

4 QUICK QUESTIONS TO...

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Role Models of FSN



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What were the most important steps or milestones in your career path?

1

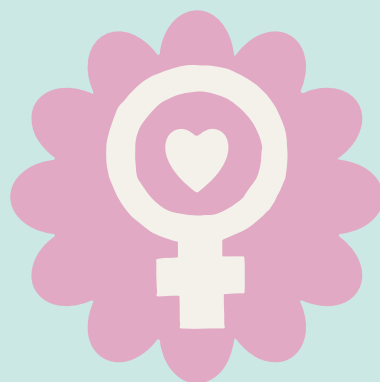
I was trained as a medical doctor in Mexico and my original goal was to become a neurologist. But during my medical studies I found neuroscience research fascinating, and I was selected to move to Germany and pursue a Master's in Neuroscience and later a PhD in Neuroimmunology. Careerwise, this was a big step, deciding that I wanted to combine medicine with research, because everything was shaped after that.



2

What challenges did you encounter along your career path?

A big challenge was to move to a different country, adapt to a new culture, a new language, and a new scientific system. Another challenge that I think most women experience is to learn how to speak your mind and how to thrive in systems that sometimes, or often times, are still quite hierarchical and male-dominated. Early in my career, I often experienced that my ideas were only valued as important after someone else said them, but this helped me build a scientific character, be persistent, and advocate for my ideas. This also motivated me to help create a more inclusive environment in research.

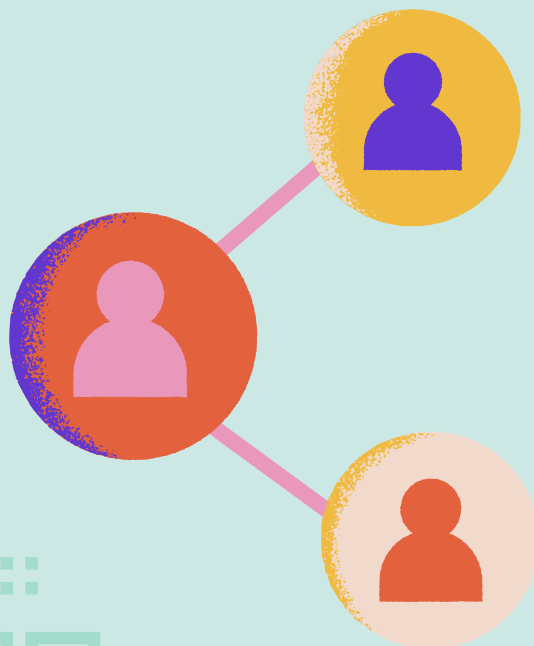


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3

What kind of support helped you the most (e.g. from institutions, supervisors, mentors, or other individuals)?

Supportive mentorship and supportive collaborations have been crucial in my career. I've found it very helpful to build collaborations with people who are open to new ideas and who respect opinions. This is what I have found where science works best, and where everyone feels comfortable bringing their own ideas and contributions to the table.



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4

What advice would you give to early-career researchers for planning a career in science / academia?

To stay persistent, to stay motivated. There will be times when experiments fail, and sometimes you have self-doubt, but as long as you keep your focus and build strong relationships with supportive people who are happy for your development, then you'll see that science is a very rewarding experience and career.



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