

Dr. Krutika Joshi



Tell us about your role at Humber.

I am a Research Associate in Data Science and Statistics at Humber's Research Institute. I am a part of a team that works on different projects, sometimes collaborating with different departments in the Hospital, where my role is to design quantitative research methods, analyze data as well as to communicate the findings.

Tell us about your academic journey.

I did my undergraduate studies specializing in Neuroscience and minoring in Psychology at the University of Toronto. I graduated with a Bachelor of Science in 2012, after which I started a PhD degree in the Department of Pharmacology and Toxicology at the University of Toronto, with a thesis focused in Neuroscience, specifically on Pediatric Infantile Spasms. I defended my PhD Thesis in 2018 and went to Harvard University to do a post-doctoral fellowship studying brainstem cholinergic neurons in Obstructive Sleep Apnea. I started at Humber in a Data Science role in July 2023.

How has your academic journey contributed to your professional growth?

My academic journey has helped me develop specific skills that are essential in a workplace, such as time management, data management and project design and analysis methods. My experience as a research scientist and the problem-solving mindset it helps to cultivate has also given me the confidence to branch out into other avenues, including those just outside my skill set, whether it be in academia or industry.

What advice do you have for those furthering their academics while maintaining a full-time career?

I think time management is an essential skill to have when juggling different priorities. Checking off to-do lists at the end of the day is a very nice feeling. It is also important to be flexible in the face of changing priorities, which is bound to happen in a dynamic workplace. Ask for help and communicate with your teams when deadlines start to coincide or when things get overwhelming. Lastly, take some time for yourself, family and friends, and pursue other interests. Sometimes what makes a job or school easier is a shifting perspective.