

JYU for YOU E04

00:00:00.030 --> 00:00:06.480

[Henna] One scientist came to the class and
he just came to talk to us and was

00:00:06.480 --> 00:00:10.140

like, uh, do you already know what
you're going to do your thesis about?

00:00:10.200 --> 00:00:15.660

I was like, no, I have no idea.
And then he was like, I have an idea.

00:00:15.750 --> 00:00:21.450

[Irfan] Okay, so tell me, what did you find?
[Henna] I found a new isotope that was not

00:00:21.450 --> 00:00:24.570

published before. [Irfan] Astatine 190.
Right? [Henna] Yeah.

00:00:24.570 --> 00:00:31.260

I just got an amazing chance,
like opportunity to do that. Like.

00:00:31.980 --> 00:00:36.240

And I'm really grateful to my supervisor

and all the whole research group,

00:00:36.240 --> 00:00:38.970

they took me like, so well.

And I really like to work there.

00:00:38.970 --> 00:00:43.920

[Irfan] And do you think also that this
is kind of a statement of the

00:00:43.920 --> 00:00:47.520

the fact that in Finland,
science matters? That was a mouthful.

00:00:47.520 --> 00:00:49.140

I know, I'm sorry.

[Henna] Yeah, I...

00:00:59.140--> 00:01:00.560

[Irfan] Terve ja tervetuloa!

00:01:00.560 --> 00:01:03.830

Welcome to the JYU for YOU podcast.

My name is Irfan Durmić and I'm your

00:01:03.830 --> 00:01:07.010

host with the most glasnost.

Today we have a very special

00:01:07.010 --> 00:01:09.560

guest from the physics department
at the University of Jyväskylä.

00:01:09.650 --> 00:01:12.200

Henna Kokkonen is currently a
PhD student,

00:01:12.200 --> 00:01:15.800

but she became famous in Finland
and also internationally for her

00:01:15.800 --> 00:01:19.700

work on her master's thesis, where
she discovered a brand new isotope.

00:01:19.730 --> 00:01:22.940

But today, Henna is going to take
us through her journey as to how

00:01:22.940 --> 00:01:26.840

she became a physicist at JYU.
What was it like to become a local

00:01:26.840 --> 00:01:30.410

celebrity due to her work, and what
are her goals for the future, as well

00:01:30.410 --> 00:01:33.890

as some recommendations for students
considering to study physics at JYU.

00:01:33.920 --> 00:01:39.530

We hope you will enjoy our little
chat with Henna. Cheers!

00:01:40.000 --> 00:01:40.460

No, oletko valmis?

[Henna] Yes.

00:01:40.460 --> 00:01:45.740

[Irfan] Okay, lovely. Well.

Hey, Henna. It's lovely to have you here today.

00:01:46.010 --> 00:01:48.980

Uh, granted, the day wasn't the
prettiest one, so this is one of

00:01:48.980 --> 00:01:52.490

those occasions when it's actually
nice to be in the studio. True, true.

00:01:52.700 --> 00:01:55.280

Because the last few episodes
that we had, it was like,

00:01:55.280 --> 00:01:58.730

super duper sunny outside.

And then I felt really bad when I had

00:01:58.730 --> 00:02:02.300

to bring people into the studio.

Now I feel like we got you away

00:02:02.300 --> 00:02:04.370

from the rain, though.

It was getting a little bit sunny

00:02:04.370 --> 00:02:08.390

right now, so that's the that's

the beauty of Central Finland

00:02:08.390 --> 00:02:11.840

weather. [Henna] Yeah, exactly. Yeah.

[Irfan] I'm really trying to do my best

00:02:11.840 --> 00:02:14.540

to not start every episode with

a weather conversation,

00:02:14.540 --> 00:02:18.830

but I think, I think that's like

my American after effect of

00:02:18.830 --> 00:02:22.010

starting everything with like a
conversation about the weather.

00:02:22.010 --> 00:02:24.470

What's your go to conversation
starter?

00:02:24.470 --> 00:02:28.670

[Henna] I think it's weather also.
I think, yeah, it's just nice.

00:02:28.670 --> 00:02:31.300

I like to talk about weather
because it changes so much here.

00:02:31.630 --> 00:02:33.430

[Irfan] And it's something that you
can easily complain about.

00:02:33.430 --> 00:02:37.600

It's easy to relate. [Henna] Yeah.
And or usually it's I like the

00:02:37.600 --> 00:02:40.960

weather usually.
So it's nice to like oh it's nice

00:02:40.960 --> 00:02:45.280

then it's a bit colder than it was
like two days ago or something else.

00:02:46.210 --> 00:02:49.240

[Irfan] So is the weather nicer here or
where you're originally from?

00:02:49.870 --> 00:02:54.400

[Henna] I think it's pretty much
the same. Yeah, I'm from Juva.

00:02:54.400 --> 00:02:57.340

It's like a bit more south,
but not that much.

00:02:57.340 --> 00:03:00.760

[Irfan] I, we talked
a little bit earlier today.

00:03:00.760 --> 00:03:04.570

You said like it's, it's the same
region where Mikkeli is. [Henna] Yeah.

00:03:04.570 --> 00:03:08.290

[Irfan] And I thought that was kind of funny
because last week we had a guest

00:03:08.290 --> 00:03:12.250

who studied a little bit in Mikkeli
and Juva is a little bit north from

00:03:12.250 --> 00:03:15.460

Mikkeli, so I feel like the next
person should be somewhere between

00:03:15.610 --> 00:03:21.190

Juva and Jyväskylä. Pieksämäki maybe.
[Henna] Yeah, maybe Pieksämäki yeah

00:03:21.190 --> 00:03:25.000

maybe It's like I don't know how to
map close...

00:03:25.510 --> 00:03:28.300

[Irfan] Get a slow rotation or something.
Again, as I said before, neither

00:03:28.300 --> 00:03:29.980

one of us is studying geography.
[Henna] Yeah. [Irfan] Although

00:03:30.580 --> 00:03:33.580

your geography is a little bit better.
You taught me a couple of places.

00:03:33.580 --> 00:03:36.220

Yeah. Um, okay.

So, like, your story and your

00:03:36.520 --> 00:03:40.300

your journey started off in Juva,
which I'm hoping I'm relatively

00:03:40.300 --> 00:03:43.290

correctly pronouncing it.

Um, and you spend your entire

00:03:43.290 --> 00:03:46.890

educational journey there?

Yeah, at the beginning of it. [Henna]

00:03:46.890 --> 00:03:50.280

I did go there until high school,

I went there. [Irfan] Do you want to.

00:03:50.280 --> 00:03:52.800

Take us a little bit through,
just like your educational

00:03:52.800 --> 00:03:56.130

journey and Juva in the sense of,
you know, do you remember your

00:03:56.130 --> 00:03:58.920

first steps in like the school,
something that, like,

00:03:58.920 --> 00:04:02.730

inspired you in the school system?
And, you know, just some,

00:04:02.730 --> 00:04:05.130

you know, the first thing that
comes to mind when you think about

00:04:05.130 --> 00:04:10.110

your own educational beginnings.
[Henna] Like when I was small, like?

00:04:10.740 --> 00:04:14.880

[Irfan] Yeah! [Henna] Well, first off,
what I get in mind is like,

00:04:14.880 --> 00:04:20.340

I liked sports mostly, always.
I, I really have not been that good

00:04:20.340 --> 00:04:24.720

with like, mats or stuff like that.
When I was like, a kid,

00:04:24.720 --> 00:04:29.250

I just liked sports and stuff.

So that's what I what comes

00:04:29.250 --> 00:04:32.130

first to my mind. [Irfan]

So was that kind of like in

00:04:32.130 --> 00:04:34.140

elementary school?

You were just your focus was like,

00:04:34.140 --> 00:04:39.060

oh, I want to do sports. [Henna]

Yeah, maybe I just yeah, I'd say so.

00:04:39.060 --> 00:04:48.000

But then in like secondary school,

I, I didn't yet like physics that

00:04:48.000 --> 00:04:52.080

much or mathematics or anything.

I also liked sports and I liked

00:04:52.080 --> 00:04:55.590

history, though I don't know any

more too much about it.

00:04:55.590 --> 00:04:59.790

But still, at that point

I liked it. So yeah. [Irfan] What

00:05:00.900 --> 00:05:04.110

did you like about history though?

Was it kind of like the process of,

00:05:04.110 --> 00:05:06.930

you know,

something happens and then that

00:05:06.930 --> 00:05:09.390

impacts something in another way?

Or were you the type of person who

00:05:09.390 --> 00:05:11.700

was more interested in the artsy

stuff, or were you all about the

00:05:11.700 --> 00:05:15.750

Wars in history? [Henna] I think it was.

I'd like to know what has happened,

00:05:15.750 --> 00:05:18.200

like the story,

like the stories and stuff.

00:05:18.200 --> 00:05:21.110

So maybe that's, I don't know.

[Irfan] To see,

00:05:21.110 --> 00:05:24.590

like the evolution of a process. [Henna]

Yeah. Yeah. [Irfan] Or something like that.

00:05:24.590 --> 00:05:30.500

So how the,

how the transition into science in.

00:05:30.710 --> 00:05:33.170

So you said in high school. Yeah.

It's kind of when you started

00:05:33.170 --> 00:05:36.890

off a little bit, were you the

type of person who had this.

00:05:36.890 --> 00:05:39.500

Because there's always you

probably know as well there's

00:05:39.500 --> 00:05:43.250

always this opinion about science.

Oh, it's this difficult thing.

00:05:43.250 --> 00:05:47.150

Nobody knows it actually.

Did you come in with that perception?

00:05:47.150 --> 00:05:52.100

[Henna] Yes, definitely.

I was like, it's just maybe I

00:05:52.100 --> 00:05:56.720

had like, it's just I just

thought that it's really hard.

00:05:56.720 --> 00:06:02.420

Like I there are all those like

formulas and numbers and everything.

00:06:02.630 --> 00:06:06.800

It felt like I didn't want to

spend my time on it when I was

00:06:06.800 --> 00:06:12.350

in secondary school.

But then, um, going to high school,

00:06:12.800 --> 00:06:18.050

I really didn't have any idea

what I will become when I'm like

00:06:18.050 --> 00:06:24.260

grown up and so on.

So I just studied two courses that

00:06:24.260 --> 00:06:29.270

sounded nice, and I liked the first
course of physics. Somehow it like.

00:06:31.390 --> 00:06:35.740

It felt easy, kind of. Or somehow...

[Irfan] What felt easy about it?

00:06:35.740 --> 00:06:38.530

So you're saying that originally
you didn't like it because you just

00:06:38.530 --> 00:06:41.410

saw all of these formulas? [Henna] Yeah.

[Irfan] And I'm kind of trying to connect

00:06:41.410 --> 00:06:44.320

this with the history aspect.

We'll see how far this connection

00:06:44.320 --> 00:06:47.470

is going to go. In the history,
you said you kind of liked the story,

00:06:47.470 --> 00:06:50.560

the evolution of it.

And was it maybe that when you

00:06:50.560 --> 00:06:53.500

first saw the formulas you didn't

see the story behind them? [Henna]

00:06:53.500 --> 00:06:57.010

Yeah, maybe. Actually that's good.

Good way of thinking about it

00:06:57.010 --> 00:07:02.500

because.

Yeah, maybe because that's. Yeah.

00:07:03.190 --> 00:07:06.910

[Irfan] So when did you start seeing

the story in that was so what

00:07:06.910 --> 00:07:09.940

was the first physics class?

Did it have like a name. What was it?

