

A book in celebration of International Women's Day 2021 (Edited by Alexandra Walker)



Highland Women in STEM

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Abstract

'Highland Women in STEM' is a collection of 25 photographs of women who work or study in a STEM (science, technology, engineering, maths) related subject. The women all currently work in the Highlands or were originally from there. Unknown to many people, the Highlands of Scotland does in fact have a variety of STEM careers. This chapter presents the outcome of this project, the aim of which is to highlight the many inspiring women who are currently working in a STEM career in the Scottish Highlands and encourage more women to pursue a career in these sectors.

Keywords: Women in STEM, STEMinist, photography, science, technology, engineering, maths

Over the past decade there has been a general increase in the number of girls who choose to study STEM subjects and go onto pursue STEM careers. Data from WISE highlight that girls are doing just as well as boys in STEM subjects in secondary school and the same can be seen in further education. Despite these findings, women make up only 24% of the core STEM workforce. Therefore, there is a need to investigate the reasons why the number is so low post-degree. It is important to have women role models working in these roles to encourage more women into STEM courses and careers.

With this in mind, I undertook my 'Highland Women in STEM' photograph series to highlight the number of existing female role models that we already have within the region. During 2020 and 2021 I photographed 25 women who either work in a STEM career or are studying a STEM

related subject and are either originally from the Highlands of Scotland or they currently work there. Many of the photographs are of friends, two of whom I grew up with (and currently live with); a few photographs are of people I work with in the Genetics and Immunology research group at the University of the Highlands and Islands; and many of the photographs are of women I had never met before. Since this was my first time undertaking a photography project, I was nervous. At first, I rushed taking the photographs from fear of taking too long and worrying about other people's thoughts. I soon realised that although I felt intensely awkward behind the camera, I can be confident that most people are feeling the same in front of the camera.

Alongside the photographs are a selection of responses to questions that the participants chose from a large list. The participants shared so many good stories and opinions, that I found it difficult to choose what to include in this chapter. It was great to have conversations with other women from a variety of backgrounds and hear what they have to say. It was interesting to learn the various routes that women have

taken to get to where they are today. For some, they have always known what they wanted to do; others have come to where they are today in maybe a slower or less obvious way. I have learned about jobs and research that I never knew existed in the Highlands, even though this is where I grew up. The careers that are highlighted in this project are by no means exhaustive. There will be many more STEM careers in the Highlands that I have not come across, and many more women who I would have loved to be involved. The project was limited somewhat since we are in the midst of a global pandemic! Despite these tough times, a few of the participants have moved on to new and exciting things since I took their photograph which is so lovely to see. For example, Maria Luisa has finished her PhD, Nicola Chisholm has become a senior scientist in a lab in Glasgow, and Olivia Paulin - who said in her response to the questions I asked that she was looking to do begin a PhDhas done just that.

Many participants shared advice to other women thinking about pursuing a career in STEM. This was great to see

and I have included them here in the hope that they might help and inspire some readers. Events over the past few years have made me realise how important it is to make sure people recognise their own self-worth and it is up to us to make sure that happens. I am incredibly lucky to have grown up with and worked alongside many strong female role models and hope that I can be a role model for someone else one day. Through this photography project I hope to show the many inspiring women who are currently working in a STEM career in the Scottish Highlands and reimagine the typical representations of people who work in these occupations.

Maria Luisa Fiorello

PhD student, Division of Biomedical Sciences University of the Highlands and Islands BSc, MSc, University of Palermo



Photo of Maria Luisa Fiorello (Photo Credit: Chloe Rodgers)

What do you like about the location of your course?

Inverness is a beautiful location, filled with nature and stunning sceneries. People are friendly and welcoming and make you feel part of their small community.

When did you first become interested in your subject area?

I have always been passionate about science and human health. Since I was a little girl, I always dreamed to be a scientist. My interest in research progressively grew over the years. During my BSc in Biology and my MSc in Health

Biology, I focused my interest in the study of human biology and in the cellular and molecular alterations arising in human diseases. A few years later, I had the opportunity to start a great PhD project, regarding the relationship between diabetes and cardiovascular disease.

Kirsty Horrocks

Senior Manager Customer Quality & Statistics LifeScan BSc (Hons) Mathematics, Strathclyde University



Figure 9.2:

Photo of Kirsty Horrocks (Photo Credit: Chloe Rodgers)

What do you like about the location of your job?

