

WOMEN IN SCIENCE

shaping the future of research

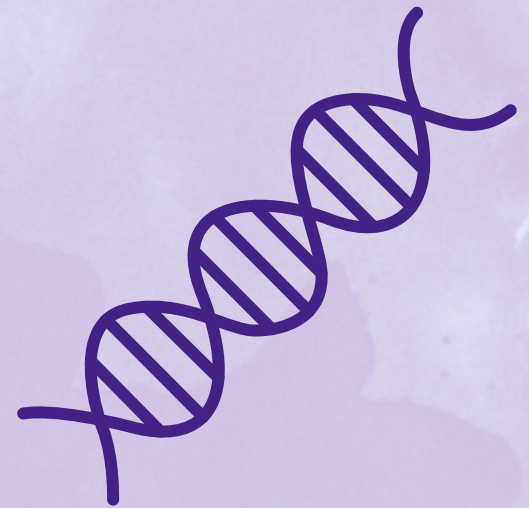


**ANA
COVEIRO**

bio data

- Vigo, Spain
- PhD in Neuroscience
- Ramón y Cajal Researcher, Neurocircuits Group

**ANA
COVELO**



career path

“I have to deal with - Imposter Syndrome - almost daily, and it gets stronger the more you climb in the career ladder. When that inner voice tells me I’m not good enough, I remind myself that I would never say that to anybody. So, why treat myself like that? Then, I try to go through my achievements and convince myself that they are the result of hard work and not just pure luck.”



research work & social impact

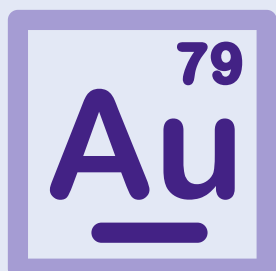
“As a neuroscientist, I focus in a cell type called astrocyte. We have recently discovered that astrocytes are more than supportive cells and they can communicate with neurons, shaping brain activity and animal behavior. The most exciting part of this field is how new it is, we have the opportunity to test entirely unexplored questions”.



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motivation & origins

“I inherited a broken children’s microscope from my brother. It came with a case with different samples (blood, plants, etc). I could not see anything through the microscope but I still spent hours playing with it, arranging the samples and pretending I was a doctor trying to find a new virus”



role models & mentorship

“I think it is very important for young girls and boys to see woman in science. These activities show them that we are normal people with normal lives and part of the community. This is key to attract the new generations into STEM careers”.

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future vision & inspiration

“From the outside many fields may seem difficult or intimidating, but once you step in and get exposed, many times you realize that it’s actually something you can learn with time and proper guidance.”

