

Hi my name is Jennifer Reid and I'm a graduate student in the biochemistry program at McMaster University back in high school I was given this opportunity to work in a research lab that was the it moment for me and then it was basically like when can I finish high school and come back to McMaster in the field that I research in broadly is hematopoiesis which is the blood system that we need to sort of fight infection and you know carry oxygen all of those cells come from stem cells and stem cells live in our bone marrow and they're affected by disease and so a lot of the research is how do I help them regenerate and how do i target them when they turn into leukemia there are classes that I really liked in my undergraduate experience that were very structured you're there from 9:30 to 10:30 and that's great but in my live experience you get in there as early as you possibly can you work on your research until you need a break and then you do like you make your own day so learning how to motivate yourself is really really important in graduate studies the labs that I'm in in particular is very close-knit I mean we see each other all day we play on the same sports teams we support each other you know someone goes on vacation you feed their cats we are a really close-knit family and we take care of each other I think biochemistry of McMaster could be a good pass for people because there's so many different things you can do and there's different things you can get out of it depending on what you're personally motivated in there's people that work on you know vaccine development antibiotic stem cells cancer there's academic research positions where maybe you do grant writing or science translation or communicating to the public what other scientists are doing it's so hard to predict the future I really I know for sure that I want to be passionate and what I'm researching I don't know necessarily was gonna take me but I really want to be passionate what I do I also want to know that I'm positively

impacting house or community that to me is really important  
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