Intro Music ([00:00](https://www.rev.com/transcript-editor/shared/Pc-H3fCgbmbrl80yG8MKpfiJ_98wBoXanSn7gZhAewon859CsV1XjdfGJZi8liU4t7ynQo8q7_pUZesJ7ApBMn0EnYA?loadFrom=DocumentDeeplink&ts=0.21)):

5, 6, 7, discover, connect, engage, become, discover, connect, engage, become, discover, connect, engage, become.

Lauren (Host) ([00:15](https://www.rev.com/transcript-editor/shared/wyYjC-8x5iPoBZJz-RGPjIukmoTCaSx-OenrZghyWlsepR3Kjrx7QD1wPyu18LAb6Wh5PzwC1APwBwXHA-bl4XhD13c?loadFrom=DocumentDeeplink&ts=15.21)):

Hey, research friends. It's your host, Lauren Okano. And we're back with another episode of the CURNcast where we are breaking down barriers to research and making research more accessible for all. I'm very excited for today's episode because we're talking about something [00:00:30] that is very near and dear to my heart, which is imposter syndrome in research. It's something I've definitely experienced and it's something that I don't think we talk too much about, but everybody is gonna go through at some point in their research journey. So without further ado, let's check it out. I would like to acknowledge that the CURN cast is being recorded and created on the traditional and unceded territory of the Tk'emlúps te Secwépemc within Secwepemcúl’ecw. I'm very [00:01:00] grateful to be able to learn, play, and create on these beautiful lands. So, uh, we're here with our special guest of the day, Keilin Gorman, who is a T R U alumni. He did his Bachelor of science and his honors in microbiology as well as a whole bunch of research including re the honors project, as I mentioned, and also a whole bunch of research in psychology. So, [00:01:30] uh, welcome Keilin.

Keilin (Guest) ([01:32](https://www.rev.com/transcript-editor/shared/vBBNItVZmuIisALXaeMTZzJWO26OzSrBJYoJlnoZzSMavtOh_h0Dje3o-Sxhoe43eKjUfQreDkv12hzPZrQBNaurcFo?loadFrom=DocumentDeeplink&ts=92.04)):

Thanks Lauren.

Lauren (Host) ([01:32](https://www.rev.com/transcript-editor/shared/FMA2hAPz57IoFzbaxZZ64sUFOyaKCpQPfmzsqHYJ7-fzpt9tqfdVnSbUZX01aC4lQOUzeFQ7EdN2fAQ6212T01Ze8Cg?loadFrom=DocumentDeeplink&ts=92.85)):

I'm really excited to talk to you today, uh, about a lot of things and I'm excited because student perspectives are what we're all about here and learning and sharing from both students who have done research, students who are currently doing research, and students who are interested in getting research. And part of the beauty of sharing that is we can create a synergy and hopefully get more students involved in research because [00:02:00] as you know, there are so many benefits that come along with it. So, to get started today, I would like to do a bit of a fun lightning round of questions to warm us up. So how this works is I'm going to ask you a question, think of the first thing that comes to mind and we try to keep it relatively short, but if you want to go off on a tangent, that's okay too, <laugh>. Okay. Okay. So the first question is, what was the last thing that you researched?

Keilin (Guest) ([02:30](https://www.rev.com/transcript-editor/shared/MSUr9CqUqfeqq4ng_e1fFm3RRE30H17kBlBCxn3UxqR9eOf4jraa3dVvxxZ7DdUwt0NcQio0_fpD-5809KZ3dR-Ajws?loadFrom=DocumentDeeplink&ts=150)):

[00:02:30] The last thing that I researched was probably missing and murdered indigenous women and girls. Um, just to brush up on it for my own learning.

Lauren (Host) ([02:41](https://www.rev.com/transcript-editor/shared/TwXsfRnOhclOVMz-ey9nTveGijhndAkHrPCM0sT9B5kMJvlHZg0-sj34YUaXXJSkiWGwBhgQiZnLX0LeRrBGVLZxk0A?loadFrom=DocumentDeeplink&ts=161.01)):

Uh, next question is do you have a current research interest?

Keilin (Guest) ([02:46](https://www.rev.com/transcript-editor/shared/50gn831lbIgXb8rYXOCFZlSlVw3VJlYOsmFLEUrXf2sAT_Pu7El1FIEgFI-EJLX5x_TcKQh337SUF6U8SUquE8MsCg0?loadFrom=DocumentDeeplink&ts=166.1699999)):

I do have a current research interest. Um, I actually just reached out to some people to do research this summer. Um, so stay tuned for more on that maybe later. But yeah, <laugh>,

Lauren (Host) ([02:56](https://www.rev.com/transcript-editor/shared/YCDME7Ac7352XEnbi0wvygto3K8sHEoqjYDxyOuk9bKscpTctE-pMN-61LR4UlDo7KmTsaek4-rD4U9ZAKLBEH3MLCw?loadFrom=DocumentDeeplink&ts=176.73)):

Ooh, there's a little bit of mystery <laugh>. I like that. [00:03:00] I like that. We'll be sure to update our, our show notes if we get any updates on that. Who is your research muse?