00:07:10.330 --> 00:07:12.790

[Henna] I think it's just like the

basics of physics.

00:07:12.790 --> 00:07:16.240

It's the course that everyone
needs to take in the high school.

00:07:16.330 --> 00:07:18.850

[Irfan] Okay, okay.

So what's usually the content of it?

00:07:21.220 --> 00:07:25.540

Um, did I just put you on the spot? [Henna]

Yes. [Irfan] Going back, how many years?

00:07:27.100 --> 00:07:31.660

Um, well, it's like I would say
it's basic mechanics and so on.

00:07:31.660 --> 00:07:36.070

So how? It's a hard question
actually, I really don't remember

00:07:36.070 --> 00:07:40.150

what happened, but I just remember
that I somehow liked it and I wanted

00:07:40.150 --> 00:07:46.510

to get more, learn more of it.

Like we well, maybe it was our

00:07:46.510 --> 00:07:51.520

teacher who, like, inspired me to
continue taking the physics classes.

00:07:51.520 --> 00:07:58.450

And also the second course of the
physics was about thermodynamics.

00:07:58.600 --> 00:08:05.200

And somehow I liked that; nowadays it's
not where what I study or so on,

00:08:05.200 --> 00:08:10.200

but back then I liked it.

I it helped me understand like

00:08:10.200 --> 00:08:15.540

all the what happens to stuff
when it warms up.

00:08:15.540 --> 00:08:18.510

And so like you understand what
happens behind everything.

00:08:18.540 --> 00:08:24.780

I think that's the that was what like
got me interested about it, I think.

00:08:24.780 --> 00:08:27.660

[Irfan] And was it the same teacher that
you had in the first physics class

00:08:27.660 --> 00:08:31.290

and the second physics class? [Henna]

Yes. I come from a really small

00:08:31.560 --> 00:08:34.830

place, and also the high school
was really small, so we had one

00:08:34.830 --> 00:08:39.090

teacher all the time and we also had
quite well, we had small classes,

00:08:39.090 --> 00:08:45.990

but then after continuing to study
physics more, we had even smaller

00:08:45.990 --> 00:08:49.710

group of students there. [Irfan]
So in that beginning when you

00:08:49.710 --> 00:08:52.290

kind of started off taking those
physics classes and seeing a

00:08:52.290 --> 00:08:55.950

little bit behind the curtain,
so to say, and seeing the story.

00:08:56.130 --> 00:08:59.130

In what way did your teacher
support you?

00:08:59.130 --> 00:09:01.050

Did you get any like,
support that he.

00:09:01.770 --> 00:09:05.520

I mean, was it a he or was it a she,
was it a guy or a girl? [Henna] Uh, he.

00:09:05.520 --> 00:09:11.520

Okay. Yeah.

But what he... What was the

00:09:11.520 --> 00:09:15.450

question?

So what was kind of like the did he,

00:09:15.450 --> 00:09:18.620

as an educator, do something that
helped you demystify this stuff

00:09:18.620 --> 00:09:22.520

and become more interested?

[Henna] I think he was just really

00:09:22.520 --> 00:09:27.590

interested about it himself.

So he was just like quite

00:09:27.590 --> 00:09:31.550

excited about stuff and somehow

he managed to like.

00:09:34.550 --> 00:09:38.930

Make me also be, like,

excited about those things.

00:09:38.930 --> 00:09:45.380

I think it was just the way he was

teaching us or something. Yeah.

00:09:45.380 --> 00:09:48.290

[Irfan] So he kind of translated that
excitement to you. [Henna] Yeah, yeah.

00:09:48.290 --> 00:09:50.630

Somehow that's what I when I
think about this,

00:09:50.750 --> 00:09:54.080

it's quite a long time ago.

But when I now that I've been

00:09:54.080 --> 00:09:59.810

thinking about how I ended up here,

I somehow like to think that it

00:09:59.810 --> 00:10:04.010

was like him. [Irfan]

Has some of that excitement

00:10:04.010 --> 00:10:07.520

kind of remained with you,

has it given you like a little bit of

00:10:07.520 --> 00:10:11.900

fuel over the last few years? [Henna]

Maybe. Yeah, it started there.

00:10:11.900 --> 00:10:17.480

Like I just somehow I took the,

uh, physics courses and.

00:10:19.520 --> 00:10:25.370

Uh, and everything else I studied,

like I did study chemistry and

00:10:25.730 --> 00:10:30.680

biology, and I tried psychology also,
but somehow the physics just

00:10:31.010 --> 00:10:35.930

felt most interesting to me.

And then I just, I was saying

00:10:35.930 --> 00:10:41.090

when I was at high school that I
will not become a physicist,

00:10:42.560 --> 00:10:49.010

but somehow it stayed like in my
mind. And I ended up here. [Irfan]

00:10:49.310 --> 00:10:51.500

So why were you telling yourself
that you were not going to become

00:10:51.500 --> 00:10:55.960

a physicist? [Henna] I don't know.
Well, first I was saying that I won't

00:10:55.960 --> 00:11:03.040

become a physics teacher because I
didn't know I wanted something else.

00:11:03.250 --> 00:11:07.930

I didn't know why, but I just
thought that I will study this,

00:11:07.930 --> 00:11:14.200

and it's maybe that it's too hard
or something. But then I ended up.

00:11:14.320 --> 00:11:17.590

When I first applied here,
I was thinking that I will

00:11:17.590 --> 00:11:20.740

become physics teacher.
I was really interested in teaching

00:11:20.740 --> 00:11:24.700

and stuff and I like it still. [Irfan]
So here I immediately do see

00:11:24.700 --> 00:11:27.100

that connection with that good
physics teacher from high school.

00:11:27.100 --> 00:11:30.310

[Henna] Yeah, yeah I think yeah.
Yeah, there is connection.

00:11:30.340 --> 00:11:33.160

[Irfan] It's always interesting to see like,
you know, you can backtrack it a

00:11:33.160 --> 00:11:35.590

little bit. [Henna] Yeah. [Irfan]
And see the type of impact that

00:11:35.590 --> 00:11:41.230

other people have had on you. [Henna]
Mhm. Yeah. [Irfan] So how long did that.

00:11:41.260 --> 00:11:44.080

So the way that I hear this a
little bit is you had a sense of

00:11:44.080 --> 00:11:46.720

self-doubt. Yeah.
Is this the thing that I should be

00:11:46.720 --> 00:11:50.140

Doing, am I qualified to do this,
which I think almost everybody

00:11:50.140 --> 00:11:53.320

is going to have for any field,
especially for a field, you know,

00:11:53.320 --> 00:11:57.340

such as physics, math and whatever,
where I think societally we're told,

00:11:57.520 --> 00:12:01.450

oh my God, no, that's that's only
for a special type of people,

00:12:01.450 --> 00:12:05.110

which often either tends to mean
like insane or you don't move

00:12:05.110 --> 00:12:09.990

away from a book. [Henna] Yeah, yeah.
Like how I was thinking physics

00:12:09.990 --> 00:12:13.440

in high school.
Was that like like physicists,

00:12:13.440 --> 00:12:16.230

If I was thinking about them,
they were like, really clever and,

00:12:16.410 --> 00:12:20.220

like, not at all like,
I was thinking about myself somehow,

00:12:20.220 --> 00:12:23.850

like I would not be able to do that
and so on. Maybe that was that.

00:12:24.240 --> 00:12:26.880

But then something happened.

[Irfan] Something changed.

00:12:27.330 --> 00:12:32.730

So before we get to that perception
change, what even got you to JYU,

00:12:32.730 --> 00:12:38.430

Why the University of Jyväskylä?

[Henna] Um, we were at Hakijan päivä.

00:12:39.300 --> 00:12:44.400

[Irfan] Applicants' Day. [Henna] Yeah.

We were. We came here to like to get to

00:12:44.400 --> 00:12:47.100

know the university.

We went also to different places,

00:12:47.100 --> 00:12:54.720

but, uh, we get the

tour in, in accelerator laboratory.

00:12:54.870 --> 00:12:57.210

And then I remember it was quite
funny.

00:12:57.210 --> 00:13:00.390

It was high school, I think it was
the second grade in high school,

00:13:00.750 --> 00:13:04.890

and we went through with my friend
who was studying physics with me,

00:13:04.890 --> 00:13:09.600

and we went to the tour and I was
just looking all the machines

00:13:09.600 --> 00:13:11.970

and cables and everything.

I was like, oh my God,

00:13:11.970 --> 00:13:14.910

I cannot do this.

I would never be able to work here.

00:13:14.910 --> 00:13:19.710

I would not understand anything like
it was. The tour was really good.

00:13:20.070 --> 00:13:24.780

I was the things were explained well,
but still it felt like too much

00:13:24.780 --> 00:13:31.110

for me.

But somehow, I took a gap year after

00:13:31.110 --> 00:13:38.220

high school and then I was just, uh.

I had no idea what to do with I would

00:13:38.220 --> 00:13:44.540

want to be when I grow up and so on.

But then after I had worked for

00:13:44.540 --> 00:13:49.850

my gap year, like completely
different things, then I was.

00:13:49.850 --> 00:13:53.510

Somehow the physics had stayed in
my mind in the back of my mind.

00:13:53.510 --> 00:13:59.090

And um, maybe it was the tour in
the lab or something.

00:13:59.150 --> 00:14:02.030

Jyväskylä was like really
interesting for me.

00:14:02.030 --> 00:14:06.680

I found it really interesting,
like I had I didn't know anyone.

00:14:08.630 --> 00:14:12.380

I think, who studied here from
the place I'm from,

00:14:12.380 --> 00:14:20.570

maybe 1 or 2 people, but still.
But I knew it was like there was

00:14:20.570 --> 00:14:22.670

many...
There are many students in here

00:14:22.670 --> 00:14:28.250

and it's like university.
It's a big part of the city and

00:14:28.250 --> 00:14:30.770

so on.
And I also know that these sports

00:14:30.770 --> 00:14:37.340

aspects like the I knew volleyball
um, team from here and so on.

00:14:37.340 --> 00:14:43.790

So maybe it was somehow like it was
something I wanted - Jyväskylä.

00:14:43.820 --> 00:14:45.530

Yeah. [Irfan]

The little bits of your various

00:14:45.530 --> 00:14:49.160

interests were there so you could see
the elements of the things that you

00:14:49.160 --> 00:14:52.070

were doing since your childhood,
because you already mentioned,

00:14:52.070 --> 00:14:54.680

I can't remember was this
in the conversation beforehand,

00:14:54.680 --> 00:14:58.270

or was it like at the beginning here,
but we can get back to that later

00:14:58.270 --> 00:15:00.790

that you were doing sports,
you had a big interest in that.

00:15:00.790 --> 00:15:04.090

And then over time you say, oh,
maybe physics might be interesting.

00:15:04.330 --> 00:15:08.530

And then you see like, okay,
this place has some of these things,

00:15:08.530 --> 00:15:10.420

so it's going to stay in the
back of your mind.

00:15:10.690 --> 00:15:13.390

I was wondering during that time
when you took a gap year,

00:15:13.390 --> 00:15:19.480

did you do any physics at all?
[Henna] No, I did read through the...

00:15:22.960 --> 00:15:28.030

Like when you apply for the exam.
Okay. What is the word. [Irfan] Oh, the.

00:15:28.030 --> 00:15:31.060

Entrance exams. Or. [Henna] Yeah.

Like to get to the school.

00:15:31.120 --> 00:15:34.420

I didn't go...

I went to, like, different places.

