88747877

00:40:51.306 --> 00:40:52.953 have the connection to the

NOTE Confidence: 0.88747877

00:40:52.953 --> 00:40:55.770 research and I can I can do this,

NOTE Confidence: 0.88747877

00:40:55.770 --> 00:40:56.664 but you know,

NOTE Confidence: 0.88747877

00:40:56.664 --> 00:40:58.452 the one thing that was clear

NOTE Confidence: 0.88747877

00:40:58.452 --> 00:41:00.537 as I couldn't keep doing both

NOTE Confidence: 0.875145

00:41:00.540 --> 00:41:03.720 at the same level of intensity as I had been.

NOTE Confidence: 0.875145

00:41:03.720 --> 00:41:05.634 Yeah, I remember you were interviewed

NOTE Confidence: 0.875145

00:41:05.634 --> 00:41:07.656 after you received a Science Educator

NOTE Confidence: 0.875145

00:41:07.656 --> 00:41:09.702 award from the Dana Foundation and

NOTE Confidence: 0.875145

00:41:09.702 --> 00:41:11.853 you talked about how you were trying

NOTE Confidence: 0.875145

00:41:11.853 --> 00:41:13.658 to encourage people to be science

NOTE Confidence: 0.875145

00:41:13.658 --> 00:41:16.046 communicators and saying that you do

NOTE Confidence: 0.875145

00:41:16.046 --> 00:41:19.029 in your spare time if you have two and.

NOTE Confidence: 0.875145

00:41:19.030 --> 00:41:21.484 It really impressed me 'cause I

NOTE Confidence: 0.875145
00:41:21.484 --> 00:41:24.539 felt like in that comment you are.
NOTE Confidence: 0.875145
00:41:24.540 --> 00:41:28.257 At telling a story about how much of your
NOTE Confidence: 0.875145
00:41:28.257 --> 00:41:31.657 spare time went into this at one point.
NOTE Confidence: 0.875145
00:41:31.660 --> 00:41:32.661 How did you?
NOTE Confidence: 0.875145
00:41:32.661 --> 00:41:35.229 How did you balance that 'cause you were
NOTE Confidence: 0.875145
00:41:35.229 --> 00:41:37.740 telling stories you were writing this blog?
NOTE Confidence: 0.875145
00:41:37.740 --> 00:41:39.116 You were, you know,
NOTE Confidence: 0.875145
00:41:39.116 --> 00:41:40.836 be involved with this community
NOTE Confidence: 0.875145
00:41:40.836 --> 00:41:42.810 and also still running a lab.
NOTE Confidence: 0.49131355
00:41:44.480 --> 00:41:48.300 Yeah, um. Probably quite badly, I think.
NOTE Confidence: 0.49131355
00:41:48.300 --> 00:41:50.040 I don't know if I don't
NOTE Confidence: 0.49131355
00:41:50.040 --> 00:41:51.790 know if I balanced it well,
NOTE Confidence: 0.49131355
00:41:51.790 --> 00:41:54.005 it would definitely wasn't sustainable
NOTE Confidence: 0.49131355
00:41:54.005 --> 00:41:57.518 at the level that I was doing it at.
NOTE Confidence: 0.49131355
00:41:57.520 --> 00:41:58.048 Broadly speaking,
NOTE Confidence: 0.49131355

00:41:58.048 --> 00:42:00.583 I found it useful to only take on one
NOTE Confidence: 0.49131355

00:42:00.583 --> 00:42:02.398 science communication project at once.
NOTE Confidence: 0.49131355

00:42:02.400 --> 00:42:04.840 So if I was working on a story,
NOTE Confidence: 0.49131355

00:42:04.840 --> 00:42:06.954 I would try not to be writing
NOTE Confidence: 0.49131355

00:42:06.954 --> 00:42:08.806 blog posts at the same time.
NOTE Confidence: 0.49131355

