

Ananthan Ambikairajah

Neuroscientist. Educator. Science Communicator.

✉ ananthan.ambikairajah@canberra.edu.au 🌐 ananthanambikairajah.com

CAREER OBJECTIVE

My career objective is to work in an intellectually challenging environment that combines my passions for research, teaching and science communication, as well as enriched opportunities to be a lifelong learner.

MISSION STATEMENT

I am determined and committed to:

- Conduct high quality research investigating genetic, environmental and lifestyle factors which influence brain health, with a particular focus on ageing and menopause.
- Enhance student motivation and engagement to promote positive learning outcomes and facilitate a journey of personal growth.
- Communicate science to the public to spark engagement, critical thought and encourage respectful scientific discourse.

CURRENT ROLES

EMPLOYMENT

Lecturer 2021 to date

University of Canberra - Faculty of Health, Discipline of Psychology

OTHER ROLES

Visiting Fellow 2022 to date

Australian National University - College of Health and Medicine

Teacher and Developer - Software, Data and Library Carpentry 2020 to date

The Carpentries

Podcast Presenter 2018 to date

Midnight Conversations

EDUCATION

Doctor of Philosophy (PhD) 2018 to 2022

Australian National University - Research School of Population Health

[Thesis](#)

Master of Teaching (Secondary) Science Double Method Specialisation 2016 to 2017

University of New South Wales - School of Education

Weighted Average Mark (WAM): 85.78 (High Distinction Average)

Bachelor of Science (Neuroscience) 2012 to 2015

University of New South Wales - School of Medical Science

Weighted Average Mark (WAM): 75.81 (Distinction Average)

PUBLICATIONS

My PhD was awarded and conferred on the 14th of July, 2022. As of February 2nd, 2023, I have published 10 papers (8 first authored), which have been cited 265 times (H-index 6, Google Scholar), one of which with a FWCI of 6.36 (average 2.16, 33% of publications in top 10% most cited publications worldwide, 85.71% Q1, 100% Q1/Q2, from 2019 to >2022, Scopus). My peer review to publication ratio is 1.7:1 (Web of Science)

1. Namsrai, T., **Ambikairajah, A.** & Cherbuin, N. (2023). Poorer sleep impairs brain health at midlife. *Scientific Reports*, 13, 1874. doi:10.1038/s41598-023-27913-9
2. **Ambikairajah, A.**, Walsh, E., & Cherbuin, N. (2022). A review of menopause nomenclature. *Reproductive Health*, 19(1), 1 - 15. doi:10.1186/s12978-022-01336-7
3. **Ambikairajah, A.**, Tabatabaei-Jafari, H., Hornberger, M., & Cherbuin, N. (2021). Age, menstruation history, and the brain. *Menopause*, 28(2), 167-174. doi:10.1097/GME.0000000000001688
4. **Ambikairajah, A.**, Ambikairajah, R., & Ambikairajah, E. (2021). The impact of improving feelings of relatedness on motivation and engagement for tertiary students. *International Journal of Mathematical Education in Science and Technology*, 52(5), 721-730. doi:10.1080/0020739X.2019.1703149
5. **Ambikairajah, A.**, Tabatabaei-Jafari, H., Walsh, E., Hornberger, M., & Cherbuin, N. (2020). Longitudinal changes in fat mass and the hippocampus. *Obesity*, 28(7), 1263-1269. doi:10.1002/oby.22819
6. **Ambikairajah, A.**, Walsh, E., & Cherbuin, N. (2019). Lipid profile differences during menopause: a review with meta-analysis. *Menopause*, 26(11), 1327-1333. doi:10.1097/GME.0000000000001403
7. **Ambikairajah, A.**, Walsh, E., Tabatabaei-Jafari, H., & Cherbuin, N. (2019). Fat mass changes during menopause: a metaanalysis. *American Journal of Obstetrics & Gynecology*, 221(5), 393-409. doi:10.1016/j.ajog.2019.04.023
8. **Ambikairajah, A.**, & Tisdell, C. C. (2019). E-Examinations and the Student Experience Regarding Appropriateness of Assessment and Course Quality in Science and Medical Science. *Journal of Educational Technology Systems*, 47(4), 460-478. doi:10.1177/0047239518822016
9. Low, J. K., **Ambikairajah, A.**, Shang, K., Brown, D. A., Tsai, V. W., Breit, S. N., & Karl, T. (2017). First behavioural characterisation of a knockout mouse model for the transforming growth factor (TGF)- β superfamily cytokine, MIC-1/GDF15. *PloS one*, 12(1), e0168416. doi:10.1371/journal.pone.0168416
10. **Ambikairajah, A.**, Devenney, E., Flanagan, E., Yew, B., Mioshi, E., Kiernan, M. C., Hodges, J. R., & Hornberger, M. (2014). A visual MRI atrophy rating scale for the amyotrophic lateral sclerosis-frontotemporal dementia continuum. *Amyotrophic Lateral Sclerosis and Frontotemporal Degeneration*, 15(3-4), 226-234. doi:10.3109/21678421.2014.880180

