

# Katherine Timms Interview with Almas Yaqoob (BCMB Master's Alumnus)

**Katie:** Give me a brief summary of your research

**Almas:** I screened BC mushrooms for immunostimulatory, immunoinhibitory, or cytotoxic activities, and then purified and further tested the bioactivities of several cytotoxic compounds for their potential use as anti-cancer drugs.

**Katie:** How has research impacted your life/career?

**Almas:** Doing research and being in a professional environment has helped me learn to behave in a professional way, and it has improved my professional development. Research has also taught me to look at a situation from many angles. Often times, you will need to look outside the box or approach a problem from a new angle to find a solution.

**Katie:** How did you first get involved in research?

**Almas:** I first got involved in research because I wanted to have a successful life and career in Canada. I was also passionate about pharmaceuticals and how a drug comes to be a finalized product. So much work goes into drug discovery and there can be so many complications along the way.

**Katie:** Why is research important to you?

**Almas:** Doing research forces you to work and improve your work ethic which makes you better suited for the outside world and the job market.

**Katie:** What is the best thing you have gained from doing research?

**Almas:** The best things I have gained from research are persistence and all the technical and critical thinking skills that come along with being persistent. My technical skills and thinking capacity has improved so much.

**Katie:** What recommendation do you have for other researchers?

**Almas:** Be optimistic and don't doubt your capabilities without trying to improve them. Being optimistic and encouraging to yourself and those around you will improve your thinking capacity and allow you to have good discussions with others. Scare your fellow researcher – fun game