I live in the Scottish Highlands so it cannot be beaten as a location. I have also enjoyed my online MSc where less than 10% of my classmates are from Scotland. It has been reassuring to find out that everyone has challenges with coursework no matter where they are in the world.

What do you think could be changed to better encourage more girls into your line of work/a STEM career?

There are many things that can be improved. Females make up 47 % of the workforce but less than 17% of all tech jobs. There is strong evidence to suggest that job advert wording suffers from gender bias when competitive rather than collaborative wording is used. This is easily changed and should be applied to how we encourage girls into all areas of STEM.

Perrine Le Gren

Graduate Engineer Lifescan

French "Diplôme d'Ingénieur" in Material Science, equivalent to a Master's degree (5 years post graduate)



Figure 9.3:

Photo of Perrine Le Gren (Photo Credit: Chloe Rodgers)

How did you come to work and live in Scotland?

I had visited the country ten years ago, but never thought I would come live here, although the idea sounded great! I was looking for graduate job offers in the United Kingdom and found out about the LifeScan graduate program. I didn't know the company and I was very interested by the job

description and the possibilities of exploring various parts of a business.

What do you like about the location of your job/course?

The Highlands is a lovely place to live in but especially all the people I have met make this place a good environment to work. Finding a job is important, but my priority was to find the job that would make me want to go to work with a smile on my face every day. This is what I found by moving up here. Working in the medical industry, I am proud to say that my work has an impact on some people's everyday life.

Saoirse Walker

Statistician LifeScan MA Economics, University of Edinburgh



Figure 9.4:

Photo of Saoirse Walker (Photo Credit: Chloe Rodgers)

When did you first become interested in your subject area?

In school, I was fortunate to have enthusiastic and supportive teachers. As GCSE and A-Level options came up, I kept choosing subjects I enjoyed and that is how I decided to study economics at university and ended up in my current role as a statistician.

What's the best career decision you've ever made?

Getting work experience/internships early on. They are a great way to get a taster of different industries and job roles and helped me find a sector I enjoy working in.

Shraveena Venkatesh

PhD student, The Rivers and Lochs Institute University of the Highlands and Islands Master's degree in Marine Biodiversity and Conservation, Ghent University, Belgium Bachelor's degree in Zoology, Botany and Chemistry, Christ University, Bangalore



Figure 9.5:

Photo of Shraveena Venkatesh (Photo Credit: Chloe Rodgers)

When did you first become interested in your subject area?

I developed an interest in marine animals when I was about 12 years old. I spent time at beaches collecting shells, following crabs and wondering what other animals lived in

the vast oceans. I watched a lot of documentaries about marine life and read a lot about the most charismatic marine animals too. While doing my bachelor's and master's degree this passion of mine strengthened.

What do you love about your course?

My favourite thing about doing a PhD is that I learn something new and interesting every single day. It' been a very exciting and rewarding journey so far. In the office and lab, there are other PhD students and researchers working on various subjects, each bringing a different perspective to our daily discussions and conversations and teaching me something new. Several of them are intelligent, capable, young women, successful in their fields, which makes it a very inspiring environment to be in.

Philomena Halford

Research Technician, Genetics & Immunology team University of the Highlands and Islands HND Biological Sciences, Abertay University BSc Life Sciences (Hons), Open University



Figure 9.6:

Photo of Philomena Halford (Photo Credit: Chloe Rodgers)

Were there any particular individuals who inspired you to do what you do?

My higher biology teacher. I believe a good teacher is crucial, nothing will put a student off more than a teacher or lecturer who has lost their interest in their field and in their students.

Are there any standout moments/points of your career?

Being involved in work which led to published scientific research and having a research paper published. Also, hearing student's feedback, telling me they finally "get it" with a difficult scientific concept. When a student is accepted to the course they have so wanted to do or have achieved their academic goals.

Nicola Chisholm

Scientist Scottish Water BSc (Hons) Biochemistry & Pharmacology, University of Strathclyde



Figure 9.7:

Photo of Nicola Chisholm (Photo Credit: Chloe Rodgers)

What do you love about your job?

I love that my job is a service to public health. When I tell people about my work, they are often amazed as they never realised analytical scientists are required and exist in the water industry. Most people don't know about the essential quality control testing that is ongoing every day to enable

safe drinking water. It's a rewarding feeling knowing you're doing something to support society.