CONFERENCE ABSTRACT AND POSTER PUBLICATIONS

INTERNATIONAL

1. Cherbuin N., Namsrai T., **Ambikairajah A.** (2022). Good sleep, healthy brain, and sharp mind all dream together. Abstract and poster accepted for the 28th Annual Meeting of the Organisation for Human Brain Mapping, OHBM, Scotland.
2. **Ambikairajah A.**, Tisdell C. (2018) The Effects of E-Examinations on Student Satisfaction Regarding Appropriateness of Assessment and Course Quality in Science and Medical Science. Presentation accepted for the *International Mobile Learning Festival*, Mobile Learning, STEM and Transdisciplinary Education, Singapore.

NATIONAL

1. **Ambikairajah A.**, Tisdell C. (2020). Algorithms and software - "Using Maple in humanities related assessment: Exploring beyond mathematical boundaries in education". Presentation accepted for the *Maple Conference*, Online.

2. **Ambikairajah A.**, Tisdell C. (2016). Changing how we think about teaching - A reflection of the Pilot Active Learning Spaces (PALS) initiative. Abstract accepted for the *Learning and Teaching Forum, Towards 2025: Inspiring Learning*, University of New South Wales, Australia.

CONFERENCE ORAL PRESENTATIONS

NATIONAL

1. **Ambikairajah A.** (2018). Being Courageous: Exploring new approaches to improve and expand learning experiences - "A Practical Framework for Courageousness in Teaching". Presentation accepted for the *Learning and Teaching Forum, Partners in Learning: Connecting Communities*, University of New South Wales, Australia.
2. **Ambikairajah A.** (2017). Inspired Learning by Inspired Teaching - "Quality student relationships can predict excellence in learning and teaching". Presentation accepted for the *Learning and Teaching Forum, Educational Excellence: Transforming Futures*, University of New South Wales, Australia.

STUDENT SUPERVISION

PHD

1. **Tergel Namsrai** - Associate supervisor 2022 to date
Australian National University
2. **Tianqi Zhang** - Associate Supervisor 2021 to date
Australian National University

MASTERS

1. **Tergel Namsrai** - Co-supervisor 2020
Australian National University

HONOURS

1. **Georgina Todd** - Primary supervisor 2023
University of Canberra
2. **Lynn Rackley** - Primary supervisor 2023
University of Canberra
3. **Siena Montgomery** - Primary supervisor 2023
University of Canberra
4. **Letetia Mackenzie** - Primary supervisor 2022
University of Canberra
5. **Mateus Viana Dos Santos** - Primary supervisor 2022
University of Canberra
6. **Tarun Sharma** - Primary supervisor 2022
University of Canberra
7. **Jovana Acevska** - Primary supervisor 2021
University of Canberra

AWARDS

Nominated for the ANU Medical School Education Award for Excellence in Tutoring

2020

Australian National University

Anonymous nomination comment: "Ananthan's vibrant and interactive tutoring style made it easy and fun to learn. He takes an active interest in students' lives, teaches with humour and fosters open and non-judgemental discussion, encouraging learning for all. He made the content understandable and interesting, re-invigorating our interest in population health. He allowed us to self-direct our learning, facilitated our discussions, and created welcoming and enjoyable tutorials. This helped us to consolidate our knowledge and memories of our fun conversations helped immensely when recalling content throughout exams. He was an outstanding tutor, even throughout the difficulties of online learning, and we cannot recommend him enough for this award. His passion for teaching made learning a lot easier and interesting!"

