

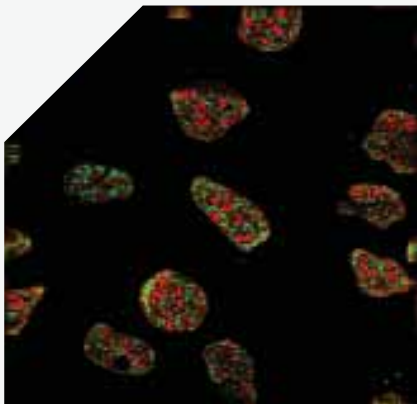


Dr Sonia Rocha

CR-UK Senior Research Fellow, Lecturer and Deputy Head of The Centre for Gene Regulation and Expression, College of Life Sciences



You need to decide what you love and then work hard to achieve it.



I think my interest in science started when I was in high school and was first exposed to Medical Biology. My Biology teacher inspired me in science in general and when I studied at university I knew that I wanted to participate in the research process and eventually run my own team. After my degree I took a year out and worked as a researcher on a project in Uppsala University in Sweden. Following that, I took some graduate courses where I met a pioneering researcher in the field of apoptosis. He suggested that I apply for a PhD with his group and I started my PhD a month later!

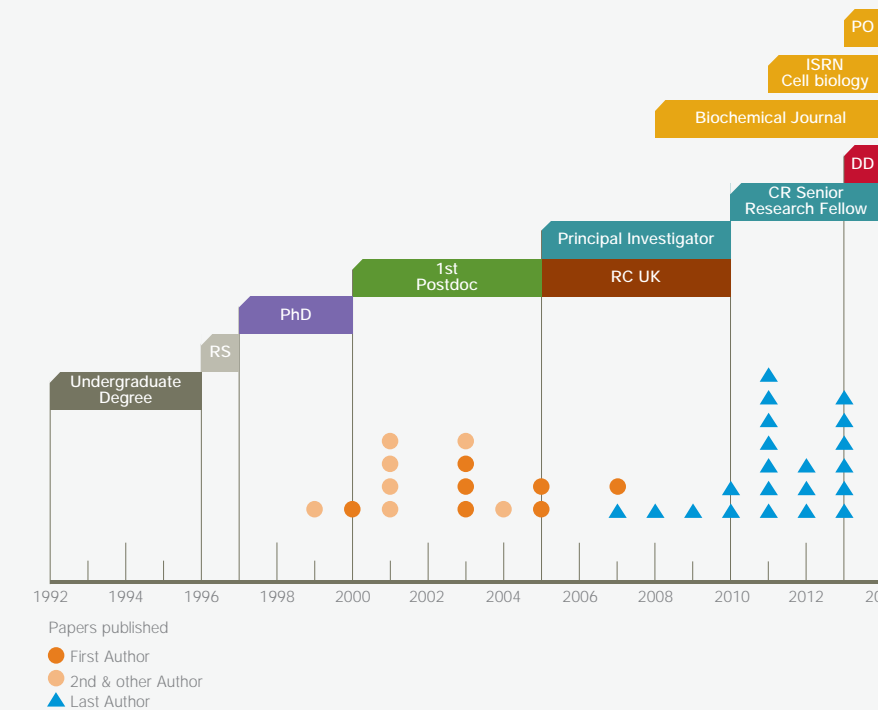
I decided to pursue research in Cancer Biology and moved to Dundee to work in Neil Perkins' group. I was offered my own group after three years, but decided to gain more experience and waited two more years. I'm unusual in that I started my own group where I had done my postdoc,

I had to fight hard to secure funding. Instead of receiving a Fellowship, I applied for, and was granted, one project grant and a New Investigator Award and it was with this funding I started my own research programme. After passing my tenure review, I was awarded a Senior Cancer Research Fellowship which gives me funding for the next six years.

A Day in my Life

When I arrive at work at around 8am I check on my cells and prepare for any experiments I will run during the day. The rest of each morning is spent answering emails and doing administrative work, which includes writing and reviewing manuscripts and grants, preparing lectures and divisional administration, such as organising public engagement events. I continue with experiments in the lab after lunch, and also use this time to meet each member of my lab

once a week to discuss their research. Usually I return home between 18.30 and 20.30 in the evening.



Undergraduate Degree
Porto University, Portugal
Biology, 16/20
Professor Isabel Santos
Influence of inflorescence removal and nitrogen nutrition on the quality of the tubers in Solanum tuberosum (L.)

Research Student
Porto University and University of Uppsala, Sweden
Professor Peter Lindblad (Uppsala) and Paula Tamagnini (University of Porto)
Research scholarship from Praxis XXI/JINCT (Portugese Research Council)

PhD
Swiss Federal Institute of Technology, Zurich, Switzerland
Dr Martin Pruschy and Professor Dr K H Winterhalter
Analysis of different aspects of the apoptotic pathway in cancer cells after ionising radiation and/or chemotherapeutic compounds

Postdoctoral Research Assistant
University of Dundee
Professor Neil Perkins
Project researching the role of NF-kB in cancer and in particular the involvement and interconnection with the p53 and p14ARF tumour suppressors

First Independent Funding
Research Council UK Fellowship
PI: Principal Investigator, Cancer Research UK Senior Research Fellow
Centre for Gene Regulation and Expression, Dundee
Mechanisms of Gene Regulation following Hypoxic Stress

Deputy Director of The Centre of Gene Regulation and Expression
Editorial Boards
Biochemical Journal
International Scholarly Research Network: Cell biology
Plos One (Academic Editor)