What do you think could be changed to better encourage more girls into your line of work/a STEM career?

Growing up your stereotypical scientist was often a 'geeky' man working alone. It's important that we break this stereotype. It's necessary that from a young age schools focus on bringing science into the classroom and that society makes a conscious effort to portray female scientists in textbooks, online, on television, wherever!

Nicole Brace

PhD student, Division of Biomedical Sciences University of the Highlands and Islands MRes in Biomedicine, UCL BSc (hons) in Biochemistry, the University of Manchester



Figure 9.8:

Photo of Nicole Brace (Photo Credit: Chloe Rodgers)

What do you love about your job/course?

I love being in the lab, I find that time flies by and enjoy the excitement of planning and conducting experiments. Although it can be very frustrating when experiments do not work it is often thought-provoking and interesting when they do. I also like the idea that my research could potentially

lead to advances in health and have a positive impact on the world.

Are there any standout moments/points of your career?

I have been lucky enough to attend both national and international conferences during my PhD. I addition to the joy of travelling and networking that accompanied these, I received the early career researcher award at the Scottish Metabolomic Network symposium in 2018 and the Christopher C Harris travel award at the Bioactive Lipids in Cancer Inflammation and Related Disease conference in 2019. These awards have provided me with the confidence and drive to complete my studies and aim for a successful academic research career.

Dr Antonia Pritchard

Senior Lecturer (Genetics and Immunology of Melanoma) University of the Highlands and Islands B.Med.Sc, University of Birmingham PhD, University of Birmingham



Figure 9.9:

Photo of Dr Antonia Pritchard (Photo Credit: Chloe Rodgers)

Have your studies/work taken you to any exciting places?

After finishing my PhD in 2005, I had the opportunity to undertake a post-doctoral research position in Australia. I thought I'd be out there for a couple of years, but it turned into 12! It was one of the best decisions of my life and shaped who I am as a researcher, how I approach my work

and taught me the power of a strong network of likeminded researchers around the world.

Were there any particular individuals who inspired you to do what you do?

I have been working as a melanoma researcher since 2012. In 2019, a post-doctoral researcher in my group was diagnosed with a particularly aggressive melanoma and sadly despite all the amazing recent research advances in melanoma treatment, she succumbed to her disease just 11 months after her diagnosis. After being with her through her illness, I have a different insight into the importance of research and am inspired by her every day to keep going to understand this terrible disease.

Naomi Rodgers

MSc Health Psychology Student University of Stirling BSc (Hons) Psychology, University of the Highlands and Islands



Figure 9.10:

Photo of Naomi Rodgers (Photo Credit: Chloe Rodgers)

What do you love about your course?

I like that the course was designed to help you gain the skills that are required to work in academia, or as a Health Psychology Practitioner. I found the course content was engaging and particularly relevant to the Scottish Health Context. The team at Health Psychology Stirling are also a lovely bunch!

What words of encouragement could you give to other women in STEM?

Rise to the challenge, be your unique and awesome self. Do what is actually right for you, not what society implies is right for you. It is ok not to know where you're heading. What is important is that you embrace and reflect on each experience that comes up. Although I have a good idea of what career I want to achieve, the journey to that career will be just as important. Be adventurous, creative and think about what transferable skills you can gain that will help you within STEM.

Tracey Cruickshank

Customer Services Manager – Learning and Information Services University of the Highlands and Islands BA (Hons) Business Studies, Napier University



Figure 9.11:

Photo of Tracey Cruickshank (Photo Credit: Chloe Rodgers)

Were there any particular individuals who inspired you to do what you do?

When I first fell into an ICT role, the team I worked in was 70% women, which was (still is) very unusual, including the head of the department and all the line managers. They were a fierce group of women who all encouraged me.

Are there any standout moments/points of your career?

Being the only female in a team of 46 technicians responsible for implementing Unix projects for a blue-chip organisation, and the first female that team had employed.

Stephanie Byrne

Graduate Process Engineer LifeScan Chemical Engineering, University of Strathclyde



Photo of Stephanie Byrne (Photo Credit: Chloe Rodgers)

When did you first become interested in your subject area?