Keilin (Guest) ([03:08](https://www.rev.com/transcript-editor/shared/9pu-0NcaWep6Ch-Vt7UqnUfpPB4Au0NXFJercJGoA5-WOPgSi0SIZGItyMgxSmv_5ojRg6RdJjWOc-LGZgJv7frJjXU?loadFrom=DocumentDeeplink&ts=188.08)):

My research muse? That's a good question. I feel like someone who's inspired me to do research is definitely my honors supervisor. So lots of your listeners will know Ann Cheeptham. Um, yeah, probably her.

Lauren (Host) ([03:22](https://www.rev.com/transcript-editor/shared/0ltRoErrNkmlrjHFLxP2dQn8XT6x6oxFOxUA7oxHFbpdUBSKP7WWDV_1eVoE7-CcB9OpyJAW3GfoDkc8FoygIQb1wg8?loadFrom=DocumentDeeplink&ts=202)):

What do you wish more people knew about research?

Keilin (Guest) ([03:25](https://www.rev.com/transcript-editor/shared/pRBnP9_u8E7Vz-rXrSHr8xFOGx2mDyZ9Qc6SvLk0jjQLqz97V3syaaSC0s6wnwJ_SINWVsPtN-6vL0DYXYc9K1SQCnU?loadFrom=DocumentDeeplink&ts=205.21)):

I think I wish more people knew that research doesn't have to be as intimidating [00:03:30] as it comes off as, so I know when I was thinking about doing research, it seems like this really big scary thing. Um, and there's lots of ways to get into it and just kind of dip your toe in before you jump in and that can be a really, really positive experience to start.

Lauren (Host) ([03:45](https://www.rev.com/transcript-editor/shared/jMCtQAfoTdxgIzhrVB4TTEJB_OHElvPLX-woF8-Nd_DmOMd-tP-wGoNuQ871tC9eZ-7kOkossBMGo4HccZfUuL5Q-QM?loadFrom=DocumentDeeplink&ts=225.88)):

And our last question for the lightning round is, do you have any special messages or words of wisdom to share with future TRU researchers?

Keilin (Guest) ([03:55](https://www.rev.com/transcript-editor/shared/CU2Dgg2vUPNrX-q5QMhXACdbovTDQAkl_8GgCl4lHPG-kI01mlphTrvyIxtWjF38qvxEtGIJSblxIgLJvFfzAhJjZZs?loadFrom=DocumentDeeplink&ts=235.21)):

The one word of wisdom that I've shared before, and I'll share again here, is that [00:04:00] I'd really encourage students not to be afraid to branch out into other fields of research. I think that it's easy just to focus on kind of the one field that you're, you're studying or know that you're focusing your courses in. But I know for me, trying different types of research that I wasn't necessarily super sure about was a really fun and exciting way to explore different options. So I'd just say keep an open mind about different research fields. Try something you never would try before, um, and you really find some amazing things

Lauren (Host) ([04:29](https://www.rev.com/transcript-editor/shared/V7B66LydkytDozun_bDmMmne2uCMfU1X6A3F_S0w071idpmebBGBfqgpH7tSIZyfOSsLWVwhkKr4zaMEoMszE8sQy40?loadFrom=DocumentDeeplink&ts=269.98)):

That's [00:04:30] <laugh> amazing advice. And that's what I think TRU undergrad research and TRU research in general is about, is trying new things. Uh, there are so many things that I have and you have got to do that I never would've imagined starting at the beginning of undergrad. So let's jump into the regular questions and, and dive into that a little bit. So for all our listeners who know a little bit about you [00:05:00] from some of your lightning round questions and your bio, but we wanna know what's your research journey like? How did you start off in research and did you always know that that's what you wanted to get into?

Keilin (Guest) ([05:12](https://www.rev.com/transcript-editor/shared/23qCMF5lxoDi7a7TDti7hRbkmwBLpbaZd1YatqmvJyldYBJaHfRZ3_b2aUpgGPaSKKkWfPeXem7zop2MtXOY5dU7sSo?loadFrom=DocumentDeeplink&ts=312.16)):

Yeah, so I guess, um, my research journey probably started in grade 12 actually. Um, so the program I did in high school, we had to do three research projects in kind of our sciences to start. So the very first two major ones that I did is [00:05:30] in my physics class. I looked at the relationship between the tension and frequency of a oscillating piano chord. So I used to play piano growing up. So that was a really fun little project that I did in grade 12 to kind of get me started on the physics side. Um, and then in chemistry kind of hinting at my interest in medicine, I looked at the change in stomach acid acidity when you're taking antacids, [00:06:00] and then also likewise on the other side with aspirin. So how those two kind of changed an artificial little test tube, both of stomach acid.

Keilin (Guest) ([06:11](https://www.rev.com/transcript-editor/shared/MhofFbXqvY9gE8sP1LQ8hWYYBoRXIuRswerlpyd9_y48FRT650tbGHCE-DHzjA_zOGx06roPyVoSO9B9dTgj4IB-aDA?loadFrom=DocumentDeeplink&ts=371)):

So those were really, really tiny projects that I thought were massive back in high school, but we're kind of my first little peak of interest that research might be something I'd be interested in. Um, and then if you kind of fast forward into university, so my bachelor of science at T R U, in second year after I had microbiology with Anne, [00:06:30] she kind of really inspired that, that piece of research in me again in university. And I knew that that's what something I wanted to do just to see if more, if it would be something I'd want to go into permanently. So like go into my master's and my PhD and do research for my whole life. Um, and I think that this is probably a common trend for lots of people. My third year uni of university was the really bad covid year.