Complex Human Data Summer School Scholarship

2019

University of Melbourne

The Complex Human Data Summer School (CHDSS) Scholarship was a one off payment, valued at \$500, which covered the cost of travel and/or accommodation. Across 6 consecutive days, the CHDSS covered topics that included programming in R, reproducibility and open science, GitHub, bayesian data analysis, best practices for running online studies, experience sampling, probabilistic models of cognition, exploratory data analysis and generalised linear models.

Research to Impact Scholarship

2018

Canberra Innovation Network

The Research to Impact Scholarship was a one off payment, valued at \$2000, which covered the cost of 4 half-day workshops that covered areas such as (1) innovation essentials and finding market need, (2) Value propositions for big impact, (3) Business models, value chain and collaboration and (4) Pitching for outcomes and building your pitch-deck. In addition to this, the program involved intensive self-study before each workshop and a one on one follow up session.

Australian Government Research Training Program Domestic Scholarship

2018 to 2021

Australian National University

The Australian Government Research Training Program (AGRTP) Domestic Scholarship was a fortnightly payment leading to a sum of \$83 946, over 3 years. The AGRTP Fee-Offset Scholarship covers the full tuition fees for 3 years.

Dean's List for Academic Excellence

2017

University of New South Wales - Faculty of Arts and Social Sciences

The Dean's List for Academic Excellence is awarded to students that have maintained a High Distinction Weighted Average Mark (WAM).

PROFESSIONAL EXPERIENCE IN RESEARCH

Lecturer

2021 to date

The University of Canberra - Faculty of Health, Discipline of Psychology

At the University of Canberra, I am employed as a Lecturer. In this role I am responsible for:

- Developing an active research program including seeking external funding, conducting research and publishing.
- Supervising students' research projects at honours and postgraduate levels.

Researcher for Burns Group

2020

Australian National University - Centre for Research on Ageing, Health and Wellbeing

With Dr Richard Burns, my role was to work conduct a literature review for a consultancy report for *Exhale*, which focused on domains related to mental and physical health and wellbeing. In this role I was responsible for:

- Conducting a literature review on domains related to health and wellbeing.
- Writing a report that explained the findings of the review in a digestible and understandable way to a non-scientific audience.

Researcher for Cherbuin Group

2017 to 2020

Australian National University - Neuroimaging Brain Lab (NIMBL)

With Professor Nicolas Cherbuin, my role was to work collaboratively with a team on a systematic review and meta-analysis, which investigated the effect of Body Mass Index (BMI) on brain volume. This project allowed me to develop fundamental research skills required by a first year PhD student, including:

- Collating papers through a systematic search of online databases.
- Conducting title, abstract and full text screening.
- Extracting and analysing data, using the statistical package, R.

Researcher for Tisdell Group

2016

University of New South Wales - Science Learning and Teaching Unit

With Professor Chris Tisdell, my role was to conduct self-directed work on a pre-established education project, which investigated the effectiveness of electronic examinations on the student learning experience. This project led to a first-author paper publication. In this role, I was responsible for:

- Analysing the data.
- Writing a manuscript for the research project.

Research Volunteer for Piguet Group

2014 to 2015

Neuroscience Research Australia - Neurodegenerative Diseases

My work with Professor Olivier Piguet enabled me to develop my research skills and knowledge of frontotemporal dementia (FTD). In this role, I worked with the Piguet Group on a number of research projects for my Bachelor of Science (Neuroscience) degree, which allowed me to:

- Conduct literature reviews and obtain quality feedback on my writing skills.
- Engage in personalised meetings and develop from professional mentorship, which helped further my understanding of dementia research and brain imaging techniques, such as Voxel-Based Morphometry (VBM) and develop experience with the grant writing process.
- Work in a collaborative team environment, attend group meetings and contribute to academic discussions.
- Gain exposure in utilising a wide array of research techniques and statistical methods for analysis of behavioural and imaging data.