00:42:08.806 --> 00:42:11.548 And if I was writing a nerd night talk,
NOTE Confidence: 0.49131355

00:42:11.550 --> 00:42:13.342 then I would try and wait before
NOTE Confidence: 0.49131355

00:42:13.342 --> 00:42:15.519 I did a science comedy event.
NOTE Confidence: 0.49131355

00:42:15.520 --> 00:42:17.045 Brain Awareness Week was always
NOTE Confidence: 0.49131355

00:42:17.045 --> 00:42:18.570 the exception to that rule.
NOTE Confidence: 0.49131355

00:42:18.570 --> 00:42:20.078 Some Brain Awareness Week.
NOTE Confidence: 0.49131355

00:42:20.078 --> 00:42:21.963 I invariably did something everyday.
NOTE Confidence: 0.49131355

00:42:21.970 --> 00:42:24.970 Um, and that's just because I think that's
NOTE Confidence: 0.49131355

00:42:24.970 --> 00:42:28.169 such a valuable week for neuroscience,
NOTE Confidence: 0.49131355

00:42:28.170 --> 00:42:30.260 essentially.
NOTE Confidence: 0.49131355

00:42:30.260 --> 00:42:32.600 But I the reason that I said that was

NOTE Confidence: 0.49131355

00:42:32.600 --> 00:42:35.168 not just because I actually don't think

NOTE Confidence: 0.49131355

00:42:35.168 --> 00:42:37.848 that people should have to do science

NOTE Confidence: 0.49131355

00:42:37.848 --> 00:42:40.086 communication work in their spare time,

NOTE Confidence: 0.49131355

00:42:40.090 --> 00:42:41.366 if there.

NOTE Confidence: 0.49131355

00:42:41.366 --> 00:42:45.832 Full-time researchers I think I think that.

NOTE Confidence: 0.49131355

00:42:45.840 --> 00:42:47.840 It could easily be the case that people

NOTE Confidence: 0.49131355

00:42:47.840 --> 00:42:50.310 with a talent science communication could.

NOTE Confidence: 0.49131355

00:42:50.310 --> 00:42:52.968 That could be our service work.

NOTE Confidence: 0.49131355

00:42:52.970 --> 00:42:53.665 Oh interesting,

NOTE Confidence: 0.49131355

00:42:53.665 --> 00:42:54.010 yeah.

NOTE Confidence: 0.49131355

00:42:54.010 --> 00:42:54.994 So you know,

NOTE Confidence: 0.49131355

00:42:54.994 --> 00:42:57.052 I used to spend some of proportion

NOTE Confidence: 0.49131355

00:42:57.052 --> 00:42:59.631 of my time teaching and sitting on

NOTE Confidence: 0.49131355

00:42:59.631 --> 00:43:01.551 thesis committees and and doing

NOTE Confidence: 0.49131355

00:43:01.620 --> 00:43:03.666 all of that valuable good stuff.

NOTE Confidence: 0.49131355

00:43:03.670 --> 00:43:05.318 Admissions committees and hiring
NOTE Confidence: 0.49131355

00:43:05.318 --> 00:43:08.189 committees and and it would have been
NOTE Confidence: 0.49131355

00:43:08.189 --> 00:43:10.829 very helpful for me if I could have
NOTE Confidence: 0.49131355

00:43:10.829 --> 00:43:12.620 contributed to my academic career.
NOTE Confidence: 0.49131355

00:43:12.620 --> 00:43:14.168 While I was doing the science
NOTE Confidence: 0.49131355

00:43:14.168 --> 00:43:15.466 communication work instead of it
NOTE Confidence: 0.49131355

00:43:15.466 --> 00:43:16.541 being so clearly something that
NOTE Confidence: 0.49131355

00:43:16.541 --> 00:43:18.188 had to be done in my spare time.
NOTE Confidence: 0.8529586

00:43:18.800 --> 00:43:20.220 Do you know institutions
NOTE Confidence: 0.8529586

