



THE UNIVERSITY OF BRITISH COLUMBIA

## Department of Cellular and Physiological Sciences



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**\*\*CPS SEMINAR TIME\*\***

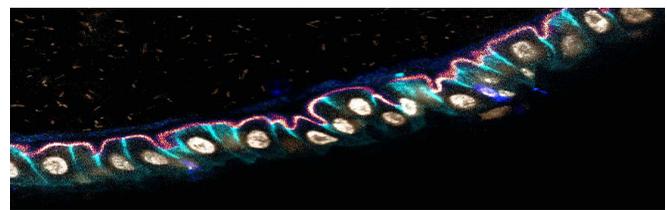
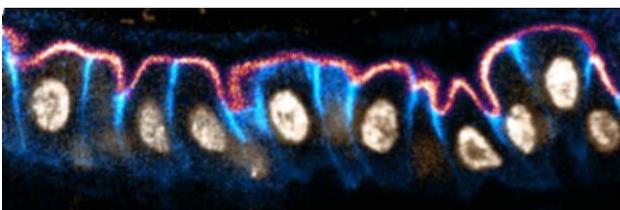
**12:30 PM Thursday, April 18, 2019**

**Location: LSC3**

**Hosted by Drs. Rideout & Kopp**

### **"Collective cell dynamics during organ renewal"**

Chromosomes come in pairs in diploid organisms and deviations from this rule are deleterious. Aneuploidy results in Healthy organ function requires that organ form be continually renewed, remodeled, and repaired. These activities depend on resident stem cells, which sense the dynamic needs of the organ and adjust their outputs accordingly. To optimize organ function over the unpredictable course of animal's lifetime, individual stem cells must be collectively coordinated at the whole-organ level. How does this collective dynamic emerge and perpetuate? I will discuss our findings regarding three elemental organ features: cell number, cell patterning, and cell differentiation.



**Join us for coffee and cookies at Noon in LSC 1416!!!**

For more information please contact Dr.Rideout<[elizabeth.rideout@ubc.ca](mailto:elizabeth.rideout@ubc.ca)>, Dr. Janel Kopp<[janel.kopp@ubc.ca](mailto:janel.kopp@ubc.ca)>

## **CPS Seminar Series 2018/19 - External Speaker Student Interview Summary**

**Date:** April 18, 2019

**External speaker:** Dr. Lucy O'Brien

**Student hosts:** Lianna W. Wat, Britya U. Ghosh

**1. Describe your career path, what led you to this area of research in particular?**

I started my career working with kidney cell cultures but was interested in how my system worked in a whole, living organism. It was a little random but when my supervisor convinced me to work on the *Drosophila* gut, I noticed that they had a gorgeous gut epithelium; that turned me into an epithelial-phile.

**2. Were there specific moments in your training that were essential for your future career? Can you identify a factor that was really important for your success?**

Something important is to remember your short-term happiness and to be flexible with your career/life path; you don't need to do what you think others want you to do. I took 3 years off after graduate studies to do what I wanted – I ended up getting really into surf-kayaking! In the long-term, my time off from science showed me how much I enjoyed the research and it made me a unique post-doc candidate (obviously some people thought I wasn't dedicated enough to science, but others thought my journey demonstrated creativeness and passion).

**3. What are some challenges you see new trainees face and what advice would you offer?**

There is the misperception that to become PI, one needs to "check all the boxes". In reality, the paths to PI-hood are much more diverse and individualistic than the popular conception.

**4. What was your best experience as a trainee?**

Learning how to use a 'storytelling framework' to craft papers and talks

**5. What was your worst experience as a trainee?**

This is a very unique answer, but I actually suffered a debilitating wrist and forearm injury by doing too many *Drosophila* gut dissections. It started off as a little pain, so I told myself to just work through it and that the pain was a sign of my dissecting muscles getting stronger. But eventually, it got so painful that I actually couldn't close my hand. As a result, I had to take 6 months off dissections and now I am very careful about limiting the strain I put on my forearms when it comes to dissections. I learned the importance of self-care, not pushing through pain, and ergonomic tools!

**6. What part of your job today did graduate school not prepare you for?**

None of it! I had to learn about relationships (between colleagues, collaborators, staff, members of my lab etc.) and how I fit in to the already-established work environment. I also became more aware of micro-aggressions towards women as I moved up in my career.