Research Volunteer for Karl Group

2013

Neuroscience Research Australia - Mental Health

With Professor Tim Karl, my role was to work collaboratively on a 3 month intensive animal research project, which investigated the role of MIC-1/GDF15 on behavioural domains of male and female knockout mice including locomotion, exploration, anxiety, cognition, social behaviours and sensorimotor gating. This project led to a paper publication. In this role, I was responsible for:

- Completing an animal care and ethics course at UNSW, which I obtained a mark of 94% (High Distinction).
- Appropriate, careful and safe handling and care of the mice, to ensure minimal pain and distress.

- Conducting behavioural research on mice including tests such as the elevated plus maze, open field test, continuous spontaneous alternation in the Y-maze, social interaction test, fear conditioning and the prepulse inhibition test.
- Recording behavioural data from all experiments.
- Conducting formal analysis on the collected data, using the statistical software package, SPSS.

Research Volunteer for Hornberger Group

2012

Neuroscience Research Australia - Neurodegenerative Diseases

My work with Professor Michael Hornberger was initially intended to be a learning experience, however, due to my strong work ethic and eagerness to learn, I was encouraged to work on a research project, which investigated the use of a novel visual rating scale that would help clinicians reliably distinguish between ALS, ALS-FTD and bvFTD atrophy patterns on an MRI scan. This project led to a first-author paper publication. In this role, I was responsible for:

- Undertaking self-directed reading and reviewing of the literature.
- Viewing coronal MRI scans and implementing the rating scale to assess different regions of the brain.
- Collaborating with collaborators to analyse and interpret the results.
- Writing a manuscript for the research project.
- Working with research collaborators to address reviewer comments on the paper.

PROFESSIONAL EXPERIENCE IN TEACHING (UNIVERSITY)

Lecturer

2021 to date

The University of Canberra - Faculty of Health, Discipline of Psychology

At the University of Canberra, I am employed as a Lecturer. In this role I am responsible for:

- Coordinating and convening units and courses in Psychology and statistics.
- Designing, developing, delivering and coordinating innovative and engaging lectures, tutorials, laboratory classes and workshops as required.
- Undertaking marking and the development of assessment materials at the undergraduate and postgraduate levels.

Teacher and Developer - Software, Data and Library Carpentry

2020 to date

The Carpentries

In this role, I was responsible for:

- Teaching R, shell, Git and software engineering skills to scientists and engineers at bootcamps and online sessions.
- Developing new instructional content.
- Developing and maintaining The Carpentries GitHub repositories.

Teacher and Coordinator - CRAHW R Statistics Workshops

2019 to 2020

Australian National University - Centre for Research on Ageing, Health and Wellbeing

In this role, I was responsible for:

- Developing and delivering high quality, engaging workshops about linear/generalised linear models to PhD candidates and early career researchers.
- Developing practice questions using R code.
- Administrative tasks necessary for the successful operations of the course.

Teacher - Statistics Workshops in R

2019 to 2020

Australian National University - Biological Data Science Institute

In this role, I was responsible for:

- Developing and delivering high quality, engaging workshops about linear/generalised linear models, linear mixed models, model selection, graphing, R Markdown and GitHub to PhD candidates and early career researchers.
- Designing the curriculum.

Sessional Teacher - POPH8919: Life Course Approaches to Human Ageing

2018 to 2020

Australian National University - Research School of Population Health

In this role, I was responsible for:

- Developing and delivering high quality, engaging lectures and tutorials to students.
- Designing assessment tasks.
- Marking assessment tasks and providing prompt, valuable and insightful feedback.

Sessional Teacher - 1st and 2nd year Doctor of Medicine and Surgery degree

2018 to 2020

Australian National University - Centre for Research on Ageing, Health and Wellbeing

In this role, I was responsible for:

- Delivering high quality, engaging problem based learning tutorials to students.
- Teaching fundamental statistical concepts in an interesting, relevant and understandable way.

Convenor and Sessional Science Teacher - ANUC1107: Logic and Critical Reasoning

2017

Australian National University College

In this role, I was responsible for:

- Developing and delivering high quality, engaging lectures and tutorials to students.
- Designing and implementing assessment tasks, including assignments and final exam papers.
- Marking assessment tasks and providing prompt, valuable and insightful feedback.
- Addressing student concerns and issues.