Keilin (Guest) ([06:58](https://www.rev.com/transcript-editor/shared/G_wWfWvS2_1NwLvq99KQzfkJlvRbqcOnco6x0Dwt7UxSV_aWQGkdFM2gEUCGT58tyL_8v__euFm_hm1TPzp_5fD5Jdk?loadFrom=DocumentDeeplink&ts=418.52)):

So unfortunately I had lots [00:07:00] of hopes and dreams of doing research in third year and that kind of got put to a stop because of Covid. Um, but the summer between my third and fourth year was when I was really fortunate to have gotten the re scholarship and that's kind of what jumpstarted my, my path in research from there on. So I did a UREAP with Ann and then my honors kind of piggybacked on my UREAP, and that was looking at the effects of cannabinoids on multi-drug [00:07:30] resistant bacteria. Um, so that was, that was a really cool experience for me. We got to get multi-drug resistant bacteria from the hospital. So I did feel like a little doctor going in the hospital for my bacteria <laugh>. Um, and then, yeah, I spent probably just over a year doing that project and I think that's something I'd encourage too, is if you can get on a project that is gonna be a really long project, you can really get to know it, really know the ins and outs of it, and that's a really cool way to, to see if it's something [00:08:00] you want to keep doing.

Keilin (Guest) ([08:02](https://www.rev.com/transcript-editor/shared/uqyS9SsdpWEVYouk6UQEhSm6fkixanKVg9fqH5ZYpTxQY9MORnYcA6CTO1VPkWCPn0Ahq7D9PvH3N0ke66Vr8cF7w_8?loadFrom=DocumentDeeplink&ts=482.57)):

And then likewise, at the similar time and in the, just the start of my fourth year, I'd had a psychology prof, um, Dr. Claudia Gonzalez, who I loved her course and I loved her as a, as a teacher. So I just reached out to her and see or to see if I could do research with her. Um, and that kind of also stemmed from a, an a research apprenticeship, which is like a course that I did and then went into a research assistant program that extended all the way from January [00:08:30] of my fourth year right through the summer up until I started med school. So yeah, I kind of branched out a little bit. Um, as I mentioned, just try different fields 'cause that's, that's a really cool way to get started.

Hit the Streets Hosts ([08:47](https://www.rev.com/transcript-editor/shared/ts-75WEPnE-uDMQDeIhXiC8_HDjyZTzRQLIFgZu7Rch_J5C6Qi9BDoE_yw9aljCqO0H-5L6qumhZUHV4-H9_d4qzOFE?loadFrom=DocumentDeeplink&ts=527.48)):

Welcome to hit the Streets. I'm Hannah and I'm Julye-Anne. This is a segment where we ask strangers weirdly specific questions about research. Now let's hear from our first victim. [00:09:00] How would you define imposter syndrome?

Speaker 5 ([09:02](https://www.rev.com/transcript-editor/shared/d7nH6OYSlBKTX5nULPUuA9uWqNp2mVi4iSTiognGvSDFOoK4vs-YAGPqB4Ghb1mU3Ft4CHLvVzIUWpMYJVqhQzPx2No?loadFrom=DocumentDeeplink&ts=542.49)):

I could give a scenario maybe, uh, let's say you get a new job and you're surrounded by, uh, really talented people and you yourself think, uh, you don't match up with them yet you still have the same position or level in the hierarchy, I suppose. And, uh, you feel like a mixture of guilt and like impending doom 'cause you think you don't match up.

Speaker 6 ([09:23](https://www.rev.com/transcript-editor/shared/a4-uZNdIB1AANaK9ZA3RgyGMRvnIP4YRVN-ef4LKaA_rmG_5kknvZyR7_E6vWQcgJ7a1O_tqndvFFfjPqsdv9_OnIww?loadFrom=DocumentDeeplink&ts=563.58)):

I would say it's like feeling like you don't belong somewhere. Like, like, um, if you're in a job you're like maybe oh, they [00:09:30] picked the wrong person. Like I don't, I'm not qualified for this. Like I'm, I don't know how to do my job. Stuff like that.

Speaker 7 ([09:37](https://www.rev.com/transcript-editor/shared/Lsx2d27B7eyhycrJGDTVRgMduGLwo44ONQjyWYDz0JGkyvoLLBUpUwYknO7xJkDlSCKGjQnXeqD2yXdF_2nce6P_ZJo?loadFrom=DocumentDeeplink&ts=577.11)):

Oh, imposter syndrome I, I think involves people feeling like maybe they got to a place without having achieved what they needed to achieve to get there. Uh, it's usually, uh, not founded and not accurate. People are usually more capable than they think. Um, but definitely I think it's a pretty common feeling among most people in academia.

Speaker 8 ([09:59](https://www.rev.com/transcript-editor/shared/AhG0oC91cHBiaGlGQJ1DWtHbLNkZm2J9Ka0bbKaP0LqLbMaTky4x5ZnxswOCftDkFTZCNrVJhmbuHtupK62FJTOZHJA?loadFrom=DocumentDeeplink&ts=599.1)):

Imposter syndrome is [00:10:00] where when you are somewhere where you think you don't deserve to be, but you do.

