Born and raised in Guam, Krysten Carlson is a chemist and lab manager at Kala Labs, where she helps support doctors to develop the right treatment plans for patients who have pain management needs. Krysten works behind the scenes with six different clinics across Washington state, where she uses her STEM skills, expertise, and knowledge to ensure patients can receive medical help that’s tailored to their situations.

PRO TIP: Find a mentor and soak up as much knowledge as you can! And to every young girl who’s thinking about pursuing STEM, I’m so proud and glad you’re up for the challenge. When you sign up for STEM, you sign up to be a lifelong learner!

“If you want something and you try hard, you don’t have to be a genius to pursue and succeed in STEM. Just like anything in life, if you really want something, you have to work for it, and over time you will build up the knowledge and skills you need to succeed. Any girl or woman who wants to pursue STEM already has what it takes, you’ve just got to work hard at it.”

#SheIsSTEM