Throughout school I always wanted to become a doctor. However, after completing a placement at a hospital in my fifth year of high school, I decided it wasn't for me. This was very daunting as I had to go back to the drawing board to decide my career path with little time to decide. I started

with the basics; I always loved Maths and Chemistry, so I scanned university brochures looking for potential matches. That was when I came across Chemical Engineering. I didn't know much about this course but after attending an open day at Strathclyde University, I was sold!

What do you think could be changed to better encourage more girls into your line of work/a STEM career?

I think it's important to increase the visibility of many STEM courses/career paths at a younger age allowing young women to explore the extensive range of options available and choose a path that complements their skillset. This may help to eliminate the misconception that all engineers need to be 'hands on' and good with tools which is something which can put some young women off engineering.

Sophie Macleod

Graduate Engineer LifeScan MEng Architectural Engineering, Heriot Watt University



Figure 9.13:

Photo of Sophie Macleod (Photo Credit: Chloe Rodgers)

What do you like about the location of your job?

After studying in Edinburgh, this job in LifeScan allowed me to return home to Inverness and be back in the Highlands enjoying the outdoors and getting to spend time with family.

Was there a moment where you knew you were going to go on to what you are doing today?

Absolutely not! I went to university to do a degree in Architectural Engineering. I expected myself to be in a job in the construction industry or building design. I never imagined I would end up working for a medical company. I

didn't feel fulfilled by a career in building services after completing a work placement and wanted a new challenge. The graduate programme at LifeScan gives me new experiences every day and allows me to explore various job roles throughout the programme.

Olivia Paulin

Pre-registration Pharmacist NHS Highland Pharmacy, University of Strathclyde



Figure 9.14:

Photo of Olivia Paulin (Photo Credit: Chloe Rodgers)

Are there any standout moments/points of your career?

When I was 19, I went to Melbourne for a three-month research internship at Monash University, where I investigated novel ways to ameliorate the dose-limiting nephrotoxicity of polymyxin antibiotics. This experience proved invaluable as it gave me my first glimpse into life as

a researcher, spurring me to pursue this career path after university.

What are your future goals?

I am currently completing my pre-registration training year at Raigmore Hospital but am also in the process of applying for PhDs in the field of infectious disease. Overall, I hope to obtain my doctorate and help to contribute to the increasingly important research currently being undertaken to tackle antimicrobial resistance.

Mairi Stewart

STEM Programme Coordinator University of the Highlands and Islands BSc (Hons) Ecology and Conservation, University of St Andrews



Figure 9.15:

Photo of Mairi Stewart (Photo Credit: Chloe Rodgers)

What do you love about your job?

My role within UHI is to run projects that promote Science, Technology, Engineering and Maths to young people in the Highlands. This can involve anything from running STEM activities in schools, to providing loans of STEM equipment and training school staff on different areas of the STEM curriculum. My favourite bit about my job is being able

show young people how fun and exciting STEM subjects can be!

What advice do you have for other women to be successful in a STEM career?

My advice to anyone starting out is to not be scared to change your mind! I have had lots of different jobs since I graduated and had no idea the job I do now even existed when I was at university. Try as many different things as you can until you find something that you really are passionate about.

Kirsty Pryer

System Administrator & Managing Director Calico UK HND in Administration and Information Management, Inverness College



Figure 9.16:

Photo of Kirsty Pryer (Photo Credit: Chloe Rodgers)

What do you think could be changed to better encourage more girls into your line of work/a STEM career?

This is something that needs to be encouraged by schools and families from as young an age as possible. Having girls being led into having an interest in computers and technology in primary school is essential. In the Highlands

there's almost no computing on the curriculum in secondary schools. That fundamentally has to change so that the subject choices are available for all students. I initially found out about the STEM Ambassador scheme via Girl Geek and it's been my deliberate intention to put myself out there as a woman in a STEM career.

What words of encouragement could you give to other women in STEM?

I think there's an unconscious bias in us, that it's the role of men to take up STEM related careers, while women do those more 'caring' jobs. We have to challenge those views. It all comes down to confidence. You are good enough for the course, you are good enough for that career choice. Just go for it!

Ellen Torrance

Optician Specsavers BSc (Hons) Optometry, Glasgow Caledonian University



Figure 9.17:

Photo of Ellen Torrance (Photo Credit: Chloe Rodgers)

What are your future goals?

I would really like to do something to encourage equal access to eyecare across the globe. Cataracts are still the world's leading cause of blindness; something that takes 15 minutes to solve in this country.