00:43:20.220 --> 00:43:22.361 that support that in the way,
NOTE Confidence: 0.8529586

00:43:22.361 --> 00:43:24.500 like as a former professional services?
NOTE Confidence: 0.8529586

00:43:24.500 --> 00:43:25.559 What you're suggesting?
NOTE Confidence: 0.8529586

00:43:25.560 --> 00:43:27.070 Yeah, right? That's then
NOTE Confidence: 0.8529586

00:43:27.070 --> 00:43:29.710 considered as part of your tenure.
NOTE Confidence: 0.8529586

00:43:29.710 --> 00:43:31.514 You know promotion packet
NOTE Confidence: 0.8529586

00:43:31.514 --> 00:43:33.318 or whatever it's called.

NOTE Confidence: 0.80999494
00:43:33.320 --> 00:43:34.670 Yes OK yeah.
NOTE Confidence: 0.80999494
00:43:34.670 --> 00:43:37.756 Exactly I institutions do that now.
NOTE Confidence: 0.80999494
00:43:37.756 --> 00:43:41.150 I don't know. It is my honest answer.
NOTE Confidence: 0.80999494
00:43:41.150 --> 00:43:42.330 It wasn't something that
NOTE Confidence: 0.80999494
00:43:42.330 --> 00:43:44.106 I looked into in like, oh,
NOTE Confidence: 0.80999494
00:43:44.106 --> 00:43:46.474 I wonder if I went to this place,
NOTE Confidence: 0.80999494
00:43:46.480 --> 00:43:47.960 would that be the case?
NOTE Confidence: 0.80999494
00:43:47.960 --> 00:43:49.796 So actually that it is possible
NOTE Confidence: 0.80999494
00:43:49.796 --> 00:43:51.510 that some institutions do do that.
NOTE Confidence: 0.80999494
00:43:51.510 --> 00:43:53.484 And I do think somebody asked me
NOTE Confidence: 0.80999494
00:43:53.484 --> 00:43:55.569 earlier today if I thought it was
NOTE Confidence: 0.80999494
00:43:55.569 --> 00:43:57.333 possible that that would become so
NOTE Confidence: 0.80999494
00:43:57.392 --> 00:43:59.485 in the future or become more more
NOTE Confidence: 0.80999494
00:43:59.485 --> 00:44:00.982 widely accepted in the future.
NOTE Confidence: 0.80999494
00:44:00.982 --> 00:44:03.350 And I think that is possible as well.
NOTE Confidence: 0.80999494

00:44:03.350 --> 00:44:04.953 I think as we continue to see
NOTE Confidence: 0.80999494

00:44:04.953 --> 00:44:06.491 the value and the importance
NOTE Confidence: 0.80999494

00:44:06.491 --> 00:44:08.087 of communicating science with,
NOTE Confidence: 0.80999494

00:44:08.090 --> 00:44:10.554 I mean the public is a big.
NOTE Confidence: 0.80999494

00:44:10.560 --> 00:44:13.460 Founder of science.
NOTE Confidence: 0.8357705

00:44:13.460 --> 00:44:15.810 Sandra science yeah. So you
NOTE Confidence: 0.8357705

00:44:15.810 --> 00:44:17.682 know, communicating with people
NOTE Confidence: 0.8357705

00:44:17.682 --> 00:44:19.554 who make policy decisions.
NOTE Confidence: 0.8357705

00:44:19.560 --> 00:44:21.432 For example, be communicating
NOTE Confidence: 0.8357705

00:44:21.432 --> 00:44:23.304 with the future scientists.
NOTE Confidence: 0.8357705

00:44:23.310 --> 00:44:26.610 It is. It's not just.
NOTE Confidence: 0.8357705

00:44:26.610 --> 00:44:27.930 Supplemental is essential if we,
NOTE Confidence: 0.8357705

00:44:27.930 --> 00:44:29.617 if we are to have science funding
NOTE Confidence: 0.8357705

