



Pearson

Dare to learn. Dare to change

Mayim Bialik's Story

MAYIM: There's nothing really more gratifying, at least in my experience, than being able to realize a part of yourself that you had previously set aside.

MAYIM: I'm Mayim Bialik. When I was about 15 years old, on the set of *Blossom*, which was the TV show that I was working on, I had a tutor for Biology. It was the first time that I met someone who made me believe that I could pursue a life of being a scientist. After *Blossom* ended, it was two years out of high school, I put acting on hold and I went to get my degree in science. A lot of our ideas about ourselves, I found, were already pretty well solidified. The notion that I couldn't do science and I wasn't good at math, those stuck. Well, I wish it could be a scientist, but I'm just so not good at math and science, and that's how I talked when I was 15, it was weird. But it was this, it was this woman who believed in me and who believed that having a passion for something is a reason to try and learn a skill set around it.

MAYIM: What do you want to do? You know what, what is calling you? What if you work hard and you put in that effort to learn to be a different version of yourself? It's hard not to look back at that set of decisions I made and say like, wow, that was an act of bravery. I definitely felt nervous. What if I fail? What if my passion isn't enough? What if I don't really have what it takes? Those are scary things to think about, but I think that part of it is a leap of faith. You know, life is kind of divided into those moments of, like, do you believe something's possible that you can't imagine or do you not? We can learn new information. We can learn a new vocabulary. We have that ability and that's magical. I think the very first moment that felt like that was like the moment you open a book, the moment you start using your brain the way that we can.

MAYIM: It would be really amazing if, you know, I could sit here and say, like, nothing should stop you from doing exactly what you want to do. Whether it be time or money or even just, you know, preconceived notions we have about ourselves. There are opportunities for people to learn when they can't learn in the traditional way, as it were. And I have many friends who have pursued degrees online and who have completed degrees online and the sense of satisfaction and the sense of accomplishment is tremendous and it also opens up so many other avenues of life. It was not always easy, but it was so exciting and I think that if I could talk to my younger self, that's what I would have wanted her to know. Learning is worth it and pursuing it even when you're uncomfortable is also worth it. And that's been really amazing. I just, I have a set of knowledge now that makes me really proud, you know, and when you RSVP for a wedding and it says, what's your title? I always check off doctor. I guess because I can.