What words of encouragement could you give to other women in STEM?

Women are resilient in nature – there is still much subtle and unconscious bias facing us in all aspects of life, but with perseverance and more representation in the STEM field, we can transform the scientific landscape in the decades ahead and contribute so much positivity and knowledge to the world.

Celia Delugin

PhD Student, The Rivers and Lochs Institute
University of the Highlands and Islands
Degree in Agronomy and Agro-ecology, National School for
Agronomy and Food Science (Nancy, France)
Master's Degree in Ecosystem Management, University of
Lorraine (Nancy, France)
Research project on eutrophication of alpine lakes, Alpine
Centre for Research of Trophic Network and Limnic
Ecosystems (Le-Bourget-du-Lac, France)



Figure 9.18:

Photo of Celia Delugin (Photo Credit: Chloe Rodgers)

What advice do you have for other women to be successful in a STEM career?

Sometimes, you might feel like you do not belong, a lot of us feel the "impostor syndrome" at some point in our career. Do not let your inner saboteur stop you from doing what you want to do. Try to surround yourself with good and supportive collaborators, get involved in new projects, don't be scared to step out of your comfort zone, offer your unique perspective and support other women!

What do you love about your job/course?

I love the interdisciplinary aspect of my project. My background is essentially in natural sciences, but I've always had a strong interest for the social aspect of conservation. I remember looking for PhD projects in Scotland, and I fell in love with this one! I am surrounded by an amazing group of women here in Inverness, involved in many different projects. It is so rewarding to be able to share our research, hear feedback and discover other fields within the Institute. I am lucky to be part of such an amazing and dynamic team.

Charlotte Pritchard

Government vet (officially, Senior Veterinary Inspector)
Animal and Plant Health Agency
Bachelor's in Veterinary Medicine and Surgery, University of
Edinburgh
Masters of Science by Research, Bangor University



Figure 9.19: Photo of Charlotte Pritchard (Photo Credit: Chloe Rodgers)

What are your future goals?

I would like to specialise in field epidemiology (endemic and exotic diseases) and become a Veterinary Adviser at some point down the line. It would be interesting to have the chance to influence policy as well as working in the field.

What do you think could be changed to better encourage more girls into a STEM career?

Name five famous female scientists. Hard, isn't it? I think that we need more female representation – from the history we teach in schools to the people we choose to print on our bank notes. There should be no gender default for a career in STEM.

Chloe Cuthbertson

Statistical Programmer LifeScan BSc Mathematics, Heriot Watt



Figure 9.20:

Photo of Chloe Cuthbertson (Photo Credit: Chloe Rodgers)

When did you first become interested in your subject area?

At school learning maths always came quite naturally to me, which I think really helps with enjoyment of a subject! However, most of the way through high school my favourite subject was PE and I intended to go on to study sports science, without really having a particular career in mind. In

sixth year, whilst researching possible careers, I realised just how many options are open to maths graduates and this persuaded me to choose a maths degree instead.

What words of encouragement could you give to other women in STEM?

I would really encourage any young women, particularly those who leave school undecided on what career they would like to pursue, to consider further study or jobs in STEM-related disciplines. It really does open a world of opportunities. My degree is in maths and it did not include any programming at all, but it allowed me to get in the door as a statistician at LifeScan which gave me a chance to try my hand at programming. It was something I had never even considered, but now I am a Statistical Programmer and whilst I still do other things, programming is definitely my favourite part of the job!

Daria Antipova

PhD student University of Aberdeen MBChB Medicine, Siberian State Medical University

MSc, UCL



Photo of Daria Antipova (Photo Credit: Chloe Rodgers)

Was there a moment where you knew you were going to go on to what you are doing today?

I was researching ageing of the human brain during my master's course, which inspired me to do a larger project. As a result, I applied for a PhD to study whether ultrasound of the head could be helpful for detecting blocked vessels and bleeds, which means life-saving treatment could be given sooner. This would be particularly useful to people living in remote and rural areas, far from hospitals.

What do you love about your job/course?

What I like the most about my work is that it has practical application and could make a real difference to healthcare.

Dr Evelyn Gray

STEM Projects Coordinator & Inverness Science Festival Coordinator University of the Highlands and Islands BSc Hons Human Biology, Aberdeen University PhD Orthopaedic Surgery, Edinburgh University



Figure 9.22:

Photo of Dr Evelyn Gray (Photo Credit: Chloe Rodgers)

What's the best career decision you've ever made?

