



## Words of Advice

The journey matters as much as the destination; enjoy the journey!  
Be flexible; always have plan B, C, and D.  
This time will pass; don't take it too seriously.

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Dr. Hamadmad manages lab projects, oversees and trains personnel, writes grants, and publishes scientific papers. Her research focuses on trying to understand pathways that help protect neurons in the retina to restore vision and prevent blindness. She is also a member of the University Staff Advisory Committee (USAC) which advocates for staff issues and advises leadership. She is also an adjunct faculty at Columbus State Community College. She loves the balance between her jobs and responsibilities.

Completed PhD in Pharmacology: 2006