

PAWEENA LIZARRAGA TRANSCRIPT

Segment 1 – Introduction

>> **PAWEENA:** My name is Paweena Lizarraga. I came from Thailand in 2006. Before I got a job, I started by joining school in 2008. The program I joined was a Bridge to Biotech program. Right now I work as a lab aid at the Gladstone Institute at UCSF Mission Bay, and I love it of course. I love science.

Segment 2 – Qualifications and Motivation

>> **PAWEENA:** For people who want to get into this field, they have to love science. They have to like to ask questions and be hungry to learn, because in this field you can learn and there is no end to what you can learn in science. What made me love science is because everything all around us, everything we create is because of science.

When I was young I just looked at the cells in a microscope..... and I just thought how can something be as small as that, and this made me want to know more about it.

The thing that motivated me is because this East Bay area is big in biotech – Genetech is big I knew it before I came here. I thought if I want to get a job in the biotech field this place should be easiest for me to get started.

Segment 3 – Her Job

>> **PAWEENA:** I work with IPS cells, IPS cell is a stem cell made from your skin cells which can become any kind of cell in your body. So my lab is interested in cardiovascular disease, so the IPS cell that we have from the patient, we turn that kind of cell into the heart cell. My job is to differentiate IPS cell into the heart cell and use it for some other purpose in the lab.

There are a lot of opportunities in the lab assistant position; they are in biotech companies and in government jobs like USDA and also in educational organizations like UCSF. I just feel it has opened the door – you start networking and people give you the

leads to other things. Job opportunities open all the time. But I just got a job so I'm not looking for a new one right now.

Segment 4 – ESL Class Experience

>> **PAWEENA:** I was placed in ESL class 140. I started that class and loved it a lot. My teacher... she was very strict, but she gave me a lot of knowledge. She forced me to read and write and .. it is not easy to do that for 30 people in the class. It made me comfortable using English and I think I make fewer mistakes in grammar. In the class we had handouts on how to write a resume and I don't think other classes did that. So my teacher let us write a resume and then send it out for a real interview.

Segment 5 – Certification and Internship

>> **PAWEENA:** We get a certificate called a lab assistant certificate. The job you focus on is in the lab. I get placed in USDA which is a government place and my friend was placed in Rosetta, which is a biotech company. The job you are going to be looking for after the class is a lab assistant type of job, helping in the lab, or working in the research field in biotechnology.

For this certificate it takes about one year. The first section is all in the lab, in the class for the lectures and for the laboratory class, including math and English class as well, it takes about one semester. The second part is in the lab and they send us to an internship to give us an opportunity to work like Americans, in a real life lab. If I go to ask for a job like that, I don't think I would get it, but this class gave me that opportunity to work and it opened more doors later.

Segment 6 – Breakthrough Biotech Program

>> **PAWEENA:** The program that I took is called Bridge to Biotech. It starts from the beginning. You don't need background knowledge. They have a placement test for students in English and math and basic science. So for ESL students like me who come from other countries, when you come to this class you are placed according to your level. So I think that this class is a good fit for ESL students to get started, if you want to find a job at the same time.

Segment 7 – Would You Recommend This Work

>> **PAWEENA:** I recommend for any body that comes from another country if they are interested in science, because you don't have to have a basic knowledge in science. This class starts from the beginning in science. It teaches you what is a cell? What are the components of the cell? You don't have to worry about your English. This class has a

mix of people, some grew up here and some come from other countries like me and we work together. They also have a tutor if you are very weak in mathematics and also friends in the class help each other. We have group tutorial before we take the test so we get everybody to pass the class together. I recommend for anyone who want to get a job in this lab or research field to come to study in the Bridge to Biotech program at CCSF.

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