A lectureship in Dubai. This offered an opportunity to develop a general biological/science course that all students no matter their area of study, had study for one semester. This was demanding but developed my lecturing, science engagement and coaching skills. Designing a

course aimed at students from across the faculties was challenging but opened my eyes to the cross curricular nature of science education, covering the subject matter whilst attempting to relate a proportion of the course work to the students' own interests and experiences.

What's the worst career decision you've ever made?

Moving to Dubai! Whilst I loved the challenge of the lectureship this took me out of the research world. After a break of eight years, I found it impossible to move back into this field. I remained in science engagement but feel that a career break (for whatever reason) in research makes it very difficult to re-establish oneself. I did enjoy my career in the Middle East but on reflection would have preferred to combine a research career with an opportunity to lecture: moving into lecturing and course development and out of academic research was the worst career decision I have made.

Kirsty Campbell

Graduate Scientist

LifeScan

MSc Pharmacology, University of Dundee



Figure 9.23:

Photo of Kirsty Campbell (Photo Credit: Chloe Rodgers)

When did you first become interested in your subject area?

In my final years of school my favourite subjects were biology and chemistry, and I was particularly interested in human biology. I went to the University of Dundee for a

Biomedical Science degree and learnt about the function of the human body in both healthy and diseased states. As I progressed, I became particularly interested in metabolic disease (mainly diabetes and cardiovascular health) and as part of my honours and masters project was able to investigate these in a lab setting, which introduced me to various methods used to investigate these diseases. This hands-on experience helped better my understanding and develop analytical skills.

What do you love about your job?

Currently, I am on a graduate programme at LifeScan. LifeScan manufactures glucose monitoring products to help people manage their diabetes, so given my previous experience in diabetes research, it seemed like an ideal company to work for. The graduate programme consists of four six-month rotations which allows you to experience many aspects of business.

Lisa Munro

Technical Manager Norbord Europe Ltd. Meng Chemical Engineering, University of Strathclyde



Figure 9.24:

Photo of Lisa Munro (Photo Credit: Chloe Rodgers)

What words of encouragement could you give to other women in STEM?

I still work in an extremely male-dominated environment, with only four females out of 120+ onsite! It might not be for everyone. But it feels great to get stuck in, and I would encourage each any girl who is considering a STEM career to absolutely go for it! The opportunities of different roles in

different industries are endless, so many skills are transferable, and it makes a real difference looking forward to future society. Nothing is off limits.

What are your future goals?

My goal is to become a chartered engineer with the IChemE in 2021 - my application has been submitted! I also aim to develop my team into a different direction than has been taken before, and help my company become the industry leaders in innovation and development of products.

Amy Macleod

Statistician LifeScan BSc Mathematics and Statistics, University of Strathclyde



Figure 9.25:

Photo of Amy Macleod (Photo Credit: Chloe Rodgers)

When did you first become interested in your subject area?

I enjoyed maths from when I was in school, mainly because I was good at it – but it was not until I was at university that I discovered just how much of the world is impacted by maths and mathematical theory, this is when I developed a real interest in the subject.

What do you like about the location of your job?

My role is based in Inverness and I love being based in the Highlands; it enables me to spend my free time doing what I enjoy most, exploring the beautiful sights and being outdoors. I get to work in my desired industry and live in my favourite location, providing me with the perfect work/life balance.

Acknowledgements

I would like to thank all the women who took part in the project. It was lovely to meet you all and I appreciate you giving your time. I would like to thank EQUATE Scotland (https://equatescotland.org.uk/), Stuart Hall and the STEM champions at UHI for all your support. Finally, I would like to thank the wonderful Nicky Murray, who let me borrow his camera and taught me how to use it.

Author bio

Chloe is a final year PhD student at the University of the Highlands and Islands. Her research is focussed on the role of the humoral immune response to melanoma. Prior to studying in Inverness, she received her Honours degree in Biochemistry and Pharmacology in Glasgow at the University of Strathclyde.

In her role as an EQUATE STEM champion, Chloe is keen to promote science, technology, engineering, and maths (STEM) as a career path for women. With an aim to show

people the many inspiring women who are currently working in a STEM career in the Scottish Highlands, she has embarked on a photography project that reimagines the typical representations of people who work in these occupations.