

Dr Laura Marlow

What is your current position?

Senior Research Associate at UCL

<https://iris.ucl.ac.uk/iris/browse/profile?upi=LMARL95>

Could you say a bit about your career trajectory so far? How did you get to be where you are today?

I completed my undergraduate degree at Exeter University and moved to Southampton University to do an MSc in Health Psychology. I took the first Health Psychology job that I was offered, as a Research Assistant at UCL. My plan was to study Clinical Psychology but after a few months I realised how much I loved being a researcher and I've been at UCL ever since.

When did you decide to be an academic? What was it that prompted this decision?

The choice to remain in academia was predominantly driven by having a wonderful supervisor/mentor. I was very lucky.

What have been the challenges so far in your career in academia?

An academic career requires the confidence to stand up and talk about your work to people from all sorts of backgrounds (fellow academics, students, industry, the public). This is hard at first, but the more you do it the easier it gets.

What advice would/do you give to other female academics?

A career in research is full of rejections (i.e. publications, grant applications, uninterested participants). You have to be thick-skinned and understand that this isn't personal. Always get back up again as soon as you can and sure enough the acceptance will come. Seeing your projects completed and published is incredibly rewarding.