Hannah (Segment Host) ([10:04](https://www.rev.com/transcript-editor/shared/WLRTMMcyAubwInB5AZ89oBzf8sjjCsdse2eSiFbdeVrTztOwq3A7ZP_tVh0dWKd2d4B21pd1GIxkpfFfTG4F4_MIplA?loadFrom=DocumentDeeplink&ts=604.26)):

And that's it for question one. Now back to our regularly scheduled programming.

Lauren (Host) ([10:11](https://www.rev.com/transcript-editor/shared/4fAkgF31nXKu2AxgsHo2KbM3Di0Cs7blKYJNl3mCgYNyEAIBASH_F4mCeCXoWUh8zAuYywefy-g-z4hlXjxx1dnr9is?loadFrom=DocumentDeeplink&ts=611.34)):

So I'm curious, it sounds like you are super confident going into all these projects and something that I hear from people who haven't maybe got involved in research is how do you get all of these experiences? How do you, where do you know where to start and how does it just come so easy to you? And [00:10:30] <laugh> in my head I kinda laugh because, uh, going through those things it actually doesn't feel so easy. And I'm wondering if you ever experienced that, especially starting your research first, getting involved in research and what that felt like.

Keilin (Guest) ([10:45](https://www.rev.com/transcript-editor/shared/I7r4R4gS4LQdWRUx0RECVGn3kTFAasg3y_uGUs2bK6cxAdtsTRhxt2YBBlPF3eHXnQbBOC8XuoVLhmKDLdHW6yyAajE?loadFrom=DocumentDeeplink&ts=645.9299999)):

Yeah, I definitely did feel like that it's, it's a scary thing, especially if you're early in your undergrad that reaching out to profs and, and asking them to kind of take a chance on you and take you on as a, a student in their own lab. Um, but [00:11:00] I definitely suggest something that that helped me was getting to know a potential supervisor a little bit before you ask them about research. Um, so I know with Ann, I volunteered with her quite a bit before kind of asking about research. Um, and part of that was just 'cause I wanted to get to know her before kind of I asked her to be my supervisor. And also I think it's, it's shows really well as a student if you are keen about working with a supervisor in a variety of ways rather than them just supporting your research.

Keilin (Guest) ([11:30](https://www.rev.com/transcript-editor/shared/OgDUCCW4c9X_fp6SO4HYM318zxMVjm4qjmV5y1KvtKT6VB3Rb26cRJz-Z9ATwWDy3HqDsPkilGUy51qlSJrWL-xF5I0?loadFrom=DocumentDeeplink&ts=690)):

[00:11:30] Um, so that's kind of one strategy I might suggest is, um, try volunteering with the prof, see if you're interested in their research. And then I think the other part, which again, a huge shout out to TRU is I've never talked to a professor, um, whether I did research with them or didn't, who wasn't really open to helping direct me or just encouraged in me to do research. Uh, so I think even if, if you contact a supervisor and they can't take you on as a student, [00:12:00] in my experience, they've given me other potential supervisors or they've given me advice on who else to reach out to to better fit my interests. So I think just, um, a really, really big advantage of being at T R U is the professors there are so encouraging of working with students. And if you can just absorb that a little bit and know that the person you're reaching out to wants to help you learn as a research student, that's a really a big piece of relief that you can take away.

Lauren (Host) ([12:29](https://www.rev.com/transcript-editor/shared/9JXuMFITSd3mypwVC8BpeFJIFMB7EJi84QAFLehD_NZbUQ6RFmyN6rjp34kiHQ0yIY4EdrNFbJOsC9uGq7e--r4WvdA?loadFrom=DocumentDeeplink&ts=749.38)):

Totally. That mentorship [00:12:30] piece again is super important and it's something that it, it's really strong and has a strong presence at T R U, but yeah, taking that first step can sometimes feel scary, but it's really worth it in the end. So, and I think also combining that with what your interests are too, right? Like if you find a supervisor who's excited about the same things that you are, that can always be a great place to start. Mm-hmm. <affirmative>. So then jumping forward to when you got into the research, um, was that [00:13:00] also just a smooth ride <laugh> or, um, something that comes up a lot for both myself and when I talk to students about research, it's this idea of imposter syndrome and like, should I be here? Am I good enough to be doing this research? Do you have an experience with that?

Keilin (Guest) ([13:18](https://www.rev.com/transcript-editor/shared/0fH58oeE4Gsms1By_gxTye64nR90S7L-Q32kmv16feqftu8NRg7FsP3BAHFGfitiBxF3Tb0YLBFUjtdkh7zGhN-3OLs?loadFrom=DocumentDeeplink&ts=798.49)):

Yeah, I guess my, my personal definition of imposter syndrome, kind of like you mentioned Lauren, was just feeling like you don't belong there. And I think that that is a really deep and [00:13:30] tough emotion to feel, especially in research. Um, but I would definitely, one, one thing that I thought I had to be able to do before doing research was to do research. So I thought I had to like show up in the lab, know exactly what I needed to do, be able to do research independently and put together a project, which was something that was terrifying before I actually started it. Um, but I think the reality of it is, especially in undergrad research, but I honestly think like well into [00:14:00] postgrad, um, you are learning to do research, so your supervisor's there to teach you how to do research and to support you on that research learning journey.

