

## **Lessons from a Life in Science**

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From the moment I looked down the microscope that my parents got me in a science set for kids, I was hooked. Science was cool; I was fascinated by it (all of it), and I knew that I wanted to do something with it in my life. I was a mediocre student in school, preferring sports over school and yet science class was always my favourite. I may even have missed some sports to do something in science class. I found myself enjoying biology, chemistry and even a little bit of physics in High School. I studied Biochemistry, but all the while enjoyed human biology and organic chemistry (don't judge me) the most. I also studied rugby! I thought all along I'd got to medical school and become a doctor, help people, and that was my path. But I broke my leg couldn't play rugby, and so I took a thesis course in the last year of my undergraduate degree. I was hooked. Research was cool, perhaps cooler than cool – ice cold? But if you'd told me then I'd end up being a University Professor, I'd have laughed hard. But here I am, 39 years after the journey began. I've been at McMaster University for coming up on 27 years, and while there have been ups and down, pats on the back and kicks in the backside, I wouldn't trade it for anything. I've learned a few things about science, about how I think it should work and how academic life, with the right attitude, a little luck, some perseverance, resilience and some help from my friends, has become a true passion project. I'll share some of those lessons; some serious, some light, but hopefully all in good fun!