

# Optometrist / Research Scientist

**Daisy** is an optometrist and a research scientist. She uses cutting edge technology to explore the mysteries of the human eye. She hopes her work will find a cure for blindness and improve life for millions around the world. Find out more at:

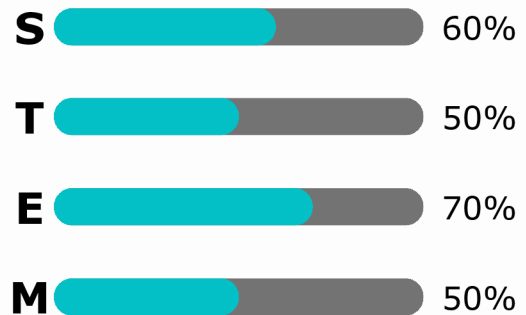
[futureyouaustralia.com.au/pathfinders/daisy](http://futureyouaustralia.com.au/pathfinders/daisy)



*“It’s incredibly rewarding to know that the work we’re doing today could change lives tomorrow”*

## STEM Meter

How much Science, Technology, Engineering and Mathematics (STEM) does this job use?



Source: [jobsandskills.gov.au](http://jobsandskills.gov.au)

## 5 reasons why you should do this job

- 1 Improve the lives of lots of people
- 2 Work with really cool technology
- 3 Travel the world to share your work
- 4 Work in a team with interesting people
- 5 Solve puzzles

### 3 STEM skills required for this job

Research

Complex problem solving

Biology

### Subjects to develop these skills

Science, Humanities and Social Science

Design and Technologies, Digital Technology

Science

## A day in the life of a research scientist/optometrist

- 7.30am** I wake up around 7:30 am and start my day with a slow, peaceful routine. I spend some time doing yoga and meditation, which helps me centre myself and set a calm tone for the day ahead. Afterwards, I enjoy a light breakfast while I mentally prepare for the day's tasks.
- 9.00am** My day typically begins with a virtual meeting with my research collaborators in the Northern Hemisphere. It's their late afternoon, so it's the perfect time to sync up and discuss our latest findings and ongoing projects. It's always so great to be able to collaborate with people around the world, although it does require some careful time zone management. I'm fortunate to have many collaborators and friends from my Harvard days, which keeps our research dynamic and internationally connected.
- 10.00am** After the meeting, I grab a coffee and have a chat with one of my mentees. This is a time where I provide advice and support for their career, helping them navigate their path in research and offering insights from my own experiences. It's fulfilling to see them grow and develop as scientists.
- 10.30am** I dive into running our clinical study. We're currently testing participants as part of a project aimed at developing new therapies for age-related macular degeneration. I oversee the testing process, ensuring everything runs smoothly, and check in with my team on the progress.
- 11.30am** I dedicate time to writing. Whether it's working on a grant proposal or drafting a manuscript, this part of the day is crucial for pushing our research forward and securing the funding we need to keep our projects going.
- 1.00pm** I meet one-on-one with a student to discuss their research progress and any challenges they're facing. Mentoring is one of the most rewarding parts of my job, and I enjoy guiding the next generation of scientists.
- 2.00pm** Every fortnight, we have a lab meeting where the entire group comes together to discuss our latest updates and brainstorm ideas. It's a collaborative and energising session where we share progress, troubleshoot issues, and plan the next steps in our projects.
- 3.30pm** I attend a virtual seminar presentation from my department, where the latest research in our field is showcased. It's a fantastic opportunity to learn from colleagues and stay up-to-date with cutting-edge science at UNSW.
- 4.00pm** I spend the late afternoon working on data analysis and preparing for upcoming presentations. We've got a big international conference coming up in Buenos Aires, Argentina, where I'll be sharing our latest findings, so I'm making sure everything is in order.
- 5.00pm** I wrap up the workday by organising tasks for tomorrow and making sure everything is set for another productive day. I then head home to unwind.
- 7.00pm** After dinner with my family, I might spend some time reading or working on plans for the next episode of my podcast, "Behind Our Science." It's a relaxing way to wind down while still engaging with my passion for science communication.
- 9.00pm** As the day comes to a close, I do some evening yoga and meditation to help me relax and clear my mind. This routine helps me transition into a restful night.
- 10.00pm** I hop into bed around 10 pm, feeling content with the day's accomplishments and ready to recharge for tomorrow. And who knows, maybe tonight I'll dream up the next big breakthrough, or at least a brilliant idea for my next podcast episode.