Sessional Teacher - SCIF1121: Professional Perspective and Practice

2016 to 2017

University of New South Wales - Science Learning and Teaching Unit

I have been consistently rated highly by students on feedback questionnaires, including CATEI and MyExperience (reports available upon request), with an average score of 5.83 out of 6 for all assessment categories. In this role, I was responsible for:

- Delivering high quality, engaging tutorials to students.
- Implementing innovative teaching strategies to enhance student-learning experience.
- Collaborating with faculty members, to shape the design of the course, based on student feedback.
- Addressing student concerns and issues.
- Conducting analysis on teaching practices, which have led to conference presentations.

Casual Science Teacher - Biology

2015 to 2016

University of New South Wales Global

In this role, I was responsible for:

- Delivering high quality, engaging tutorials to students.
- Conducting laboratory demonstrations.

PROFESSIONAL EXPERIENCE IN TEACHING (HIGH SCHOOL)

Science Teacher (PE2 Placement - 9 Weeks)

2016

South Sydney High School

At South Sydney High School, I taught a range of students (including Year 8, 10 and 12), from varying socioeconomic backgrounds. These challenges enabled me to 1) adapt my teaching style to match the

students' learning needs and 2) implement innovative teaching strategies to engage students in science. Two detailed reports of my performance on this placement are available, upon request. An overview of my contributions to the school include:

- Designing lesson plans and delivering high quality, engaging lessons.
- Organising and developing an engineering workshop for Year 8 students.
- Contributing to the development of an action research project, which incorporated online quizzes and examinations for student assessment tasks and formative learning activities.
- Setting high behavioural expectations and implementing effective classroom management techniques and strategies to facilitate a productive learning environment for students.
- Contributing to student mentoring programs.

Science Teacher (PE1 Placement - 4 Weeks)

2016

Randwick Girls High School

At Randwick Girls High School, I taught a Year 11 class and a special needs Year 8 class. A detailed report of my performance on this placement is available, upon request. An overview of my contributions to the school include:

- Designing lesson plans and delivering high quality, engaging lessons.
- Implementing weekly quizzes, to enhance student feedback and learning.
- Incorporating differentiation into the classroom, to address the learning needs of students.

Sessional Science Teacher

2014 to 2017

Matrix Education

At Matrix Education, I have primarily taught Biology for Year 12 students. I have helped students develop and implement effective learning strategies, which have enabled them to achieve success in their Higher School Certificate (HSC). In this role, I was responsible for:

- Designing lesson plans and delivering high quality, engaging lessons.
- Marking student quizzes, to provide detailed feedback.
- Consulting with the CEO on the operations and educational initiatives within the faculty of science.

PROFESSIONAL EXPERIENCE IN PRESENTING/COMMUNICATION

Podcast Presenter

2018 to date

Midnight Conversations

Midnight Conversations was a podcast that discussed published, peer-reviewed scientific papers in an understandable and engaging way. The primary aim of the podcast was to foster a public interest in current scientific research to promote public engagement and provide a forum for critical and productive scientific discourse. In this role I was responsible for:

- Discussing scientific papers in an interesting and understandable way by highlighting the relevance and importance of key findings.
- Editing the podcast.
- Managing the operations of social media channels for the podcast.

Science Communicator

2015

Neuroscience Research Australia

My neuroscience background, combined with my writing and presenting skills enabled me to be successfully employed as a science communicator at Neuroscience Research Australia (NeuRA). In this role, I was responsible for:

- Translating technical scientific research into easily digestible information for media organisations and the general public.

- Establishing strong professional relationships and openly communicating with various media outlets and journalists to promote research conducted at NeuRA.
- Writing media releases, magazine articles and blog posts to create public traction for research.
- Creating engaging podcasts to enhance public interest in neuroscience research.
- Creating video content to explain key neuroscience research areas to the public.
- Providing intensive training sessions for scientists, to help them explain their research to the public.
- Writing quarterly board reports for relevant stakeholders.