00:15:34.420 --> 00:15:40.630

I went to the exams. [Irfan] Okay, okay.

So those were like the actual

00:15:40.780 --> 00:15:43.510

entrance exams that they do.

You have to do the prep for whatever.

00:15:43.510 --> 00:15:47.650

[Henna] Yeah, I like just before they
were coming I studied those,

00:15:47.650 --> 00:15:53.530

but yeah, but not much.

I just work at the service station

00:15:53.530 --> 00:15:58.360

and travelled a bit, but not... I try
to not to think about it too much because

00:15:58.360 --> 00:16:02.200

I was just like, I have no idea.

I will just apply somewhere and

00:16:02.200 --> 00:16:04.660

see how it goes.

I didn't want to think about it too

00:16:04.660 --> 00:16:08.620

much because sometimes it just gets

all messy if you think too much.

00:16:08.920 --> 00:16:11.380

[Irfan] I mean, often they say

the best thing is to just...

00:16:11.380 --> 00:16:15.070

If you have a big dilemma,

let it be for a long time, and then

00:16:15.070 --> 00:16:18.100

afterwards when you come back to it

just kind of like what you said.

00:16:18.130 --> 00:16:20.710

Oh, some plants were there,

some like seeds were there.

00:16:20.710 --> 00:16:22.870

And then it's going to give you
a bit of an idea in what

00:16:22.870 --> 00:16:26.110

direction to go to.

So when did you actually come to

00:16:26.110 --> 00:16:28.480

Jyväskylä?

[Henna] Um,

00:16:28.480 --> 00:16:34.650

I moved here when I started the...

[Irfan But what year was that? [Henna] 2018.

00:16:35.910 --> 00:16:42.120

[Irfan] Oh, okay. Okay. Okay.

Yeah. So. Okay. So you avoided.

00:16:42.120 --> 00:16:43.980

So you didn't begin immediately
during Covid.

00:16:43.980 --> 00:16:46.440

You just had it in the middle of
the middle of the studies,

00:16:46.440 --> 00:16:49.710

which is something I can relate to.

That's that that's an experience

00:16:49.710 --> 00:16:53.100

in of itself.

So when you started studying at JYU,

00:16:53.100 --> 00:16:56.400

did you still have that feeling of,

you know, did you remember being

00:16:56.400 --> 00:17:01.260

intimidated by the lab? [Henna]

Well, at first when I just, um,

00:17:01.260 --> 00:17:05.220

I was a bit scared to even when I.

Well, I moved here like,

00:17:05.220 --> 00:17:08.460

a bit before the schools.

I mean, the study started.

00:17:08.940 --> 00:17:13.920

I didn't even, like,

dare to go close to the university.

00:17:13.920 --> 00:17:17.160

I stayed on the other side of
the city. I was like, no.

00:17:17.160 --> 00:17:22.710

I was like, quite nervous about
what is going to be like. And will

00:17:22.710 --> 00:17:25.560

I find, of course,
will I find friends?

00:17:25.560 --> 00:17:32.130

And what's the atmosphere at the, at
the, the department? Yes, and so on.

00:17:32.130 --> 00:17:34.920

Like everything you think when
you start at a new place,

00:17:34.920 --> 00:17:38.040

the whole city was new.
I didn't know anyone from there,

00:17:38.580 --> 00:17:42.780

from here. And so and so yeah...
[Irfan] There was

00:17:42.780 --> 00:17:45.980

that element of anxiety that
kind of remained. [Henna] Yeah.

00:17:45.980 --> 00:17:49.100

But yeah,
I don't even remember the question.

00:17:49.100 --> 00:17:55.190

What did you I was just thinking so
much the first steps here. But yeah.

00:17:55.190 --> 00:17:58.490

[Irfan] we're getting back to that whole
you shouldn't be thinking too much.

00:17:58.490 --> 00:18:01.760

[Henna] Yeah. Yeah. [Irfan]
I mean, this is totally unrelated,

00:18:01.760 --> 00:18:05.000

but since you're a scientist,
is it difficult for you not to think?

00:18:05.750 --> 00:18:09.080

Do you feel like you constantly
have to have a mind map?

00:18:09.530 --> 00:18:12.830

[Henna] Maybe, but that's why I do.

I play volleyball. [Irfan]

00:18:13.460 --> 00:18:15.800

It gives you a little bit of a
distraction. [Henna] Yeah.

00:18:15.800 --> 00:18:20.840

I find it really important for me to,
like, play volleyball and not to

00:18:20.840 --> 00:18:26.330

think, um, studies or... [Irfan] To centre
yourself a little bit. [Henna] Yeah, yeah.

00:18:26.630 --> 00:18:29.510

[Irfan] But I'm gonna have to take you
back to the studies. [Henna] That's good.

00:18:29.600 --> 00:18:33.800

[Irfan] The volleyball is going to go
back at the end. Um, but. Okay.

00:18:33.800 --> 00:18:36.770

So did you find it difficult to
find yourself a community here?

00:18:37.670 --> 00:18:42.320

[Henna] I thought it could be because,
well, I knew nothing about this place.

00:18:42.320 --> 00:18:48.290

But even in the first days,
during the first days I met,

00:18:48.410 --> 00:18:52.580

I got to know the people who also
started at the same time as I,

00:18:52.580 --> 00:19:00.770

and so I quite quickly, I was really
glad to find like a group of friends

00:19:01.760 --> 00:19:05.000

who became really close to me,
and we are still friends,

00:19:05.000 --> 00:19:11.360

and it's like there is like
maybe eight of us. Like, really

00:19:11.360 --> 00:19:16.310

They are really same kind of people
as I am, which is really nice.

00:19:16.310 --> 00:19:19.840

I was really glad about it.

So yes, it was.

00:19:19.840 --> 00:19:25.240

I was scared of it, but it was

not that, like challenging.

00:19:25.480 --> 00:19:30.880

Yeah. [Irfan] You made it work. [Henna]

Yeah. And I the people I've got to

00:19:30.880 --> 00:19:35.500

know here, it's they're amazing.

And I'm really glad that I started

00:19:35.500 --> 00:19:39.550

here at the time and I got to know

them. And we are close. [Irfan]

00:19:40.150 --> 00:19:42.460

Did you have a tutor or something?

Do you remember that?

00:19:42.460 --> 00:19:46.240

[Henna] Yes,

we did have tutors and we have this

00:19:46.240 --> 00:19:52.870

like camp days or how it's called.

We went to the different places,

00:19:52.870 --> 00:19:56.710

stayed there overnight and it was

like we got to know each other

00:19:56.710 --> 00:20:02.560

and so on the whole, um, group

who studied at the physics then.

00:20:02.920 --> 00:20:06.430

[Irfan] Oh, that's really cute. [Henna] Yeah.

And there was tutors also, and that's

00:20:06.430 --> 00:20:09.880

how I like, got to know the people.

It was really, really nice.

00:20:09.880 --> 00:20:12.790

[Irfan] Oh, did the department organize

that or was that like an Ynnä thing?

00:20:13.270 --> 00:20:17.020

[Henna] It's department. Yeah. [Irfan]

Well kudos to the physics department.

00:20:17.020 --> 00:20:21.220

That's actually very clever. [Henna] It is.

It's quite small group of people

00:20:21.220 --> 00:20:23.410

who start there.

It's like 50 or something.

00:20:23.410 --> 00:20:28.570

So it was like I really liked it.

I that's how I like get to know

00:20:28.600 --> 00:20:33.000

you get to know people a lot

better in that way. [Irfan]

00:20:33.000 --> 00:20:36.900

So then it wasn't that scary to

get to the department. [Henna] Yeah. Yeah.

00:20:36.900 --> 00:20:42.270

But we yeah, it was like a few days

after like the first day. Yeah.

00:20:42.270 --> 00:20:45.930

We were the first days we spent at

the department and then we left to the

00:20:46.140 --> 00:20:51.720

place where we had the camp thing.

[Irfan] I actually love the concept of

00:20:51.720 --> 00:20:55.500

the camp. [Henna] Yeah, yeah.

I don't know if I think camp is

00:20:55.500 --> 00:20:58.530

correct word for it, but yeah. [Irfan]

I wonder if they still do it. Okay.

00:20:58.530 --> 00:21:01.680

That's that's that's kind of fancy.

I like I really like the concept.

00:21:02.160 --> 00:21:04.710

No, I think there isn't a better

thing than, you know,

00:21:04.710 --> 00:21:08.220

just like meet people on the ground

and especially before the studies

00:21:08.220 --> 00:21:12.120

directly start because I think

the the more comfortable you feel

00:21:12.120 --> 00:21:15.480

in a work and study environment,
the easier it's going to be for you

00:21:15.480 --> 00:21:18.630

to continue your actual studies.

Yeah, because you actually feel that

00:21:18.630 --> 00:21:23.400

you have a sense of belonging. [Henna]

Yeah. And also I think, uh,

00:21:23.400 --> 00:21:26.550

especially physics.

Well, I only know what it's like

00:21:26.550 --> 00:21:31.080

to study physics, but it's

really challenging you. Yeah.

00:21:31.080 --> 00:21:37.350

You need to spend quite a lot of
time to study and do all the

00:21:37.350 --> 00:21:41.160

stuff you need to do to get the
courses and so on.

00:21:41.160 --> 00:21:44.640

So, it's really important to know people.

00:21:44.640 --> 00:21:49.800

You get help from them,
the tutors also you it's easy to ask

00:21:49.800 --> 00:21:54.600

help from them with the questions
and so on and also the like

00:21:54.600 --> 00:21:58.410

people who are studying with you,
it's I find it really important

00:21:58.410 --> 00:22:04.680

to like for me, I needed people
around my like me to study.

00:22:04.890 --> 00:22:08.180

[Irfan] I completely understand
that, especially again, as you said,

00:22:08.180 --> 00:22:10.910

it's a difficult field.

Yeah, there's a lot of work.

00:22:10.910 --> 00:22:14.660

I always have this joke because,
um, technically speaking,

00:22:14.660 --> 00:22:17.750

I studied math, physics and German
when I was an undergrad.

00:22:17.960 --> 00:22:21.590

And then for the physics and math,
whenever you have, like,

00:22:21.830 --> 00:22:24.740

somebody who doesn't study the field,
there's always a joke of like,

00:22:24.740 --> 00:22:26.840

they ask you, oh,
when or when can we meet up?

00:22:26.840 --> 00:22:29.720

And if you have somebody who's a
social science person, they can see,

00:22:29.720 --> 00:22:33.260

oh, I have a book of 200 pages.
I know how quickly I can read it.

00:22:33.260 --> 00:22:34.850

[Henna] Yeah. [Irfan]

With us, when we're in STEM,

00:22:34.850 --> 00:22:39.590

it's kind of like, I have a problem.

It can take 2 hours or 22 hours.

00:22:39.590 --> 00:22:41.840

[Henna] Yeah, yeah. [Irfan]

When the inspiration is gonna hit.

00:22:41.840 --> 00:22:43.790

Yeah.

So then it's really nice if you have,

00:22:43.790 --> 00:22:46.040

like,

an actual support system that can...

00:22:46.040 --> 00:22:48.350

Oh, somebody might have one idea

and then you can kind of bounce

00:22:48.350 --> 00:22:51.590

off these ideas.

So it sounds like you had like

00:22:51.590 --> 00:22:55.100

an actually nice, you know,
study environment. [Henna] Yes.

00:22:55.220 --> 00:22:59.120

[Irfan] Uh, so how did your
studies progress? In the sense of.