00:44:29.617 --> 00:44:31.552 or if we have a future science
NOTE Confidence: 0.8357705

00:44:31.552 --> 00:44:33.441 and then we have to do it.
NOTE Confidence: 0.8357705

00:44:33.441 --> 00:44:34.947 So I think we're starting to

NOTE Confidence: 0.8357705
00:44:34.947 --> 00:44:36.598 see that now more than ever,
NOTE Confidence: 0.8357705
00:44:36.600 --> 00:44:38.760 and so I hope that that will be the
NOTE Confidence: 0.8357705
00:44:38.760 --> 00:44:40.882 case in the future so that people who
NOTE Confidence: 0.8357705
00:44:40.882 --> 00:44:43.104 want to do this can make it truly
NOTE Confidence: 0.8357705
00:44:43.104 --> 00:44:45.016 part of their lives and not feel
NOTE Confidence: 0.8357705
00:44:45.016 --> 00:44:47.120 as if they have to choose so much.
NOTE Confidence: 0.8357705
00:44:47.120 --> 00:44:49.024 But the reason that I make that
NOTE Confidence: 0.8357705
00:44:49.024 --> 00:44:50.976 point is because a lot of people ask
NOTE Confidence: 0.8357705
00:44:50.976 --> 00:44:52.909 me how I made this career switch,
NOTE Confidence: 0.8357705
00:44:52.910 --> 00:44:54.681 'cause there are many people who would
NOTE Confidence: 0.8357705
00:44:54.681 --> 00:44:56.789 like to make this switch from research.
NOTE Confidence: 0.8357705
00:44:56.790 --> 00:44:58.785 You know, maybe they're finishing the PhD,
NOTE Confidence: 0.8357705
00:44:58.790 --> 00:45:00.846 or they're in a post Doc now and
NOTE Confidence: 0.8357705
00:45:00.846 --> 00:45:03.080 they want to switch to doing science,
NOTE Confidence: 0.8357705
00:45:03.080 --> 00:45:03.420 communication,
NOTE Confidence: 0.8357705

00:45:03.420 --> 00:45:04.100 or outreach.
NOTE Confidence: 0.8357705
00:45:04.100 --> 00:45:06.840 And the question of how I did that.
NOTE Confidence: 0.8357705
00:45:06.840 --> 00:45:09.350 Is a tricky one and I didn't have a usual
NOTE Confidence: 0.8357705
00:45:09.419 --> 00:45:11.819 route into that because a lot of people
NOTE Confidence: 0.8357705
00:45:11.819 --> 00:45:14.267 make this decision at the end of a PhD.
NOTE Confidence: 0.8357705
00:45:14.270 --> 00:45:15.650 There are fellowships available
NOTE Confidence: 0.8357705
00:45:15.650 --> 00:45:17.375 that they can take on.
NOTE Confidence: 0.8357705
00:45:17.380 --> 00:45:20.032 Um but they.
NOTE Confidence: 0.8357705
00:45:20.032 --> 00:45:20.916 Yeah,
NOTE Confidence: 0.8357705
00:45:20.916 --> 00:45:21.800 no,
NOTE Confidence: 0.8357705
00:45:21.800 --> 00:45:23.456 everybody makes that decision right then
NOTE Confidence: 0.8357705
00:45:23.456 --> 00:45:25.779 and there and it's a lot of pressure to say,
NOTE Confidence: 0.8357705
00:45:25.780 --> 00:45:26.065 OK,
NOTE Confidence: 0.8357705
00:45:26.065 --> 00:45:27.775 I've finished my PhD and these
NOTE Confidence: 0.8357705
00:45:27.775 --> 00:45:29.658 things are available to me and I've
NOTE Confidence: 0.8357705
00:45:29.658 --> 00:45:31.116 gotta go take that fellowship or

NOTE Confidence: 0.8357705

00:45:31.176 --> 00:45:32.940 that internship or whatever it is.