Keilin (Guest) ([14:11](https://www.rev.com/transcript-editor/shared/kIBrsJ4cyoyY-ZmcGEtj5ELxUbRdd6zma6_HqXBgY0pEGQb6X9ObFK3b5IsB4WsS2LFqDKuzfZvfUQ_yVcmtBL01OnY?loadFrom=DocumentDeeplink&ts=851.17)):

So I think that's something that I want lots of students to know or every student to know, is that when you start doing research, it's a big learning process so you don't already need to be able to do research. Um, so that's, that's one thing that Ann quickly helped me understand was she was gonna teach me these things and I didn't have to come up with all of them on my [00:14:30] own. Um, so that's something that definitely helped me get over a little bit of imposter syndrome, starting research. And I think the other part was kind of just having a little bit of confidence. Something that I am really bad at and I wanna work on is kind of when I achieve something, I almost think it was just out of luck and when, when I don't do so great or when I I'm not successful in something, I attribute it to myself.

Keilin (Guest) ([14:58](https://www.rev.com/transcript-editor/shared/sO7AN1ntTSF8ZtDBdcXEw9pAbKIZ7ZsJIdA4pFSORp0UUPp8pzdHwohxqS6GBzIr7_qv5082qORh0Dg4ta_eIo0Jt6U?loadFrom=DocumentDeeplink&ts=898.31)):

And I think that's something that's really common [00:15:00] with lots of people, especially in research. So I think just kind of looking intrinsically at yourself and realizing that it's a really big accomplishment just to be able to starting a research project. 'cause that's a huge undertaking. So I think it's a combination of, um, just working on yourself a little bit and realizing that everybody has a skillset and has something to bring to their own research project. And then also relying on your supervisor to support you through that process because [00:15:30] they're your teacher, they're your safety net, they're someone you can go to when you're super, super frustrated. So I think a combination of those things definitely helped me get over the imposter syndrome of starting research.

Lauren (Host) ([15:46](https://www.rev.com/transcript-editor/shared/ILVmRPxBOdVW3AOUOivxSczCawP_tDQ1hCPtjp31ODBph644clu6xgAkRBSWrIZOUPmv_KbP5Jct_z1kzgxXkGLP8FQ?loadFrom=DocumentDeeplink&ts=946.07)):

It's totally normal to feel a sense of insecurity doing something new, throwing yourself into the unknown because with research, no one knows the answer most of the time. Mm-hmm. <affirmative> and you're navigating [00:16:00] it together and, and I really like that it fosters teamwork and collaboration and problem solving kind of as a group. So did you also find that when you had these struggles or say an experiment failed or those kinds of things that you learned from that and learned just as much as as successful experiments?

Keilin (Guest) ([16:22](https://www.rev.com/transcript-editor/shared/xA7qT_5FN7ZS3PgrqN1ba-w-ROe1I0UUbdFFiYWfkP0BQfKa5TQLrTnkTB_T2I5sSYn3DfwBwa94r7rKtxbMJ99DVm0?loadFrom=DocumentDeeplink&ts=982.7)):

Yeah, absolutely. And I think one of the biggest parts about research is it's gonna be one of the most frustrating things you'll ever do, but also [00:16:30] one of the most, um, rewarding. So I'm just thinking of things in my own project, it makes me laugh now, um, <laugh>, but just really not silly things that I did, but kind of silly things that I did that have led to a mistake. But had I not gotten to that mistake, I wouldn't have been able to digest my procedure and go through it kind of with a find, uh, tooth comb to find what wasn't working well. So I think those mistakes in research are a huge part of it and they're so valuable because it's [00:17:00] gonna make your project that much better having ironed out those mistakes. Um, so I think that's something always to remember is you are going to screw up your project over and over and over before you kind of get to that point where, where you're having success.

Keilin (Guest) ([17:16](https://www.rev.com/transcript-editor/shared/UbO3rs8c1bYcyI1BkyeHQC1gQ5AwcOKVcYm2fsacd9-q8i3Zm4fqZxbvL4MHoJ9YF7N55txCakWVgyvJo1V1dPTEt2Y?loadFrom=DocumentDeeplink&ts=1036.52)):

And that is a really positive thing in research, even though it doesn't seem like it. But I think something for me, I am someone who likes when things work out and I like when things go according to my [00:17:30] plan. And that was a really big learning curve for me in research to realize that that doesn't happen almost ever in research mm-hmm. <affirmative>. Uh, so I think that really adjusted my expectations both in research but also in other facets of my life that it's okay if things don't go to plan and that is how I'm gonna learn the most and get the most out of my project is through really thinking critically about what hasn't gone right and how can I improve it.

Hit the Streets (Hosts) ([18:00](https://www.rev.com/transcript-editor/shared/_gvDpcMxNqgDpM_IJjfUl_tfdEFJfaZp1C9Ta8R-LqqkUApogmmr6mUVPExxHeRgQXtoj-rYBOoW2qndhaJYFQvPvFI?loadFrom=DocumentDeeplink&ts=1080)):

[00:18:00] Hey, welcome back to Hit the Streets. Hear that funky music Beat. Let's hear from question two now. Can you tell us about a time that you may have, might have maybe perhaps experienced imposter syndrome?