00:22:59.120 --> 00:23:02.840

So you started off your bachelors and
you said that you started off with

00:23:02.840 --> 00:23:07.370

the intention of becoming a physics
teacher? So how did that evolve?

00:23:07.370 --> 00:23:11.000

Because you're clearly not a
physics teacher now. [Henna] Yes. No.

00:23:11.300 --> 00:23:19.790

Um, well, I, I was I did the,
like, first part of the studies

00:23:19.790 --> 00:23:24.190

to become a teacher,
but then somehow the physics part,

00:23:24.190 --> 00:23:31.990

like I wanted to do that more.

So when I did my bachelor's thesis,

00:23:32.650 --> 00:23:37.870

I did it to...

It's actually quite funny story how I

00:23:37.870 --> 00:23:43.360

ended up with my bachelor's thesis.

I was in the computer class at

00:23:43.360 --> 00:23:44.950

the physics department,

and then I was like,

00:23:44.950 --> 00:23:49.060

I have no idea what I'm going to do.

Am I going to be like, do it like

00:23:49.060 --> 00:23:54.190

educational thesis or physics?

Or if I do physics, what?

00:23:54.190 --> 00:24:01.060

Like what is what I'm going to do?

And then, uh, one of who is nowadays

00:24:01.060 --> 00:24:06.610

part of our research group, one
scientist came to the class and he

00:24:06.610 --> 00:24:11.110

just came to talk to us and was like,
uh, do you already know what you're

00:24:11.110 --> 00:24:14.620

going to do your thesis about?
I was like, no, I have no idea.

00:24:15.070 --> 00:24:20.110

And then he was like, I have an idea.
And that's how I ended up to do...

00:24:20.110 --> 00:24:27.250

Like it was more like particle
physics or. No, it was like mix.

00:24:28.060 --> 00:24:33.400

It was like, um, cosmic rays and
stuff. It was quite interesting.

00:24:33.760 --> 00:24:39.100

That's how I kind of get to know
the research group and so on.

00:24:39.340 --> 00:24:42.400

[Irfan] For bachelor's thesis.

Cosmic rays. [Henna] Yeah.

00:24:42.490 --> 00:24:46.900

[Irfan] Interesting: is there a research group that actually delves into that?

00:24:46.930 --> 00:24:51.850

[Henna] No, we I was like studying how we can. [Irfan] Oh you're good. [Henna]

00:24:52.870 --> 00:24:58.080

How we can detect them on Earth.

Oh I guess they come and we want to

00:24:58.080 --> 00:25:06.000

study them. So I was studying that.

But yeah, I was my supervisor's

00:25:06.270 --> 00:25:15.120

supervisor in bachelor's degree.

Was, um, a researcher from our from

00:25:15.120 --> 00:25:17.970

the group I'm working right now.

So that's how I got to know the,

00:25:17.970 --> 00:25:22.680

the, the, the group and so on.

[Irfan] The nuclear spectroscopy.

00:25:22.680 --> 00:25:27.390

Group? [Henna] Yeah.

Well first I was in a summer

00:25:28.320 --> 00:25:35.220

internship related to my, uh, the,
uh, bachelor thesis.

00:25:36.150 --> 00:25:40.410

And I worked about this with that
and not that much with the group.

00:25:40.410 --> 00:25:45.090

I was like doing my own things.
But then the next year after that,

00:25:46.650 --> 00:25:50.130

I got to like work with the
group also. Okay.

00:25:50.130 --> 00:25:55.230

And that's how I got to know the
supervisor of my master's thesis.

00:25:55.260 --> 00:25:58.020

[Irfan] Okay, uh,
before we get to the master's thesis,

00:25:58.020 --> 00:26:00.240

I want to wrap up one thing
about the bachelor's thesis.

00:26:00.240 --> 00:26:03.570

So you said that you had an
internship in the department? [Henna] Yeah.

00:26:03.810 --> 00:26:05.490

[Irfan] Uh,
how many internships did you have?

00:26:05.520 --> 00:26:07.860

Like, when was your first
internship in the department?

00:26:08.070 --> 00:26:20.390

[Henna] It was when I did my bachelor's
thesis. [Irfan] So 2020, 2021. [Henna] Um, 21.

00:26:21.410 --> 00:26:25.760

Okay. And when was the Covid?
Oh, I just the year... [Irfan]

00:26:26.270 --> 00:26:29.570

Oh the years all kind of like
connect together at some point. Yeah.

00:26:29.570 --> 00:26:31.670

But basically in the last year
of your bachelor's,

00:26:31.670 --> 00:26:34.880

that's your internship. [Henna] Yes.
[Irfan] And is that something that the

00:26:34.880 --> 00:26:37.460

department does for everybody?
You can kind of have an internship

00:26:37.460 --> 00:26:43.340

for your bachelor's thesis or. [Henna]
Uh, actually it's really nice at

00:26:43.850 --> 00:26:48.800

our department people,
you you have to nowadays have the,

00:26:49.100 --> 00:26:53.240

uh, bachelor's degree, but then you
can apply for a summer internship.

00:26:53.390 --> 00:26:59.810

Um, and I think many,
many of the applicants will get

00:26:59.810 --> 00:27:05.270

some something to do there. So.
So it's really nice but I didn't I

00:27:05.270 --> 00:27:09.920

should have got it done back by then.
But then there was something and

00:27:09.920 --> 00:27:12.680

it got delayed a bit.
My bachelor thesis.

00:27:12.680 --> 00:27:14.870

[Irfan] But yeah, I think there's
always, you know,

00:27:14.870 --> 00:27:19.550

anything that got delayed in 2020,
2021, 2022 is completely fine.

00:27:19.550 --> 00:27:23.150

I think we all have like the
universe gives us a break for

00:27:23.150 --> 00:27:26.540

those three particular years. Yes.

But okay, so you get your

00:27:26.540 --> 00:27:30.020

bachelor's thesis done and I guess

that kind of cemented it for you.

00:27:30.020 --> 00:27:32.690

Okay, I'm not going to be a

physics teacher.

00:27:32.690 --> 00:27:35.420

I'm going to go in a little bit

of a different direction.

00:27:35.690 --> 00:27:38.810

[Henna] Actually, I still... [Irfan]

You were still thinking. [Henna] Yeah.

00:27:38.930 --> 00:27:43.790

[Irfan] Oh, okay. [Henna]

I was in the on the first years of,

00:27:44.120 --> 00:27:49.150

on the first year of Masters.

Like yeah, the first year,

00:27:49.210 --> 00:27:53.590

if you want to be a teacher,
you usually go to the, uh,

00:27:53.590 --> 00:27:58.450

teacher training. Yeah, training.
It takes quite a big part of

00:27:58.450 --> 00:28:02.320

your year.
And I was still thinking about it,

00:28:02.320 --> 00:28:07.930

but then I was like, no,
I want first I will go this, uh,

00:28:07.930 --> 00:28:12.190

nuclear physics class and this.
And I will do it after if I want to,

00:28:12.190 --> 00:28:21.730

like, the teaching part.
And then I did the nuclear physics

00:28:21.730 --> 00:28:28.870

stuff, and somehow, it's just,
um, I will that much that I it

00:28:28.870 --> 00:28:32.590

got delayed again and again.

The teaching part. Yeah.

00:28:32.770 --> 00:28:34.750

[Irfan] And then it got delayed permanently.

[Henna] Yeah.

00:28:34.750 --> 00:28:40.000

I mean, I think I still could,

like, apply for the teaching. Yeah.

00:28:40.570 --> 00:28:46.210

And I don't want to like, I would

really like that to do I think.

00:28:46.210 --> 00:28:49.300

But right now it's not like what

I want to do. [Irfan] Yeah.

00:28:49.300 --> 00:28:53.050

It's not the immediate priority. Yes.

And there's always an opportunity

00:28:53.050 --> 00:28:56.770

when you do have the knowledge you

can always become an educator. [Henna] Yeah.

00:28:56.770 --> 00:28:59.070

[Irfan] As long as you do have that knowledge.

00:28:59.070 --> 00:29:01.860

So nuclear physics was the step that kind of created that click in

00:29:01.860 --> 00:29:05.910

your mind. [Henna] Yeah. [Irfan] The little delay. Uh, who was the professor?

00:29:05.910 --> 00:29:08.700

So was it just like the regular fundamentals of nuclear physics

00:29:08.700 --> 00:29:13.110

class or? [Henna]

It was just the basic,

00:29:13.350 --> 00:29:19.320

basic class. [Irfan] Oh. Okay. [Henna]

So we have to when you do

00:29:19.320 --> 00:29:24.420

Master's in physics,

you have to do two of three options.

00:29:24.420 --> 00:29:27.540

It's nuclear physics,
particle physics and the

00:29:28.800 --> 00:29:33.720

material physics. Okay. Yeah.

So I started with the nuclear

00:29:33.720 --> 00:29:36.660

physics,
and that was what I liked the most.

00:29:36.960 --> 00:29:40.740

[Irfan] And so okay,
so you already then had a connection

00:29:40.740 --> 00:29:44.580

with somebody in the group. [Henna] Yeah.

[Irfan] And did you immediately start

00:29:44.580 --> 00:29:49.770

off on internship in the group?

Uh, the next summer and then

00:29:49.770 --> 00:29:55.590

next summer? [Henna] Yeah, yeah.

Then of course I wanted to work at

00:29:55.590 --> 00:30:00.480

the university during the summer,
and I asked if there is any chance

00:30:00.480 --> 00:30:05.340

that I could continue my work with,
uh, the group. Yeah.

00:30:05.670 --> 00:30:11.550

And then there was a chance,
and I was happy to get it.

00:30:12.180 --> 00:30:14.310

[Irfan] So now we're getting into the
really meaty thing.

00:30:14.760 --> 00:30:18.180

Um, so how did the internship go?
[Henna] It went well.

00:30:18.180 --> 00:30:23.640

I had, like, it was divided to
two different things.

00:30:23.640 --> 00:30:29.730

I had my like, I had to build a
detector on my own and also I

00:30:29.730 --> 00:30:34.970

got to be part of the group.

So it was like half of the doing

00:30:34.970 --> 00:30:38.900

the detector and other half was

just basic work with the group,

00:30:38.900 --> 00:30:42.740

like... [Irfan] Were building a detector?

[Henna] No, it was like it was quite simple...

00:30:42.740 --> 00:30:47.270

[Irfan] But still! [Henna] Yes, yes it is.

It is really cool. I got yeah.

00:30:47.750 --> 00:30:51.050

And it was used actually in an

actual experiment.

00:30:51.050 --> 00:30:54.230

I saw a picture of it and I was like,

that's cool.

00:30:54.800 --> 00:30:56.420

[Irfan] That must give you a level of

satisfaction. [Henna]

00:30:56.420 --> 00:30:59.720

Yeah, yeah, it was actually,
I was in last summer.

00:30:59.720 --> 00:31:05.000

I was in, um, like summer school
where PhD students go and we

00:31:05.000 --> 00:31:13.430

studied and stuff, and one, um,
PhD student showed me a picture.

00:31:13.430 --> 00:31:17.000

Oh, we actually went to Jyväskylä
to do an experiment,

00:31:17.000 --> 00:31:20.090

and this is where I was set up.
And I was like, oh my God,

00:31:20.090 --> 00:31:24.590

that's there, I think I,
I made this. Yeah, it was so cool.

00:31:25.880 --> 00:31:28.190

So yeah,
that was one part of my summer.

00:31:28.190 --> 00:31:31.850

And the other part was like just
to get to know the group and

00:31:31.850 --> 00:31:37.430

what they do and set up the
experimental stuff and so on. [Irfan] Okay.

