A scientist just like me

Rachael Singleton

Behavioural scientist

Primary Science Teaching Trust

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Hi there! I am Rachael Singleton – A behavioural scientist

Where do I work?

I have two jobs. I work in the Northern Ireland Innovation Lab and I'm at Ulster University finishing my PhD.

What did I like doing when I was at school?

I loved PE, especially basketball, geography and English literature. I loved subjects that gave me new ideas or took me outside into nature.

What do I like doing in my spare time?

I spend lots of time on beaches and sea swimming, whatever the weather! I also love making pizza (and eating it!), running, and reading.

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What do I do as a behavioural scientist?

I use psychology to help groups of people behave in ways that will make life better, for them and for the planet. This means understanding that some things are difficult and using science to make them easier – whether it's recycling our waste or eating more healthily.
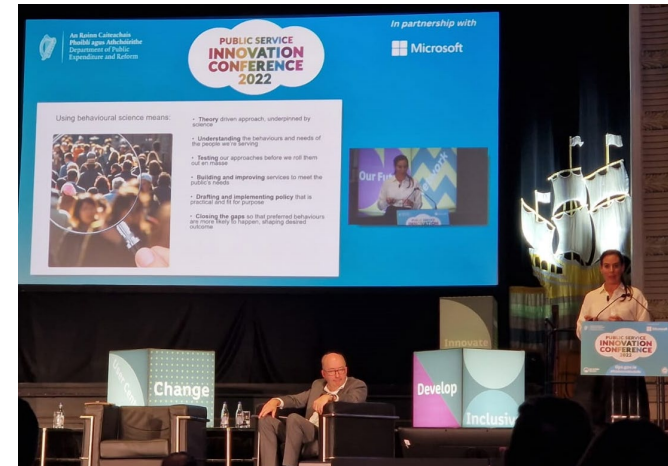
How does what I do make the world a better place?

Understanding why we do things that damage nature – like leaving litter on our beaches – means we can work out ways to change this. Then I tell others so they can learn too. I use science and design to help people stop behaving in ways that harm our natural environment.

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What I like about my job

The climate crisis can feel very scary but I know that together we can fix it. I love that my job helps with that and helps other people to take the small steps in our day-to-day lives that will make it better. My job gives me hope and makes me very happy, and I get to bring my dog to work too!

Challenges I have faced

Some people think psychology is not a useful science. I remind them that we are all humans, and that changing human behaviour (the things we do) will let us take better care of our planet. It's my favourite science because it is what helps other sciences make a difference!

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If you want to be a behavioural scientist, you need:

✴ **to be curious** and to want to find out new things and to learn from others

✴ **to be interested in humans** and the weird and wonderful things we do

✴ **to like solving problems** in interesting ways

✴ **to enjoy letting others know** when you do something great, so that we can make the world better together
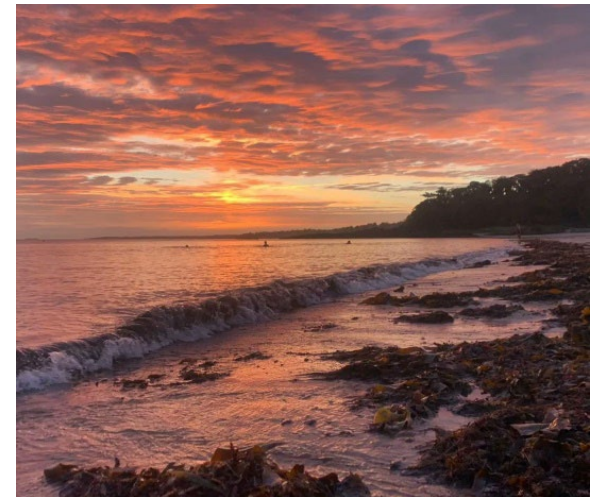
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Discussion time

✸ Would you like to be a behavioural scientist like Rachael Singleton?

Why? Why not?

✸ What skills and interests do you already have that would help you become a behavioural scientist?

✸ What new skills and knowledge would you need to develop?

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Free supporting resources for behavioural science

I bet you didn't know... articles use cutting-edge science research as a context for learning. Teacher Guides describing the research and activities and investigations for children can be used as classroom presentations. See:

- Computers can measure the happiness of a city

Created by the Primary Science Teaching Trust