NOTE Confidence: 0.8357705

00:45:32.940 --> 00:45:33.236 Ann,

NOTE Confidence: 0.8357705

00:45:33.236 --> 00:45:34.124 and you know,

NOTE Confidence: 0.8357705

00:45:34.124 --> 00:45:35.900 in some ways I was alleviated

NOTE Confidence: 0.8357705

00:45:35.968 --> 00:45:38.558 all of that by not even realizing

NOTE Confidence: 0.8357705

00:45:38.558 --> 00:45:40.243 that science communication was a

NOTE Confidence: 0.8357705

00:45:40.243 --> 00:45:42.014 thing until I was in my second

NOTE Confidence: 0.8357705

00:45:42.014 --> 00:45:44.468 post Doc and well into my 30s and

NOTE Confidence: 0.8357705

00:45:44.468 --> 00:45:46.824 so at that point I could only

NOTE Confidence: 0.8357705

00:45:46.824 --> 00:45:49.888 do it by working on in my spare

NOTE Confidence: 0.8357705

00:45:49.888 --> 00:45:51.880 time and making connections.

NOTE Confidence: 0.8357705

00:45:51.880 --> 00:45:55.150 And I was lucky in many ways that I was

NOTE Confidence: 0.8357705

00:45:55.240 --> 00:45:59.020 in New York City and I was in such a vibrant,

NOTE Confidence: 0.8357705

00:45:59.020 --> 00:45:59.898 supportive community.

NOTE Confidence: 0.8357705

00:45:59.898 --> 00:46:03.410 But I also have never known such a

NOTE Confidence: 0.8357705

00:46:03.498 --> 00:46:06.463 supportive community in general as
NOTE Confidence: 0.8357705

00:46:06.463 --> 00:46:08.835 the global science communication.
NOTE Confidence: 0.8357705

00:46:08.840 --> 00:46:10.262 And outreach community.
NOTE Confidence: 0.8357705

00:46:10.262 --> 00:46:11.210 I mean,
NOTE Confidence: 0.8357705

00:46:11.210 --> 00:46:13.331 I just I just found so many
NOTE Confidence: 0.8357705

00:46:13.331 --> 00:46:15.362 people lifted me up in so many
NOTE Confidence: 0.8357705

00:46:15.362 --> 00:46:17.349 ways and that I was able to do
NOTE Confidence: 0.84432805

00:46:17.350 --> 00:46:18.740 that for other people. People
NOTE Confidence: 0.84432805

00:46:18.740 --> 00:46:20.497 want to get in touch with you
NOTE Confidence: 0.84432805

00:46:20.497 --> 00:46:22.242 or exposed to more of your
NOTE Confidence: 0.84432805

00:46:22.242 --> 00:46:23.760 stories or your writing. Where
NOTE Confidence: 0.84432805

00:46:23.760 --> 00:46:24.896 could they reach you?
NOTE Confidence: 0.84432805

00:46:24.896 --> 00:46:26.830 Thank you so much for having me.
NOTE Confidence: 0.84432805

00:46:26.830 --> 00:46:28.474 It's been a pleasure if you
NOTE Confidence: 0.84432805

00:46:28.474 --> 00:46:30.494 want to hear more from me then
NOTE Confidence: 0.84432805