Marketing Director

2014

Warrane College's The Big Picture Program

The Big Picture Program is a 5 day camp, which helps students shape their professional and personal direction in life. Due to my passion for mentoring students and longstanding involvement as a volunteer for the program, I was asked to be the director of marketing in 2014. My contributions included:

- Identifying specific areas of weakness in the marketing strategies for the program, and creating a core team of expertise to specifically focus on and address these limitations.
- Enhancing student outreach by speaking at a large number of schools across NSW and ACT. This initiative, in addition to other strategies, led to a three-fold increase in the number of enrollments from the previous year (i.e. from 20 to 60 students), which was the largest intake the program had experienced.
- Establishing strong professional connections with businesses, entrepreneurial companies and universities in NSW, to provide students with educational experiences including, guest lectures, engineering and science demonstrations and campus tours.

Science Student Ambassador

2013 to 2016

University of New South Wales - Faculty of Science

As a science student ambassador, I was actively involved in outreach to high school and primary school students to stimulate engagement and interest in science. Due to my experience in presenting and public speaking, my responsibilities included:

- Teaching primary and high school students about science.
- Interviewing scientists for UNSW's video content.
- Speaking at public events for the science faculty.
- Being outsourced as a presenter for the centralised university outreach division, which resulted in ad-hoc presenting roles and guest speaking invitations at public events, both on and off campus.

Radio Show Host for The Pod

2013

Arc at University of New South Wales

The Pod was a campus radio show at UNSW. In this role I was responsible for:

- Creating engaging and entertaining podcasts for students.
- Writing interview questions and hosting the show.
- Organising guests for the show, including Australian comedians such as Wil Anderson, Fiona O'Loughlin and Sammy J.
- Editing the podcast.
- Managing a volunteer base of students.

PROFESSIONAL EXPERIENCE WITH COMMITTEES

Courses and Units Sub-Committee (CUSC)

2022 to date

University of Canberra - Faculty of Health

Ageing Research Group Core Member

2021 to date

University of Canberra - Ageing Research Group

IARU Research Meeting - Organising Committee Member	2019
<i>International Alliance of Research Universities</i>	
RSPH Strategic Plan - Beneficiaries Working Group Member	2019
<i>Australian National University - Research School of Population Health</i>	
Postgraduate Research Student Committee - Deputy Chair	2019
<i>Australian National University - Research School of Population Health</i>	
Postgraduate Research Student Committee - Student Representative	2018
<i>Australian National University - Research School of Population Health</i>	
Learning and Teaching Committee - Postgraduate Student Representative	2016 to 2017
<i>University of New South Wales</i>	
Student Representative for PHAR3202: Neuropharmacology	2014
<i>University of New South Wales</i>	
Senior Prefect	2011
<i>Sydney Technical High School</i>	
ACCREDITATION/PROFESSIONAL DEVELOPMENT	
Complex Human Data Summer School Scholarship	2019
<i>University of Melbourne</i>	
ANU Graduate Short Course Award in Science Communication	2018
<i>Australian National University - Centre for The Public Awareness of Science</i>	
Research to Impact Program	2018
<i>Canberra Innovation Network</i>	
Working with Vulnerable People - General Registration	2017 to 2020
<i>ACT</i>	
Working with Children Check for Paid and Unpaid Roles	2018 to 2023
<i>NSW</i>	
Literacy and Numeracy Test for Initial Education Students	2016
<i>Australian Council for Educational Research</i>	
Anaphylaxis Training	2016
<i>Australasian Society of Clinical Immunology and Allergy</i>	
Diploma of Educational Studies	2013
<i>College of Teachers, London</i>	
Animal Care and Ethics Course	2013
<i>University of New South Wales</i>	

SOCIAL RESPONSIBILITY

Reconciliation Week Fun Run 2022

Indigenous Marathon Foundation and The University of Canberra

Memory Walk and Jog 2020

Dementia Australia

Founder of the Big Brother Scholarship 2018 to 2021

Sydney Technical High School

Shirty Science with Canberra Girls Grammar 2018

Shirty Science

Youth STEM Conference 2018

Centre for Innovation and Learning

Science Peer Mentor 2015

University of New South Wales

Ambassador and Mentor 2012 to 2017

Warrane College's The Big Picture Program

Sri Lanka Work Camp Volunteer 2012

Warrane College

Volunteer 2011 to 2017

Room to Read

OTHER INTERESTS

Rock Climber 2020 to date

Performing Stand-up Comedian 2013 to 2018

Bamboo Flautist 2001 to 2016

Tennis Player 1999 to date

REFEREES

Provided on request