



Aisha Islam

First released for Outbox 2021



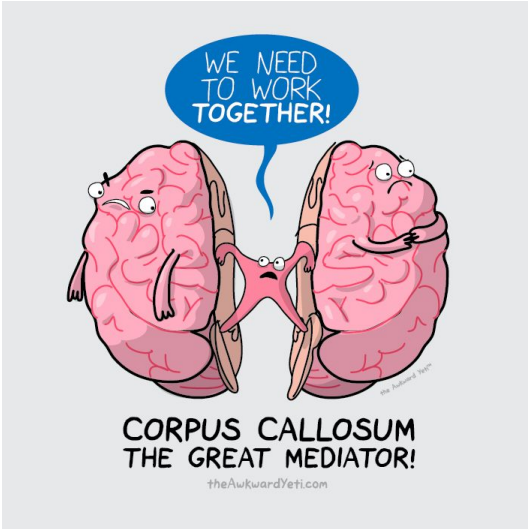
Meal Plan
#124
60 mins

Starters 5-10 mins

Snack, Cackle & Pop..... 2 mins

Snack: Grab a snack before beginning

Cackle:



Pinterest

Pop: Stemillions playlist on Spotify:

bit.ly/stemillionsplaylist

Meet Her..... 5 mins

I'm Aisha. I'm 25 years old and a neuroscientist currently trying to complete my PhD where I'm researching healthy ageing and Parkinson's disease. When I'm free, I love to read, travel and go hiking, visit museums and play with my cats Tsuki and Yoko! Even though I studied Neuroscience from undergraduate to doctoral level, I'm now interested in transitioning into Politics and researching socioeconomic inequalities.

Discuss:

- ★ What do you think of Aisha's job?
- ★ What do you think Neuroscience is?

Desserts 5 min

Share with us 1 min

Upload photos on [Twitter](https://twitter.com) or [Instagram](https://www.instagram.com) and tag @Stemettes and #Stemillions.

Mains 20 mins - choose ONE only

MAKE..... 20 mins

Ingredients: 5 coloured pipe cleaners

1. Take one pipe cleaner and roll it into a ball. This is will be the cell body.
2. Take another pipe cleaner and attach it to the new "cell body" by pushing it through the ball so there are two halves sticking out. Take the two halves and twist them together into a single extension. This will be the axon.
3. Take another pipe cleaner cut in half and push it through the "cell body" on the side opposite the axon. These are dendrites. These should be shorter than your axon and you can twist more pipe cleaners to make more dendrites.
4. Wrap small pieces of pipe cleaners around the axon. These will be the myelin sheath.
5. Wrap another pipe cleaner on the end of the axon. This will be the synaptic terminal.

EXPLORE..... 20 mins

Ingredients: printed copies of the brain hat

(>> [download here](#) <<), scissors, clear tape/glue
Cut out both hemispheres. Then snip on the solid "V" lines, not the dashed lines. Then pull the "flaps" you have created over to their dashed lines and secure with tape. It should take on a half-round shape. To put these two halves together, turn them over and tape the inside seam. When you get to the last part of the seam, the hat will be taking on its final shape. If you would like to add a cerebellum, cut it out and tape to inside of back of hat.

Ask Them..... 2 mins

Got a question? Ask Away! bit.ly/Ask-Away

Digest..... 2 mins

Digest this Meal Plan - fill out the feedback form.