Speaker:

When I am suggested to take art classes and I don't feel like I'm good enough at art to be in these art classes with all these talented people, but like, damn, when I look at it, I are not that bad.

Speaker 9 ([18:26](https://www.rev.com/transcript-editor/shared/IjehxfxZPLah7pXuIE5JRO6dqxFcxt-uIWtYzIOY1USLITaeFxnFMzZQr9krSDtsz9AJlcGWLPB35nuW3VQ7MxJ1NNw?loadFrom=DocumentDeeplink&ts=1106.34)):

I mean, I experienced that with my first co-op job. Um, [00:18:30] especially if it's your first job in an environment that you're not familiar with. It's, it can be scary and you can lead yourself to believe that you weren't ready for it, you know? Yeah.

Speaker 10 ([18:40](https://www.rev.com/transcript-editor/shared/L_s4UQBVn8Lao6F3Gd_U1hRuyQ0dQarFmFMHvykzMtrDZgkaeuOl5I-HnNAXU5Znf5nA71VEwBMaSvnmDAWpoVPp0Js?loadFrom=DocumentDeeplink&ts=1120.65)):

I would say that the first time I experienced imposter syndrome was immediately after graduating from my PhD and when I started to do clinical work Oh. And I realized that what I learned in the classroom didn't always translate exactly. And I was, um, doing things that I had never done before. And yeah, it just felt, it felt like I [00:19:00] wasn't quite ready.

Speaker 5 ([19:01](https://www.rev.com/transcript-editor/shared/k_ErWnwT6Y_0aFgZDAVjJM4a8Sl9AkcnXGm-XqNooz2CnjbPr6yaCNZ1IiORBICj1MfmgEGkdpV5A5aWim74QfL5aFE?loadFrom=DocumentDeeplink&ts=1141.77)):

Um, I tend to get fired from most things pretty quickly, so I don't know <laugh>, I just, I don't surround myself with rather very capable people. So not in many professional environments. Um, oh, I don't know. I'm, uh, I'm trying to run this comedy club and I'm the president, but like there's people far funnier than I am who've already met, but I'm the frigging president, right? So it's like, do I even have authority here? I don't know. That's how I feel.

Speaker 7 ([19:30](https://www.rev.com/transcript-editor/shared/HemEMfSEPH88xMuhS6Bzkm065skD9O_saltf0L85yFl8JN6N4KHTvk25zZ-Oc3iIJTKgcocswLXhkpR6Mx1DQSEn80w?loadFrom=DocumentDeeplink&ts=1170)):

[00:19:30] Oh. Um, our very first annual, uh, teaching and learning conference the year I was director of a center and I had to give the address to the entire faculty. I thought, yeah, it shouldn't be me, it should be someone else. But it was fine. It was fine. Yeah.

Speaker 9 ([19:47](https://www.rev.com/transcript-editor/shared/P9OZnRmyAfbv_HGLN_TsORB60pW29LTXkKRXOuHq5aRCsmJXbZ-oS1vJUfNrE5J5wVuAQ80TK0h3ObvHXh4dGk4LRys?loadFrom=DocumentDeeplink&ts=1187.3699999)):

I think as you get experience working wherever, you kind of start to realize that most people don't actually know what they're doing. And I find that that's very comforting. [00:20:00] I think most people are imposters in their job and the best way to get through it is to sort of just accept that you're gonna make mistakes and you'll learn from it.

Speaker 8 ([20:10](https://www.rev.com/transcript-editor/shared/Ax11c1uYceh4YKuQgeV4f0JtDSygQMeaMhdAGSMSVHYFsq7FuWJXfLzfi0h7Ai5HHvICdi7-EBdfWDR9p_sRcr0xvcs?loadFrom=DocumentDeeplink&ts=1210.65)):

Uh, with my job, they keep on telling me, you're fired, but I keep come back. I don't know, I didn't never experience imposter syndrome. I haven't experienced imposter syndrome. I'm amazing. I deserve to be wherever I need to be.

Hannah (Segment Host) ([20:19](https://www.rev.com/transcript-editor/shared/wdGrohfZxmzGOCIlFkj2-hk7Q56TCcEG36prde4SQFXC_UUGYayXWAgF8zPpa1gRzXL4N75uLlVkMfNVf6hdZeQzk98?loadFrom=DocumentDeeplink&ts=1219.89)):

Well, that's it for question two.

Julye-Anne (Segment Host) ([20:22](https://www.rev.com/transcript-editor/shared/909wGz8W8PBflJ7oa5XAwmh-iH81zfxyPyMj7PCruZx1DuiSJgeSVBEgkg6_tNmDoREkJO5_PB3ZKlFwHUKOaOQ0dZk?loadFrom=DocumentDeeplink&ts=1222.08)):

See you next time on Hit the Streets folks.