00:46:30.494 --> 00:46:32.210 you can follow me at Pollock

NOTE Confidence: 0.84432805
00:46:32.210 --> 00:46:34.089 rocks and on all of the things.
NOTE Confidence: 0.84432805
00:46:34.090 --> 00:46:35.854 And you can also check out more
NOTE Confidence: 0.84432805
00:46:35.854 --> 00:46:37.229 about the soccer Membrane Institute
NOTE Confidence: 0.84432805
00:46:37.229 --> 00:46:39.210 which is a common brain and you
NOTE Confidence: 0.84432805
00:46:39.210 --> 00:46:41.177 can also follow the story Collider.
NOTE Confidence: 0.84432805
00:46:41.180 --> 00:46:42.107 At Story Collider,
NOTE Confidence: 0.84432805
00:46:42.107 --> 00:46:44.669 an if you have a story to tell
NOTE Confidence: 0.84432805
00:46:44.669 --> 00:46:46.930 and you think that you might want
NOTE Confidence: 0.84432805
00:46:46.930 --> 00:46:49.338 to tell it on one of our stages,
NOTE Confidence: 0.84432805
00:46:49.340 --> 00:46:50.910 you can pictures at stories
NOTE Confidence: 0.8452941
00:46:50.910 --> 00:46:51.538 at storycollider.org.
NOTE Confidence: 0.8452941
00:46:51.538 --> 00:46:53.428 Excellent thank you. Thank you very
NOTE Confidence: 0.8452941
00:46:53.430 --> 00:46:54.369 much, thank you.
NOTE Confidence: 0.8300716
00:47:06.110 --> 00:47:07.940 We hope you enjoyed that episode.
NOTE Confidence: 0.8300716
00:47:07.940 --> 00:47:09.465 Thanks again to Paula for
NOTE Confidence: 0.8300716

00:47:09.465 --> 00:47:10.685 being on the podcast.

NOTE Confidence: 0.8300716

00:47:10.690 --> 00:47:12.515 It was such a treat, interviewing

NOTE Confidence: 0.8300716

00:47:12.515 --> 00:47:14.345 and spending some time with her.

NOTE Confidence: 0.8300716

00:47:14.350 --> 00:47:16.401 You can find Paul on Twitter at

NOTE Confidence: 0.8300716

00:47:16.401 --> 00:47:18.248 Pollack Rocks and again, that's at.

NOTE Confidence: 0.8300716

00:47:18.248 --> 00:47:20.166 Pollock rocks, and you can also visit

NOTE Confidence: 0.8300716

00:47:20.166 --> 00:47:22.179 her website whichispaulacroxson.com.

NOTE Confidence: 0.8300716

00:47:22.180 --> 00:47:25.196 She has a couple of different profile pages,

NOTE Confidence: 0.8300716

00:47:25.200 --> 00:47:27.468 one at Mount Sinai and another

NOTE Confidence: 0.8300716

00:47:27.468 --> 00:47:28.602 at Columbia University.

NOTE Confidence: 0.8300716

00:47:28.610 --> 00:47:30.941 You can also find her work on

NOTE Confidence: 0.8300716

00:47:30.941 --> 00:47:33.078 Google Scholar and see some of

NOTE Confidence: 0.8300716

00:47:33.078 --> 00:47:35.202 the really cool science she talks

NOTE Confidence: 0.8300716

00:47:35.202 --> 00:47:37.300 about during our conversation.

NOTE Confidence: 0.8300716

00:47:37.300 --> 00:47:39.932 Thanks to the Yale School of Medicine

NOTE Confidence: 0.8300716

00:47:39.932 --> 00:47:41.947 for sponsoring the podcast to

NOTE Confidence: 0.8300716

00:47:41.947 --> 00:47:43.992 Adrian Bottom Burger for producing

NOTE Confidence: 0.8300716

00:47:43.992 --> 00:47:46.475 the podcast and Ryan McEvoy for

NOTE Confidence: 0.8300716

00:47:46.475 --> 00:47:48.445 his Awesome Help Sound editing.

NOTE Confidence: 0.8300716

00:47:48.450 --> 00:47:50.249 A special thanks to you for listening

NOTE Confidence: 0.8300716

00:47:50.249 --> 00:47:52.158 and again my name is Daniel Baron.

NOTE Confidence: 0.8300716

00:47:52.160 --> 00:47:54.248 I've been your host and will see you

NOTE Confidence: 0.8300716

00:47:54.248 --> 00:47:56.137 next time here on science at all.