

Diana: Hello everyone, my name is Diana LeBlanc and I am a second-year bio science student. I'm part of the University of Alberta Women in Science and Engineering committee, and I'm here today with Laura Lindsay!

Laura: Hi!

Diana: So why don't you tell us a little bit about yourself, Laura?

Laura: My name is Laura, and I am a graduating bio sci student. Biological sciences is my major, and psychology is my minor. I'm set to graduate here in June. I'm planning to go into pharmacy.

Diana: Ooh, very nice! Is there something that a lot of people don't know about pharmacy that you'd like to tell them about?

Laura: I think one part of pharmacy that often gets overlooked is that it includes a lot of interactions with people. So you have to be a good people person to be good in pharmacy. It's not necessarily about knowing the drugs and what they do, it's also a lot of learning how to graciously deal with people, and help people, and communicate with them. Pharmacists are kind of the most accessible form of healthcare, because you can't just call up your doctor but you can just call up your pharmacist. So I think it's a very cool thing about the field and something that people don't always consider.

Diana: Alright, so Laura, what is your proudest academic or professional accomplishment?

Laura: I know this maybe isn't a great, like, single accomplishment, but I am the first person in my family to go to university and get a bachelor's degree, so I'm very proud of myself and my parents are too. I think it just shows that even if you don't quite know how to navigate something, if you're really passionate about it and really put your mind to it, you can do anything and you can figure it out.

Diana: That's awesome, congratulations!

Laura: Thank you!

Diana: So Laura, as a graduating student, what is the one piece of advice that you would offer to up-and-coming students?

Laura: I would say... don't stress how long it takes you to finish your degree. I don't think I know a single person who's finished their degree in just four years. And even though it seems like that's what it seems like everyone wants you to do and that's what the norm is, there is no shame in taking an extra year or an extra semester. I finished my degree in four years plus an extra fall semester, and it really doesn't affect that much. So don't stress about trying to cram everything in, and don't stress about needing to withdraw from classes if you need to. Do what is best for you and your own mental health and wellbeing, and don't push yourself too far because you might feel burned out. But you don't need to try to rush to finish everything in four years.

Diana: Nice. And now for the big reason we're here... how does it feel to be a woman in STEM?

Laura: I think it feels awesome! Because... I think women are just as capable as men or anyone else to do these things, and for so much of history, women did not have the opportunity to do these things, and a lot of us do now. And it's not like that in all parts of the world. But I think just being a woman in STEM and being someone in the sciences is very important. I just feel very lucky that I do have the opportunities that I do. I think it's important that we keep going, and y'know, kind of show history that they were wrong about women, and that we can do anything.

Diana: Nice! Alright, well, thank you very much for joining us today Laura, and for representing all of the bio science women in STEM!

Laura: Yes, thank you for having me!

Diana: Of course, of course! It was my pleasure!