Lauren (Host) ([20:27](https://www.rev.com/transcript-editor/shared/KA7voT68m4-LlzakmJ8fQh2wZwzFoWo5m7vxlQxcKOXscGzNO6nm19RLLeCH1WeJGX1ox3T5W8z1jVTCo9KRkwft0eI?loadFrom=DocumentDeeplink&ts=1227.24)):

You've mentioned that you turned to your mentors [00:20:30] for advice on when things aren't going right. Um, is there any other supports that you use when you're, you know, struggling through research or just in, even in academics in general, like when things are going tough? <laugh>

Keilin (Guest) ([20:46](https://www.rev.com/transcript-editor/shared/lEZLyUajhbrtH8UqmiapLG6BQGQ__XEm6aUPwGvoQ0TjFri0HX4uoQpZBqpQGStZb8gFG3tpyk6T4CJQwfXVg-WA8_U?loadFrom=DocumentDeeplink&ts=1246.14)):

Mm-hmm. <affirmative>. Yeah. I think like your mentor is always a really great support. I think that friends or other people in your lab group or even different lab groups are really great support [00:21:00] for you as well, because the feeling of imposter syndrome or the frustration that goes along with making mistakes in research is something that everybody experiences and that is kind of a nice thing to wrap your head around is you're not isolated. It's not just you feeling like this. So I'd, I'd suggest if you're, if you're either stuck at some part in your research or you're really feeling that imposter syndrome, reach out to your friends who are doing research too, they're likely feeling the same way. And, [00:21:30] um, you can kind of tackle that. Something that I've really learned through more multidisciplinary research in undergrad was if you have a problem in your research and you take it to experts who aren't necessarily experts in that field of your research, they sometimes come up with an answer much easier than you would or even that your supervisor would because they can kind of take their brain outside of the patterns that they see in that field and think about [00:22:00] it a little differently.

Keilin (Guest) ([22:02](https://www.rev.com/transcript-editor/shared/rGWqfpJ9DS-MHdcxQLeZF57ENSKj5U0UwYYDiQIZhKARtuXRNNpKlwX_szq2brWWuaUwot622Q4C543clMaMgoJfPEs?loadFrom=DocumentDeeplink&ts=1322.38)):

So I'd even encourage, like if you're doing like a research project in biology, for example, ask a friend who's doing research in psychology or sociology or something because they might be able to think a little bit outside of your biology brain box and can, can work through that problem a little bit. So yeah, I'd say a, a big support for me now and for me in undergrad has been my friends or [00:22:30] other people in my circle doing research because, um, it's really, like you mentioned lo a collaborative thing. Research is such a team based approach and I think the more that you lean towards that, the more success and the more relief you'll have going through your project.

Lauren (Host) ([22:47](https://www.rev.com/transcript-editor/shared/OHglS9Gd2jkd0jAEn9cAtkV7RPFc1mQU-f33rFzXD9a_DlYJOIMR43SiGjgeyL46XTmrcOFvsocuoivTl69mhOTiTb0?loadFrom=DocumentDeeplink&ts=1367.1099999)):

So do you still experience imposter syndrome sometimes? I know now you're in medical school, you've achieved this big goal that you've had for a long time. Um, and I, I think a lot of people [00:23:00] have in their brains that once you get to a certain level, once you achieve this certain thing that uh, all these thoughts and feelings of insecurity and imposter syndrome will just dissipate, they'll just disappear and everything will be good. And I'm curious to note the, is that the case for you or are there still times when you're like, oh, I don't know,

Keilin (Guest) ([23:23](https://www.rev.com/transcript-editor/shared/mEPGlvMI8CVgDRK1Ku0pzkEgiWrIR4H66muDNoEoij8aMXlTR9wti-2ZM44y9Y9ZgTahZzJbS6h6noWaSklPojRFEDg?loadFrom=DocumentDeeplink&ts=1403.1099999)):

<laugh>? Yeah, I'd say, and this isn't necessarily what people might want to hear, especially if they're keen on going to medical school. [00:23:30] The imposter syndrome is much, much worse here in medical school for me. And again, I, I encourage people not to take that as such a negative thing because lots of my friends or really, really probably everybody in my program is feeling the same thing. Uh, so definitely rely on that. But I remember in my very first week in medical school, it was in Vancouver, um, so all of U B C was packed into one building or one room and you listen to the people around you and there's [00:24:00] people who have their PhDs already or there's people who've been nurses for five years and have so much patient care experience. Um, there's even like Olympians in my program. So it was really difficult for me to look around and see all these incredible people with like years and years of more life experience or academic experience than me and wonder why I deserved to be in that room.

Keilin (Guest) ([24:30](https://www.rev.com/transcript-editor/shared/gH063CZ6_OZQm6lu45eS9AQYhFt1aDgybXqfZgiV0wtRdmEm9pvrfcx_ZT1SbceyteO547By-mhIZINRanZN5_9lxQg?loadFrom=DocumentDeeplink&ts=1470)):

[00:24:30] So that's something that I think I've worked through a little bit over the past semester, but I think it's definitely an ongoing and dynamic success through your entire life. Um, but yeah, in med school it's tough because most people who get in will be like maybe the top of their program or have done research their whole life or they have all these really amazing accolades and then you come into medical school and everybody has that or everybody has more [00:25:00] than you. So it's really important that you kind of step back. And that's where practicing a little self-confidence was really important for me to remember that I'm here for a reason and they chose me to be here. So even if it doesn't feel at all that I deserve to be here, somebody out there thought that I did. And that is something that I try to remember almost every day. <laugh>