00:31:37.430 --> 00:31:40.430

And then by the end of the summer,
did you have an idea for a thesis?

00:31:40.910 --> 00:31:43.940

[Henna] Yeah.

Well, I was like, um,

00:31:44.180 --> 00:31:49.150

I really like the job we did there,
and I was thinking that, okay,

00:31:49.150 --> 00:31:53.590

this is I like this a lot.

Then I would like to continue.

00:31:54.760 --> 00:32:02.410

I mean, I could continue as a,
like, PhD student if, uh, like,

00:32:03.730 --> 00:32:08.380

it was possible.

So I was asking, like, if there is,

00:32:08.380 --> 00:32:16.750

like, a topic for the masters. Mhm.

And my supervisor then told me that

00:32:16.750 --> 00:32:25.000

he has one like data analysing thing.

And I was also hoping for something

00:32:25.000 --> 00:32:31.180

that I could was... [Irfan] Publishable?

[Henna] Well not yet but it was like

00:32:31.180 --> 00:32:33.760

something that you would do when

you are a PhD student,

00:32:33.760 --> 00:32:37.870

like the data analysing and stuff.

So not that much of the article yet,

00:32:37.870 --> 00:32:43.000

but just the data analysing.

Because if I want to be a PhD

00:32:43.000 --> 00:32:49.210

student, I have to want to do that
because it's big part of the job.

00:32:49.210 --> 00:32:54.220

So that's that was one of my mind,
not the article I did.

00:32:54.220 --> 00:32:57.190

You know that we could make an
article out of it yet. [Irfan] Okay.

00:32:57.340 --> 00:32:59.890

So So the goal was just like,
give me something that's going

00:32:59.890 --> 00:33:04.060

to give me a flavour of a PhD so
that I can decide for myself if I

00:33:04.060 --> 00:33:08.380

actually want to do it. [Henna] Yes, exactly.
[Irfan] So at what point during the

00:33:08.380 --> 00:33:12.940

thesis did you realize, oh,
I think I have something, um...

00:33:14.050 --> 00:33:19.390

[Henna] Well, I well,
it's quite a long process for a

00:33:20.020 --> 00:33:23.310

when you start to analyse the data.
And especially for me,

00:33:23.310 --> 00:33:28.950

because I had never done anything
like that before because, um, well,

00:33:28.950 --> 00:33:33.120

yeah, like the data analysis,
you have to do the calibrations and

00:33:33.120 --> 00:33:37.980

do this sorting codes and everything.
So it's quite it was quite long

00:33:37.980 --> 00:33:47.040

process. But after I had to like.
The data analysis worked like

00:33:47.040 --> 00:33:52.200

simplified that I have to like,
recognize the plots on the, um,

00:33:52.740 --> 00:33:56.610

data. Okay. [Irfan] Like find
some patterns. [Henna] Yeah, exactly.

00:33:56.610 --> 00:34:03.030

And then I think I, my supervisor,
had given some hints about that

00:34:03.420 --> 00:34:09.720

there might be something new in
there and so on and that there.

00:34:09.930 --> 00:34:13.500

Yeah. Well, okay.

The experiment had done was done

00:34:13.500 --> 00:34:20.850

in 2005 where I got the data and
somehow it had ended up like that.

00:34:20.850 --> 00:34:24.780

It was not analysed. [Irfan] Interesting.
[Henna] But there was there was things

00:34:24.780 --> 00:34:29.370

and it wasn't analysed.

And then my supervisor had the

00:34:29.370 --> 00:34:33.540

data.

I think he had somehow went already

00:34:33.540 --> 00:34:38.790

through the data, and he told me

later that he knew what was in there.

00:34:38.790 --> 00:34:44.070

So I got to he like gave me

day to day that you analyse.

00:34:44.070 --> 00:34:51.150

And yeah, at some point when I was

at the that part in the analyse

00:34:51.390 --> 00:34:58.070

analysing that there was nothing to

where I was able to like to connect

00:34:58.070 --> 00:35:06.320

that specific dot on the data. Okay.

[Irfan] But was it kind of like was your

00:35:06.320 --> 00:35:09.290

supervisor surprised or was he

kind of just like, ah, yes.

00:35:09.290 --> 00:35:11.060

I was just waiting for you to
find it. [Henna] No.

00:35:11.060 --> 00:35:14.600

He was like, yeah,
you found it or something like that.

00:35:14.930 --> 00:35:17.480

[Irfan] But but that's okay. [Henna]
So tell me, what did you find?

00:35:18.110 --> 00:35:24.200

I find new isotope that was not
published before. Yeah.

00:35:25.310 --> 00:35:29.750

[Irfan] Oh, astatine 190. Right. [Henna] Yes.
[Irfan] Which I feel like that is probably.

00:35:29.750 --> 00:35:32.810

You're probably tired of those
three numbers and those two letters

00:35:32.810 --> 00:35:38.060

after like a year of having that.
Um, so I'm not going to bug you

00:35:38.060 --> 00:35:40.520

with too many of these things.

You've probably gone through like

00:35:40.520 --> 00:35:44.720

10 million times in your life.

But it's a really cool thing when you

00:35:44.900 --> 00:35:48.530

get a master's thesis, get some data.

The idea was, oh,

00:35:48.530 --> 00:35:53.630

let me see if there is enough.

Do I like the flavour of this to

00:35:53.630 --> 00:35:56.930

go into a PhD?

And then you end up with, oh,

00:35:56.930 --> 00:36:02.120

I found an isotope.

I got an award from the university

00:36:02.120 --> 00:36:07.280

for scholarship, I believe.

And you were also invited at to

00:36:07.280 --> 00:36:10.130

a fascinating party that we're
going to get to later.

00:36:10.130 --> 00:36:14.560

You know, the little a little bit of
a tease here, but how did you feel,

00:36:14.560 --> 00:36:17.560

how did you feel on an emotional
level, like did you have this

00:36:17.890 --> 00:36:22.000

awareness of I never was
thinking about going into this,

00:36:22.000 --> 00:36:25.360

and now you're here like, oh,
I found something that nobody

00:36:25.360 --> 00:36:31.840

else has found before. [Henna] Yeah.
I was like, um, I really liked

00:36:31.840 --> 00:36:35.740

the process of the analysis,
analysing the data. So

00:36:35.740 --> 00:36:40.600

And I was like, I want to like,
do this properly and learn as

00:36:40.600 --> 00:36:46.090

much as possible.

And my supervisor also was like, um,

00:36:46.630 --> 00:36:50.710

he's really good, at teaching.

So and so on. I learned a lot.

00:36:50.860 --> 00:36:58.060

And, and then when we published,
well, at first when I heard that I

00:36:58.060 --> 00:37:03.700

can do, I can publish the paper,
I was like, it was somehow.

00:37:04.990 --> 00:37:09.100

Well, of course it was exciting.
I would not have thought that I

00:37:09.100 --> 00:37:12.820

would be able to do such a thing
already in master's thesis.

00:37:13.720 --> 00:37:22.180

And I don't know how to explain
my feelings, but I was excited,

00:37:22.180 --> 00:37:30.370

But somehow, I was like, like just
trying to do well with the paper

00:37:30.370 --> 00:37:35.890

and so on. [Irfan] Did you feel nervous?
[Henna] Yes. Yes, I did, because of course.

00:37:36.460 --> 00:37:42.850

Um, yeah.
I just got an amazing chance like

00:37:42.850 --> 00:37:48.300

opportunity to do that. Like.
And I'm really grateful my supervisor

00:37:48.300 --> 00:37:51.870

and all the whole research group,
they took me like so well and I

00:37:51.870 --> 00:37:55.380

really like to work there,
and that's how I ended up there.

00:37:55.590 --> 00:37:59.340

So I was really grateful.

Also, that's maybe the biggest one.

00:37:59.940 --> 00:38:01.950

[Irfan] I mean, I,

I saw that even in your thesis,

00:38:01.950 --> 00:38:05.550

and I haven't seen this often in
master's thesis. You really did.

00:38:05.550 --> 00:38:07.740

And, you know, I think it's one
of the first pages you're really

00:38:07.740 --> 00:38:10.890

expressing gratitude to the
university, the research group,

00:38:10.890 --> 00:38:14.880

your advisor and your family.

And I guess also the people in 2005

00:38:14.880 --> 00:38:19.080

who did the entire measurement.

Where did the data come from in 2005?

00:38:19.230 --> 00:38:23.430

Was it at JYU? [Henna] Yes, yes.

They did an experiment at the

00:38:23.430 --> 00:38:27.810

accelerator lab. [Irfan]

Okay, so quite the circle over here.

00:38:27.810 --> 00:38:28.680

[Henna] Yeah. [Irfan]

Was it like,

00:38:28.680 --> 00:38:31.890

did the nuclear spectroscopy group

actually, do the experiment? [Henna] Yes.

00:38:31.890 --> 00:38:33.750

[Irfan] Oh, that's. So that's kind of funny.

You know,

00:38:33.750 --> 00:38:38.040

the data was created in the group.

You randomly bumped into the group

00:38:38.820 --> 00:38:42.450

in a completely different thing,

and then kind of came back with

00:38:42.450 --> 00:38:46.380

a result to the group. [Henna] Yes.

It was nice when I well, of course,

00:38:46.380 --> 00:38:51.600

when I had we had written the

manuscript of the paper and the whole

00:38:51.600 --> 00:38:54.660

research group will get their names,

of course, there because they have

00:38:54.660 --> 00:38:57.360

done the measurements and stuff.

So it was nice when I first

00:38:57.600 --> 00:39:02.420

circulated the manuscript and

people like, oh, I was just a

00:39:02.420 --> 00:39:06.230

couple years ago thinking that

what has happened to this data.

00:39:06.230 --> 00:39:11.900

And so, so it was so nice to like,

get the data analysed and so on.

00:39:12.650 --> 00:39:14.990

[Irfan] And also to give closure,
in a sense, to everybody who

00:39:14.990 --> 00:39:18.680

worked on that project. [Henna] Yeah.
[Irfan] And it ended up in, uh, the what

00:39:18.680 --> 00:39:21.110

is it called, Physical Review,
C. Or something like that. [Henna] Yes.

00:39:21.110 --> 00:39:24.380

[Irfan] So a pretty big American publication.
[Henna] Yeah. [Irfan]

00:39:24.560 --> 00:39:26.720

Did you actually, like physically?
Were you the one writing the

00:39:26.720 --> 00:39:31.910

article or was it like a. Oh, wow.
[Henna] Yeah, I of course it's I,

00:39:31.910 --> 00:39:37.250

it's still a learning process to
write like scientific, um,

00:39:37.250 --> 00:39:42.230

texts. Yeah. Yeah. It's. Yeah.

But yeah, I did I was the one

00:39:42.230 --> 00:39:47.120

writing it, of course, with help
with my supervisor and the team.

00:39:47.150 --> 00:39:53.900

Yes, yes and yeah, we after we
had done the first version of it

00:39:53.900 --> 00:39:57.140

with my supervisor, we send it
to the whole group and they were

00:39:57.140 --> 00:40:00.350

able to comment it and so on.
So everyone give the impact to

00:40:00.470 --> 00:40:03.980

make sure. [Irfan]

So how did it feel for you to

00:40:03.980 --> 00:40:08.750

basically, in like a span of a couple
of days, become the public face

00:40:08.750 --> 00:40:11.870

of physics in Jyväskylä and like
for a certain amount of time, the

00:40:11.870 --> 00:40:17.300

public face of physics in Finland? [Henna]
It was crazy. [Irfan] Was it a party as well?

