

Meet a Scientist: Sophie Okolo

Meet Sophie Okolo! She is a **science writer**.

Science writers communicate science information to the general public. They can write books, articles for blogs or magazines, or posts for social media!

Many science writers focus on certain areas of science. Sophie focuses on healthcare and aging, and how technology can help us stay healthy as we get older.

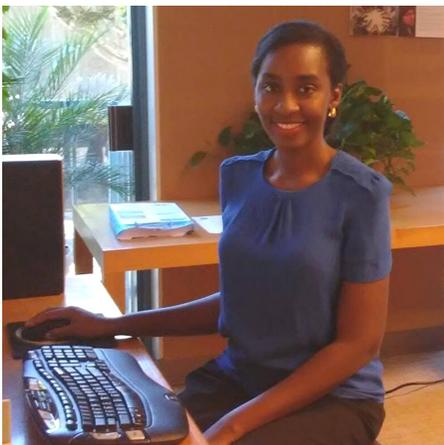
Sophie started the website Global Health Aging. Here, she and other writers share information about health and aging around the world. Sophie also writes for other publications.

Sophie has a master's degree in **public health** and **gerontology**. People who study public health examine how to keep large groups of people healthy. Gerontology is the study of the changes that occur in people as they age. Can you see how Sophie's training is connected to her current work?

We interviewed Sophie to learn more about her!

What was your childhood like? Did you like science?

My childhood was full of adventure and curiosity! I loved to read because I was interested in studying the characters and their stories. Visiting other worlds was an escape from the normality in daily life. Books introduced me to the world of dragons, knights, smugglers, and science!



Sophie at work writing!

I loved reading about nature, the human body, and the greatest experiments of all time. I especially loved doing simple experiments or asking questions about anything and everything! Both of my parents loved science, so I was encouraged from a young age to think and see the world through the lens of science. I still do that as a science writer today, and I'm grateful to them.



Meet a Scientist: Sophie Okolo

Describe a typical day at your job.

I'm always on the computer writing stories! I also spend time interviewing people for my stories. I research them to learn about who they are and how they may fit into the story to ensure the story is cohesive.

I also spend some of my time traveling to meet people because you can learn so much about someone during an in-person interview.

Name a time in your career that something did not go as planned.

As Thomas Edison said, "Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." I have failed many times from repeating a grade in school, to allowing my nerves to derail my talk at a science conference, to failing a class that was required for another class. Failure isn't easy, and it can be painful. What I now realize is that challenges and struggles are temporary, although they may not feel so at the time. The most important thing is to remain committed and practice patience to achieve your goals.

What advice do you have for students today?

Stay curious and always ask questions! If you are shy, you can always email your teacher or meet them after class. Get involved in activities you enjoy because playtime is also important. Read a lot! Books can improve your vocabulary and imagination. There is so much to explore from science to art history.

I'd also like to share my favorite quote from Anne Roe, a twentieth-century American psychologist and writer. She said, "*Nothing in science has any value to society if it is not communicated.*" What does this mean? If scientists know how to help people or make them healthier, but don't share that information, that information doesn't help anyone! Science needs to be communicated with everyone.

Find Sophie's website, *Global Health Aging*, at <https://globalhealthaging.org>