Lauren (Host) ([25:29](https://www.rev.com/transcript-editor/shared/jrgrSKWwa6fp7dFTRB_3VJ_z4eiRn21PYbFXREMQNTkRyivzNANTZyK8rZ0EwtR6A273Ddc1iG7T9BbscmfDM5nJ344?loadFrom=DocumentDeeplink&ts=1529.6)):

I think [00:25:30] we've talked about in the context of medical school, but really it can apply to any program that you're going into, whether that's if you're getting involved in undergrad research, if you're just struggling to be more confident in general, um, applying to jobs, grad school, anything and learning to cope with this imposter syndrome and kind of channel that the positive side of it is really important. So mm-hmm. <affirmative>. Absolutely. Yeah. I really love that. Now [00:26:00] flipping it back to you, I'm curious if you have anything else in the realm of self-confidence and, and that kind of thing that you like to share with future tier researchers, t r u students who might be listening about research. Any other last little bits of wisdom that you have?

Keilin (Guest) ([26:20](https://www.rev.com/transcript-editor/shared/ryRa0ysVeBx1BAJxGGer1c_LbHt-ACoz8v5NYUBMZ379yU3pzIx2MBmkRNJIN6GSC0-bvVbMpyDhEKEY8uOT7iwqex0?loadFrom=DocumentDeeplink&ts=1580.48)):

Yeah, I think kind of on the note of self-confidence is that, especially in research, but as you mentioned Lauren, kind of in any, any part of your life, every single person [00:26:30] has a really valuable skillset that they bring. So when you're feeling like that little lack of self-confidence or that imposter syndrome and that you're just not enough, remember that you are bringing something unique that only you have and that is a really valuable skill. Um, kind of an example that's a little bit more tangent or just makes more sense for medicine is as medical students we kind of feel useless sometimes, um, whether like when we're in the hospital or in family practice [00:27:00] because we haven't really learned that much, that many skills yet. Um, but something that our, our instructors or our doctors that we're practicing with really encourage from us is that we have more time than anybody in that hospital to spend with a patient.

Keilin (Guest) ([27:18](https://www.rev.com/transcript-editor/shared/YS1ZgBvMR6RhpkVzFMlo3HS-GrPxJjnFsWBt2AH5IHkIa1JfcHGIR9KVnzNZMXjkdCw69naB-cCoyxOJeE8BAwUymEA?loadFrom=DocumentDeeplink&ts=1638.72)):

So that is one thing we bring to the healthcare team that is so valuable is you can sit with a patient for as long as you want pretty much and really get to know them. [00:27:30] So I think that example really just shows that no matter what your skill level is or what your knowledge is to a team, you have a really important role on that team, um, despite all of that. So just, just try to remember that. And that's a big part of research is, uh, there's, you're gonna likely be on a research team with people who have, are all stages of their educational journey. And even if you don't know as much as somebody or you don't know a specific technique like somebody else does, you are still [00:28:00] a valuable member of that team and you have something to bring to that. So that's a really, a really good way to, for me to kind of keep my self confidence up when I'm feeling a little bit down. Um, and I'd really encourage other people to kind of think about it in that way too.

Lauren (Host) ([28:16](https://www.rev.com/transcript-editor/shared/vyoh-1GyXgKDAaUgloRsitfEQHWyuDVO7kOGThVmZZzZFta5zHAPUR6AmX2yJ0Ol7FAsbWzmoct8DRa00Vd92l7e6e8?loadFrom=DocumentDeeplink&ts=1696.65)):

Oh, that's so good. That's so good. I love that answer. <laugh>. Um, and it's totally relevant to, to anyone who is in that kind of situation where you feel like you're not the expert, [00:28:30] you're still learning things, um, that's so common in research and, and everywhere. And I really, really like that idea of focusing on what you bring to the table and what you can do to learn and better your skills in in any situation. 'cause there's always gonna be plenty to learn if there's one thing <laugh> that I, so thank you so much Kelyn for sharing your time and, and being here on the podcast today. I really learned [00:29:00] a lot, and took away a lot of valuable pieces of info from that. So I'm sure our listeners will as well. I look forward to hearing more updates from your medical school journey and yeah, just really grateful for a lovely conversation. Mm-hmm.

Keilin (Guest) ([29:16](https://www.rev.com/transcript-editor/shared/HFFYiLG1fPKsw89dM_yoUZlcVpV8D1DWhj-KSVyZcQlHeu0wNdq3-8-iJmToeeXXmX_BQuJBF2g_dHbzdOc998R3ZV0?loadFrom=DocumentDeeplink&ts=1756.89)):

<affirmative>, thank you Lauren. I'm so happy that you invited me today and I'm, I'm always free to come back on if you ever need me for another episode. <laugh>,

Lauren (Host) ([29:27](https://www.rev.com/transcript-editor/shared/v_ojxFlSvG2DQNZl3nPQ7vYuMmKU_82wA7VnY5RtjvYZKRfJkeZM-1B0VivK2a3QrM6u8pnriwde4wRubBE35OpsFek?loadFrom=DocumentDeeplink&ts=1767.54)):

I learned so much from that conversation [00:29:30] and I want to say a big thank you again to our special guest Keilin for sharing. I hope you'll join us again on the CURNcast, where we'll continue to break down the barriers to research. See you soon.