00:40:17.870 --> 00:40:22.040

[Henna] Was it... [Irfan] You
know, the whole Käärijä thing:

00:40:22.040 --> 00:40:27.050

It's crazy. It's party. [Henna] Oh, sorry.
Yes. Maybe at some point.

00:40:27.380 --> 00:40:30.740

Eventually it was. [Irfan]
Eventually it was a party. [Henna]

00:40:30.740 --> 00:40:38.800

Yeah, but yeah, it was crazy.
It was just like, um, when the first,

00:40:39.400 --> 00:40:42.190

when we published it,
it got like some attention,

00:40:42.190 --> 00:40:48.190

like abroad in Europe and in US
and so on. And that was crazy.

00:40:48.190 --> 00:40:53.980

I saw all the articles because when
we publish a paper we do this like.

00:40:55.150 --> 00:40:58.630

[Irfan] Referee process and... [Henna]
Yeah, but we also do like.

00:40:59.740 --> 00:41:02.170

to the university site we write
like this... [Irfan]

00:41:03.670 --> 00:41:06.100

Oh like the report of what you did.
[Henna] Yeah. Yeah.

00:41:06.100 --> 00:41:12.490

So they had written articles
based on that, what we wrote on

00:41:12.490 --> 00:41:19.420

like all around Europe and US.
So I was about that like, whoa.

00:41:19.420 --> 00:41:26.050

And I saw, um.

you can see how people have viewed

00:41:26.050 --> 00:41:30.040

your paper and so and so I was like,

this is cool.

00:41:30.610 --> 00:41:39.910

And then, um, okay, keskisuomalainen

contacted me and wanted to do an

00:41:39.910 --> 00:41:46.930

article to their newspaper.

And it was, of course,

00:41:46.930 --> 00:41:49.890

I was like, it's great.

Honoured they wanted to do it.

00:41:49.890 --> 00:41:57.300

And I sent the message to Kalle, my

supervisor like, oh,

00:41:57.330 --> 00:42:02.400

they want to do this, and so on.

He was also really excited.

00:42:03.210 --> 00:42:11.010

And after the keskisuomalainen article,
it got a lot of views.

00:42:11.010 --> 00:42:15.480

I think it was the most read
article on there,

00:42:15.480 --> 00:42:20.940

like online article that day.
And that's how it got a lot of

00:42:20.940 --> 00:42:25.500

attention.
And other papers also contacted me

00:42:25.500 --> 00:42:33.540

and... [Irfan] The national news. [Henna] Yes,
YLE also came to the department.

00:42:34.350 --> 00:42:37.020

Huh? [Irfan] To the department. [Henna] Right?
Yeah, they came to department

00:42:37.020 --> 00:42:42.570

and we got to introduce the
actual lab for them. So.

00:42:42.930 --> 00:42:45.000

[Irfan] As I said to you privately,
I think you should just, like, start

00:42:45.000 --> 00:42:49.380

organizing tours of the building.

[Henna] Yeah, but we do those for, like,

00:42:50.130 --> 00:42:52.710

high school students, just.

[Irfan] Like you said, because that's

00:42:52.710 --> 00:42:55.650

how you discovered it. [Henna] Yeah.

Yeah, I think it's important.

00:42:55.650 --> 00:42:58.050

And many high schools come there
and it's good.

00:42:58.050 --> 00:43:03.450

But yeah, you just all like,
happened so quickly after the, um,

00:43:04.320 --> 00:43:11.250

keskisuomalainen was published. Their article.

All the others just kept calling

00:43:11.250 --> 00:43:15.240

me and I was like, whoa,
this is actually happening.

00:43:15.240 --> 00:43:20.670

[Irfan] So, uh, what was the response in
your hometown? Was there any.

00:43:20.670 --> 00:43:28.190

[Henna] Okay. Yes, yes.
They were really proud. They, um.

00:43:28.460 --> 00:43:35.840

Well, mostly because I didn't visit
Juva at that time, like, immediately.

00:43:36.050 --> 00:43:40.640

But my mom told me that, uh,
many people came to her and

00:43:41.330 --> 00:43:44.780

congratulate for this thing.
I don't understand what's happening,

00:43:44.780 --> 00:43:49.610

but congrats. [Irfan] That's adorable.
[Henna] Yeah. Yeah. She was. Yeah.

00:43:50.090 --> 00:43:58.880

Her visits at the supermarket were
longer than normal. [Irfan] Oh. Nice. So

00:43:59.090 --> 00:44:02.120

So, mom, like, took a little bit
of your celebrity status.

00:44:02.150 --> 00:44:06.920

[Henna] Yes, I was happy for it. [Irfan]
Um, do you think also that this

00:44:06.920 --> 00:44:11.090

is kind of a statement of that
the fact that in Finland,

00:44:11.090 --> 00:44:15.140

science matters. [Henna] Mhm. [Irfan]
Do you, do you feel like you're

00:44:15.140 --> 00:44:17.660

getting this level of attention
and the department and the work

00:44:17.660 --> 00:44:21.020

getting that level of attention.
Do you believe that does show. Okay.

00:44:21.020 --> 00:44:24.200

Here in Finland we care about
scientific research? [Henna] Yes.

00:44:24.200 --> 00:44:28.280

I think it was really nice to see
that people were interested and

00:44:28.280 --> 00:44:34.100

wanted to hear about the research,
because not many people before

00:44:34.100 --> 00:44:40.480

that I think knew about the
study we do here.

00:44:40.750 --> 00:44:44.320

And so I find it really like
interesting.

00:44:44.320 --> 00:44:47.890

And it was really nice to see
that people were interested

00:44:47.890 --> 00:44:50.590

about these things.

[Irfan] So I, I mean,

00:44:50.590 --> 00:44:53.770

the interest was rather great.

It was big enough to get you invited

00:44:53.770 --> 00:44:57.370

to the and now we're getting to it,

you know, the party of the year, as

00:44:57.370 --> 00:45:01.450

some would say in Finland. [Henna] Yes, yes.

So do you want to tell us a

00:45:01.450 --> 00:45:04.690

little bit about what was Linnan

juhlat like. Like,

00:45:04.870 --> 00:45:09.610

First of all, I'm dying to know.

How does the invitation process go?

00:45:11.530 --> 00:45:17.140

[Henna] Um, well, actually, I was first

invited to the Linnan juhlien etkot,

00:45:17.140 --> 00:45:23.410

the TV show that comes

right before the actual, um, Linnan

00:45:23.410 --> 00:45:31.810

juhlat to like for interview there.

And back then, I didn't know if

00:45:31.810 --> 00:45:36.070

I was going to be in.

Absolutely, absolutely didn't

00:45:36.070 --> 00:45:39.580

think that I will be there.

But it was great that they even

00:45:39.580 --> 00:45:41.800

asked me to the etkot,

the first part of

00:45:41.800 --> 00:45:52.870

it and well, you get the letter...

One day I didn't... I was just thinking,

00:45:52.870 --> 00:45:56.920

was it like two months before or a

month before or something like that?

00:45:57.070 --> 00:46:01.120

I went to home one day.

And then there was the letter

00:46:01.240 --> 00:46:08.950

from President that was like,
you are invited to Linnan juhlat.

00:46:10.150 --> 00:46:12.960

[Irfan] So just for an
international audience.

00:46:12.960 --> 00:46:16.440

And I got to ask you this as a as
a local, how would you explain

00:46:16.590 --> 00:46:19.320

explain Linnan juhlat
to like somebody from

00:46:19.320 --> 00:46:24.030

outside of Finland. [Henna]
Uh, it's the Independence Day

00:46:24.030 --> 00:46:29.640

celebrations. Yeah.
Um,

00:46:30.090 --> 00:46:41.130

the president invites to his palace.
People like who had made some impact

00:46:41.130 --> 00:46:47.160

during the year and also the all the
politicians and and yeah, I think it

00:46:47.160 --> 00:46:51.990

depends about the president who he
wants to or they want to invite.

00:46:51.990 --> 00:46:55.710

[Irfan] And and as far as I understand,
it's kind of like the day when all

00:46:55.710 --> 00:46:59.250

Finns are glued to the television.

[Henna] Yes, I have always, I think,

00:46:59.250 --> 00:47:04.230

watched that we just walk and do a
handshake with the President and the,

00:47:05.220 --> 00:47:11.670

uh, President's wife.

And then we then they walk past

00:47:11.670 --> 00:47:15.870

and there is dancing and so on.

But the most important part of

00:47:15.870 --> 00:47:19.290

it is the handshakes. [Irfan]

So how proud must've your mother

00:47:19.290 --> 00:47:22.470

been like seeing you shake the

President's hand? [Henna]

00:47:22.500 --> 00:47:28.700

Yeah, she was really I and also my,

like, whole family. It was like.

00:47:29.270 --> 00:47:31.280

Yeah. [Irfan]

So how did that entire

00:47:31.280 --> 00:47:34.100

experience feel for you?

Because I think you told me a little

00:47:34.100 --> 00:47:38.240

bit earlier that you and some other

young researchers were basically

00:47:38.240 --> 00:47:42.560

some of the first people to,

like, shake Sauli's hand? [Henna] Yeah.

00:47:42.560 --> 00:47:48.710

Well, it went like,
it felt like so surreal. So surreal.

00:47:48.710 --> 00:47:56.090

Surreal, yes. The whole experience.
Like when I was walking to the palace

00:47:56.090 --> 00:48:03.620

and, um. Well, I was asked to. Okay.
In the letter it says when you

00:48:03.620 --> 00:48:08.210

when your handshake is and
that's you have to be there like

00:48:08.600 --> 00:48:12.380

50 minutes or something earlier
or half an hour or something.

00:48:13.130 --> 00:48:17.030

And then I was when I went to the,
uh.

00:48:19.220 --> 00:48:24.410

Well, I left my jacket and so on,
and I was asked to go upstairs,

00:48:24.410 --> 00:48:30.080

and the woman who guided me there
was like, okay, you will be one

00:48:30.080 --> 00:48:33.680

of the first ones to go in.

And at that point, that was the

00:48:33.680 --> 00:48:37.430

first time I heard, like,

I was actually one of the first ones.

00:48:37.820 --> 00:48:48.950

So, um, yeah, we were just waiting
the first 12 of us waiting in this

00:48:49.130 --> 00:48:52.820

different place to get there.

And we were said that you will

00:48:52.820 --> 00:48:57.830

go first and then you go.

But this year it was that, uh,

00:48:57.830 --> 00:49:02.800

they wanted that.

It was like someone who has been

00:49:02.800 --> 00:49:07.060

in the field for a very long time,
goes first and then someone new,

00:49:07.840 --> 00:49:13.960

some new young people. Yeah.

But there was like I was

00:49:13.960 --> 00:49:18.280

presenting the young researchers,
so there was me.

00:49:18.280 --> 00:49:23.320

And then there was like, uh,
politicians, like me,

00:49:23.320 --> 00:49:27.580

like old and young people.

And then there was like.

00:49:28.150 --> 00:49:33.100

Like athletes and so on.

It was like coupled in pairs.

00:49:33.100 --> 00:49:37.120

[Irfan] So, so, so, so kind of like the.

Basically the cream of Finnish

00:49:37.120 --> 00:49:41.890

society in a sense of like everybody
who's done something meaningful.

00:49:41.890 --> 00:49:44.620

Yeah. For the society.

And I really love how you're

00:49:44.620 --> 00:49:47.860

mentioning that, that at the same
time they were honouring all,

00:49:48.100 --> 00:49:50.620

you know, the older people.

So I guess the people who have a

00:49:50.620 --> 00:49:53.200

legacy. [Henna] Yeah. [Irfan]

And then also showing, hey,

00:49:53.200 --> 00:49:57.550

we do have a future. [Henna] Yeah. [Irfan] Over
here. Uh, did that reality immediately

00:49:57.550 --> 00:50:01.930

kind of strike you of, oh,

I'm part of this future generation,

00:50:01.930 --> 00:50:07.510

and I've just now been basically
handed a symbol of I'm a part of

00:50:07.510 --> 00:50:10.360

the future, you know, scientific
generation here. [Henna] Yeah.

00:50:10.360 --> 00:50:21.600

And it was like, um, it was so like,
great to see how it was like taking

00:50:21.600 --> 00:50:26.670

into consideration us younger
people also because usually,

00:50:27.990 --> 00:50:31.170

well, people have used it...

That's why everyone was so

00:50:31.170 --> 00:50:36.270

surprised when I came like at
the beginning of the show,

00:50:36.270 --> 00:50:43.860

because usually they are the like.

Uh, people who have been doing

00:50:43.860 --> 00:50:47.070

these things like long time and
they are like the important

00:50:47.070 --> 00:50:54.210

people come first, like, um.

[Irfan] Like, it's kind of based on

00:50:54.210 --> 00:51:00.810

seniority in a sense. Or. [Henna]

Yeah, well. Well. Oh, sorry.

00:51:00.960 --> 00:51:08.760

But it's the people who have made a
great impact to Finland, I think

00:51:08.910 --> 00:51:13.920

are the ones that come the first.

And then they just wanted also

00:51:13.920 --> 00:51:19.380

to show the newer generation.

It was just great. So great to see.

00:51:19.590 --> 00:51:24.510

It was a great honour to be there. [Irfan]

Oh. Does it ever stress you out like

00:51:24.510 --> 00:51:26.250

all of this?

That you've been kind of doing

00:51:26.250 --> 00:51:29.400

all the promotion, constantly

putting yourself out there?

00:51:29.430 --> 00:51:33.420

Does it leave you space to,

you know, breathe, in a sense to

00:51:33.660 --> 00:51:38.580

to calm down, to take it all in.

[Henna] It all happened quite quickly.

00:51:38.880 --> 00:51:41.970

To be honest.

Like I was really enjoying it.

00:51:41.970 --> 00:51:46.980

And it was.

I really enjoyed the fact that I was

00:51:46.980 --> 00:51:52.610

able to, like, show people that we do

this kind of science here, and if you

00:51:52.610 --> 00:51:57.740

want to and you work hard enough,
you can do anything you want to.

00:51:58.040 --> 00:52:04.850

But yeah, it was quite it was really
intense and actually only like a

00:52:04.850 --> 00:52:13.040

couple of months ago I watched some.
I mean, the part when I entered

00:52:13.040 --> 00:52:15.860

the President's palace.

And so and I was like,

00:52:16.460 --> 00:52:23.300

that actually happened. I was there.

So yeah, it was it happened really

00:52:23.300 --> 00:52:29.570

quickly. Everything. The whole thing.

But I've enjoyed it, of course.

00:52:30.140 --> 00:52:34.310

[Irfan] Oh, so you mentioned a second a
go that, you know, if you work hard,

00:52:34.310 --> 00:52:38.090

you can make everything work out
and everything can be possible.

00:52:38.600 --> 00:52:42.230

Um, so so what's kind of the next
step for you? What's the next goal?

00:52:43.460 --> 00:52:48.380

[Henna] I want to do my PhD.

[Irfan] And you, you're still in the

00:52:48.560 --> 00:52:51.140

nuclear spectroscopy group.

Do you have anything particular

00:52:51.140 --> 00:52:57.170

that you're working on right now?

[Henna] Uh, yes, I actually we are

00:52:57.170 --> 00:53:02.680

working on a paper right now.

It's almost ready, actually.

00:53:02.680 --> 00:53:12.850

But also I have my, um.

Like the experiment for my PhD thesis

00:53:12.880 --> 00:53:18.790

is I already have that measured.

We did measure it like a couple

00:53:18.790 --> 00:53:21.220

months ago. [Irfan] Oh, cool.

[Henna] So now I have the data,

00:53:21.220 --> 00:53:24.310

so I get to analyze it now. [Irfan]

Oh. So that's kind of cool.

00:53:24.310 --> 00:53:27.250

It's like literally what you were

preparing for. [Henna] Yes, exactly.

00:53:27.250 --> 00:53:32.290

It's quite a lot more

challenging now.

00:53:32.590 --> 00:53:38.230

There is more detectors and more
stuff to learn. But yes.

00:53:38.650 --> 00:53:40.030

[Irfan] So what are you going to give us
next time?

00:53:40.030 --> 00:53:43.030

Is it going to be another isotope or
are you going for a new element?

00:53:43.480 --> 00:53:49.030

[Henna] Oh no, we don't study new
elements here in the Jyväskylä. But let's see.

00:53:49.030 --> 00:53:52.180

[Irfan] That's the secret underground
lab under the accelerator.

00:53:53.710 --> 00:53:58.930

[Henna] Yeah, but we'll see.
I did in my master's thesis

00:54:00.250 --> 00:54:06.070

write about the 188 astatine.
So we'll see. [Irfan] Yeah.

00:54:06.160 --> 00:54:08.320

Can you give me like a two
minute overview of that?

00:54:08.320 --> 00:54:11.530

Because I did not get that.
So was it just like you're

00:54:11.530 --> 00:54:14.470

hypothesizing that it might
exist and you have like a little

00:54:14.470 --> 00:54:19.420

bit of proof or? [Henna]
Uh, it was that it is there,

00:54:19.660 --> 00:54:25.000

but it was just so there was
like one and half events of it.

00:54:25.000 --> 00:54:32.050

So it needed a lot more like
work to be able to say that it's

00:54:32.050 --> 00:54:34.750

actually there.
So it was not reasonable to do for

00:54:34.750 --> 00:54:37.440

my master's thesis. [Irfan] Okay. Okay.
So is it kind of like one of those

00:54:37.440 --> 00:54:41.250

things just like it wasn't there
wasn't enough data to actually

00:54:41.250 --> 00:54:44.790

figure out reliably the half
life or something like that or.

00:54:44.940 --> 00:54:49.530

[Henna] Well, there wasn't like it
needed more work. We needed.

00:54:49.560 --> 00:54:55.590

We needed more like theory to
study it, like different theory

00:54:55.590 --> 00:54:59.430

group and so on.

And so because it was my

00:54:59.430 --> 00:55:03.570

master's thesis.

So we didn't want to publish it yet.

00:55:03.720 --> 00:55:05.730

[Irfan] Oh, okay.

You got to leave something for

00:55:05.730 --> 00:55:08.940

the PhD. [Henna] Yeah. [Irfan]

Hey, you got to get the three article.

00:55:08.940 --> 00:55:11.460

Minimum. [Henna] Yeah. [Irfan]

Well, okay, then I'll bug you in,

00:55:11.460 --> 00:55:14.550

like, a year when I learn a little
bit of extra physics so I can ask.

00:55:14.700 --> 00:55:19.500

You know, reasonable and
responsible question. Um, but.

00:55:19.500 --> 00:55:23.520

Okay, so beyond the physics and
everything and the PhD work, which

00:55:23.520 --> 00:55:30.210

sounds like a lot. How do you relax?

[Henna] Um, I play volleyball and do other

00:55:30.210 --> 00:55:34.590

sports. I just don't know how.

Well, I don't know if it's relaxing,

00:55:34.590 --> 00:55:40.470

actually, but for me, it is.

And also, I'm just relaxing at home.

00:55:41.700 --> 00:55:43.380

[Irfan] Do you, like,
read a book or something?

00:55:45.420 --> 00:55:52.670

I have read really not that much.
It's sad I should read more like

00:55:52.670 --> 00:55:55.520

actual books because I only read
some... [Irfan] Textbooks. [Henna]

00:55:55.670 --> 00:55:58.850

Yeah, but that's been my goal
for this year.

00:55:58.850 --> 00:56:03.350

I haven't... For this summer I will
read a book other than like an

00:56:03.650 --> 00:56:06.710

article or something. [Irfan]
I mean, you said a book,

00:56:06.710 --> 00:56:09.230

so that's a low bar.
You can always get one of those,

00:56:09.230 --> 00:56:12.860

you know, uh, old school comic.

Books. [Henna] Yeah.

00:56:12.860 --> 00:56:18.950

well, I'm traveling soon,

so that's usually, when I travel.

00:56:18.950 --> 00:56:23.450

I read books, but not that much at

home. Somehow I just don't find time.

00:56:23.450 --> 00:56:26.630

Maybe I'm spending too much time

on my phone or something. [Irfan]

00:56:28.850 --> 00:56:31.370

No, you're supposed to portray

this image of a perfectionist.

00:56:31.370 --> 00:56:35.150

You're never on your phone. [Henna]

Yeah. [Irfan] No,

00:56:35.150 --> 00:56:38.120

but it's honestly wonderful to see

that you can balance yourself out.

00:56:38.120 --> 00:56:42.830

And this is a guy who studied
physics, and I come from a

00:56:42.830 --> 00:56:45.740

perspective of I always imagined
physicists as, you know,

00:56:45.740 --> 00:56:50.630

very stiff, in one particular reality.
And it's nice to see somebody

00:56:50.630 --> 00:56:54.200

breaking that stereotype of like,
yeah, I can do my work.

00:56:54.200 --> 00:56:57.500

I can be physically active.
I can also chill on my phone,

00:56:57.500 --> 00:57:00.980

and every now and then I can decide
to plan to think about reading a

00:57:00.980 --> 00:57:05.960

book. [Henna] Yes. [Irfan] You have
those options. But why the volleyball?

00:57:08.060 --> 00:57:12.320

[Henna] Ah that's a good question
I'm quite short for the sport for

00:57:12.320 --> 00:57:15.830

volleyball actually, so I have been
thinking about it because volleyball

00:57:15.830 --> 00:57:21.170

you need to be quite tall. Mhm.
But I have just, I started when I

00:57:21.170 --> 00:57:29.350

was in secondary school maybe.
And I just really liked it.

00:57:29.350 --> 00:57:38.020

Always like it's team sports and
there is always like a challenge

00:57:38.020 --> 00:57:42.610

you have to when I'm.
I'm not at all as you.

00:57:42.610 --> 00:57:46.030

It would be good to be if you want
to be a great volleyball player.

00:57:46.030 --> 00:57:48.880

So there has always been the
challenge for me that I need to

00:57:48.880 --> 00:57:54.700

jump high. And there is.

I have like, yeah, there is a lot to

00:57:54.700 --> 00:57:58.780

do for me in there. So I don't know.

[Irfan] You have the technique down.

00:57:59.110 --> 00:58:01.270

[Henna] Yeah, yeah.

[Irfan] But it is,

00:58:01.300 --> 00:58:04.090

is it kind of that you have this
personality that you like things

00:58:04.090 --> 00:58:10.960

where you have space for progress?

[Henna] Yes. It seems like that. Yeah, yeah.

00:58:10.960 --> 00:58:13.540

[Irfan] I'm just gonna note that was the
second quickest yes

00:58:13.540 --> 00:58:16.780

That you've given in the podcast

The first quickest was, I think,

00:58:16.990 --> 00:58:20.680

when I asked, were you nervous about

doing all of these public interviews

00:58:20.680 --> 00:58:23.620

and whatever or. No. It was.

Were you excited about the result?

00:58:23.650 --> 00:58:25.540

[Henna] Yeah. [Irfan]

So when you do volleyball here,

00:58:25.540 --> 00:58:28.750

is it just like, you know, for your

own soul or do you do it like semi

00:58:28.750 --> 00:58:32.530

professionally or how do you do it.

Is there like a team of the

00:58:32.530 --> 00:58:35.500

university? [Henna]

No, it's actually not from

00:58:35.500 --> 00:58:41.340

university. It's team.

Um, it's in actually located in

00:58:41.340 --> 00:58:47.940

Laukaa. Oh, so close to Jyväskylä. It's

Vehniän Wartti. [Irfan] Uh, so what is it, like,

00:58:47.940 --> 00:58:51.960

an official sports team? [Henna] Yes.

We play like it's second division.

00:58:51.960 --> 00:58:55.350

We play.

We were actually, uh,

00:58:55.350 --> 00:59:00.570

we got silver last season.

We were second best in the second

00:59:00.570 --> 00:59:04.050

league in volleyball in Finland.

Yeah. Last season.

00:59:04.050 --> 00:59:06.630

[Irfan] So what year was that?

That's 2023 season. [Henna] Yes.

00:59:06.630 --> 00:59:12.600

It ended in like May. Now, May. [Irfan]

Now I get to criticize everybody

00:59:12.600 --> 00:59:14.040

else

I mean who did the interviews and

00:59:14.040 --> 00:59:17.610

they never they never noticed

this playing the second division

00:59:17.610 --> 00:59:21.000

of Finnish volleyball. That's... [Henna]

Yeah. But but there's like the.

00:59:23.940 --> 00:59:26.670

Main league and then there is

the first Division and then the

00:59:26.670 --> 00:59:29.400

second Division.

But we do play like every week

00:59:29.400 --> 00:59:32.160

and we have games.

[Irfan] I mean still some of us couldn't

00:59:32.160 --> 00:59:36.540

play in the seventh Division.

[Henna] But yeah I have.

00:59:36.750 --> 00:59:41.340

I really like volleyball.

It's the team is like really

00:59:41.340 --> 00:59:45.090

important also to like balance with
the work and studies and so on.

00:59:46.110 --> 00:59:52.080

It's we have great team and also
it's challenging enough the

00:59:52.080 --> 00:59:55.590

second division.

But it's we practice only twice a

00:59:55.590 --> 00:59:59.070

week and like actually volleyball
training is twice a week.

00:59:59.070 --> 01:00:05.010

And then we have games every weekend.

But it's just good balance for me.

01:00:05.460 --> 01:00:09.240

[Irfan] Do you manage to engage in any,
you know, like student events?

01:00:09.330 --> 01:00:12.480

You you said you still have that,
you know, friend group from the

01:00:12.480 --> 01:00:14.900

beginning of your bachelor.
So I'm assuming you guys hang out?

01:00:14.930 --> 01:00:19.940

[Henna] Yeah, yeah,
we in the beginning of studies, we

01:00:19.940 --> 01:00:26.270

did go a lot to the events and so on.
Of course, now I don't I rather

01:00:26.270 --> 01:00:32.120

sleep, go to bed early.
But yeah we, I do hang out with them.

01:00:32.270 --> 01:00:36.830

I try my best to get time also
for everybody. Yeah.

01:00:37.850 --> 01:00:41.780

but sometimes it's a bit challenging.

But I have managed. Yeah.

01:00:42.350 --> 01:00:44.300

[Irfan] But it sounds like you're
satisfied with the number of

01:00:44.300 --> 01:00:46.640

patches on your overalls.

You don't need any more appros.

01:00:47.000 --> 01:00:50.330

[Henna] Yeah.

Yes I am I'm happy with the ones

01:00:50.330 --> 01:00:52.850

I have already. [Irfan]

Do you get like an extra one for when

01:00:52.850 --> 01:00:55.430

you get an article? They should.

They should have that every time

01:00:55.430 --> 01:00:58.430

you do an article you get a...

[Henna] That would be cool. Yeah.

01:00:58.550 --> 01:01:02.450

Well here's a proposal. [Irfan] Um.

So kind of like the last thing

01:01:02.450 --> 01:01:04.820

that I wanted to ask you.

Or one of the last things.

01:01:05.390 --> 01:01:10.520

You came into physics from a
perspective of believing that

01:01:10.520 --> 01:01:14.210

you can't do it.

Or I guess I wouldn't even maybe say,

01:01:14.210 --> 01:01:16.220

can't do it first,

that you shouldn't do it.

01:01:16.220 --> 01:01:19.670

Maybe that's even a better one.

And I know a lot of people can

01:01:19.670 --> 01:01:24.080

come in to that from from such a
perspective, the reason why they're

01:01:24.080 --> 01:01:27.310

at that place might be different.

Uh, some people might come from

01:01:27.310 --> 01:01:29.710

the perspective of, oh,

it's a male dominated field.

01:01:29.740 --> 01:01:33.460

I don't want to touch it.

Uh, some people might have had a,

01:01:33.460 --> 01:01:36.550

hypothetically speaking, a really bad
experience in their undergraduate,

01:01:36.550 --> 01:01:38.830

and then they might be thinking,

do they really want to continue doing

01:01:38.830 --> 01:01:42.520

physics? Um, not a personal story.

Absolutely not.

01:01:43.060 --> 01:01:46.060

Um, and some people might have just,
you know, been already damaged in

01:01:46.060 --> 01:01:48.370

high school, and they realize that
I don't want to touch physics.

01:01:48.460 --> 01:01:51.490

So what's a piece of advice that
you would give to people who are

01:01:51.490 --> 01:01:56.440

thinking about, you know,
continuing or starting or restarting

01:01:56.440 --> 01:02:03.190

their journey in physics at JYU?
Um, that was a mouthful.

01:02:03.190 --> 01:02:05.920

I know, I'm sorry. [Henna] Yeah.
I'm just trying to process the

01:02:05.920 --> 01:02:13.300

question. Well, I think.
Can you repeat the question? So.

01:02:14.710 --> 01:02:18.790

it was really great. But yeah.
[Irfan] You're good. Totally fine. Uh, no.

01:02:18.790 --> 01:02:19.990

What's a piece of advice you
would just,

01:02:19.990 --> 01:02:24.580

like give people who are looking
into coming to study physics at JYU?

01:02:25.300 --> 01:02:29.440

[Henna] Uh, I think it's important to
work hard. It needs.

01:02:29.470 --> 01:02:36.400

It needs a lot of work to manage,
I think, to get the bachelor's and

01:02:36.400 --> 01:02:42.070

master's, but I think it really
is rewarding. And I would say.

01:02:44.740 --> 01:02:48.760

Um, you will find friends.
It's good to have, like at least

01:02:48.760 --> 01:02:52.990

from my view point of view,
it was really important that I found

01:02:52.990 --> 01:02:57.850

my group of friends and we were
able to work together and like,

01:02:58.870 --> 01:03:03.570

struggle together all the
exercises every week and so on.

01:03:03.570 --> 01:03:07.170

But it's rewarding, I'd say.
I'm really I have to say,

01:03:07.170 --> 01:03:13.620

I'm really proud that I have like
a master's degree in physics,

01:03:13.620 --> 01:03:19.860

because I know how much it takes to,
like, get all the credits and

01:03:19.860 --> 01:03:28.290

credits so and so, but it's yeah,
it will be rewarding even though

01:03:28.290 --> 01:03:32.070

it's a lot to work. But yeah. [Irfan]
Uh, would you say for yourself that

01:03:32.070 --> 01:03:35.070

you've achieved and it's always a loaded question for a Finn when we

01:03:35.070 --> 01:03:38.430

talk about it, but like, have you achieved happiness in the department?

01:03:38.550 --> 01:03:43.590

[Henna] Yeah, it's the department is really nice, actually.

01:03:43.590 --> 01:03:48.810

The science, the researchers there and everyone who works there, it's

01:03:49.080 --> 01:03:55.320

there like close to the students.

Also, like there is not this.

01:03:56.490 --> 01:03:59.490

[Irfan] There isn't this barrier. [Henna]

Yeah. You can go to ask.

01:03:59.490 --> 01:04:04.200

You can go ask questions from professors if you need to.

01:04:04.200 --> 01:04:07.680

And the tutors are nice and also
the like.

01:04:08.280 --> 01:04:11.610

Students that are have studied
longer than you.

01:04:11.610 --> 01:04:14.690

You can it's like it's quite
small place.

01:04:14.720 --> 01:04:20.540

The Department of Physics,
we have like we people know each

01:04:20.540 --> 01:04:24.500

other and it's like.

I think it's like warm atmosphere

01:04:24.500 --> 01:04:31.400

there. And I've enjoyed it. [Irfan]

Like a little family. [Henna] Yes, yes. [Irfan] Okay.

01:04:31.700 --> 01:04:35.690

Well, Henna, I think this is like,
the perfect point to stop it. Uh.

01:04:35.690 --> 01:04:38.660

Thank you. Like, really very much.

First of all, for your time,

01:04:38.660 --> 01:04:41.900

I know that you're somebody who.

I mean, probably out of all the

01:04:41.900 --> 01:04:44.810

people associated with JYU,

you're probably one of the more

01:04:44.810 --> 01:04:48.650

difficult people to get, uh,

your time. So I really appreciate it.

01:04:48.650 --> 01:04:51.980

Uh, I also appreciate your work

in general, both on a level,

01:04:51.980 --> 01:04:54.380

on a scientific level,

as somebody who's curious about

01:04:54.380 --> 01:04:57.740

physics and who used to do it,

slash is going to do it again.

01:04:57.830 --> 01:05:00.620

But also the fact that you're
really taking out the time to,

01:05:00.620 --> 01:05:04.070

you know, promote the discipline,
the things that you're saying and

01:05:04.070 --> 01:05:08.900

that you're still trying to maintain
that your passion for educating,

01:05:09.290 --> 01:05:13.400

for sharing this, you know,
interest in physics, but also on a

01:05:13.400 --> 01:05:16.130

professional and research level.
So thank you for sharing your

01:05:16.130 --> 01:05:18.980

curiosity with us.

And as I always say to the rest of

01:05:18.980 --> 01:05:22.580

the crowd, if you guys are curious
about more things about JYU

01:05:22.610 --> 01:05:25.220

you do still have our podcast,
JYU for YOU.

01:05:25.220 --> 01:05:28.820

There are a couple of other episodes.
If you're curious about physics,

01:05:28.820 --> 01:05:32.060

you can definitely look into the
master's degree programme at the

01:05:32.060 --> 01:05:36.230

University of Jyväskylä.
If you want to figure out the 190

01:05:36.230 --> 01:05:38.930

Astatine and how it was actually
discovered, you can check out

01:05:38.930 --> 01:05:42.620

the article in Physical Review C.
I can't remember what the actual

01:05:42.620 --> 01:05:47.060

name of the paper do you remember it?
[Henna] Alpha decay properties of the

01:05:47.060 --> 01:05:50.770

new isotope 190 Astatine.

[Irfan] We will leave it in the

01:05:50.770 --> 01:05:52.900

programme notes.

And if you don't understand that

01:05:52.900 --> 01:05:56.200

there Henna's thesis which was
absolutely lovely at explaining it.

01:05:56.560 --> 01:05:59.590

Well, thank you guys again for
the attention, Henna, thank you for

01:05:59.590 --> 01:06:02.230

your time. [Henna] Thank you.

[Irfan] Kiitos ja moikka. Cheers.