

*Academic Career Work-Life Balance – A View from the Trenches**

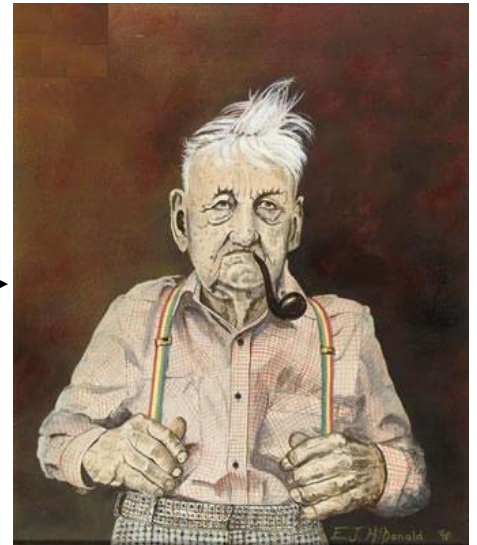
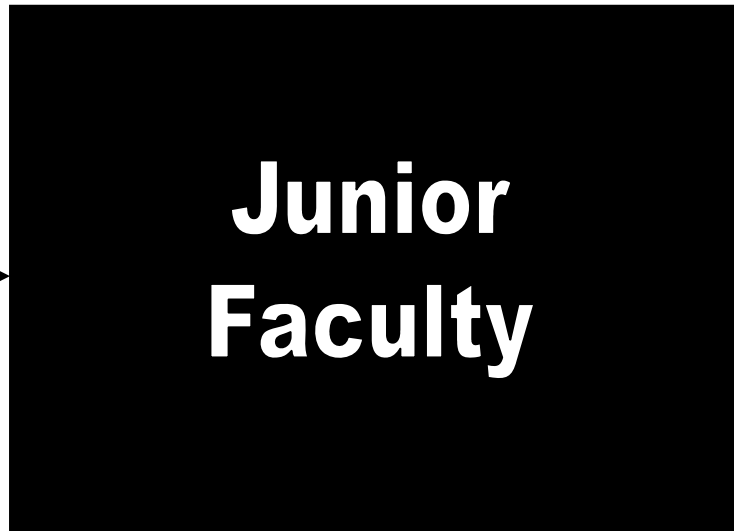
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** Perhaps immature, not very enlightening, even unhelpful, but completely true*

Process for Getting Tenure

(the way it seemed to me at times)



also



and



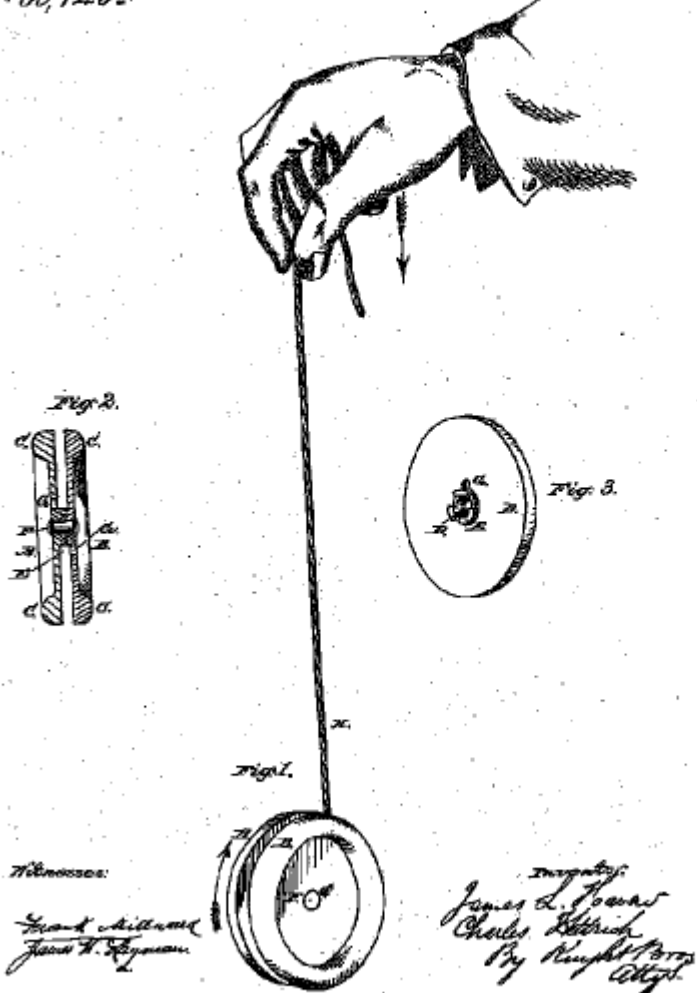
The Emotional Yo-yo

Haven & Heltrich,

Whirligig,

Patented Nov. 20, 1866.

Nº 59,745.



← Reference architecture

- The system is heartburn-compliant
- Psychologists tell us it's not good for our longevity
 - the highs or the lows
- Remind yourself that it's the long-term picture that counts
 - this can be very hard
 - especially if nobody will tell you how much is enough

My paper
got in!





My paper
got in!





My paper
got in!





I got a big grant!





My paper
got in!





My paper
got in!





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got in!





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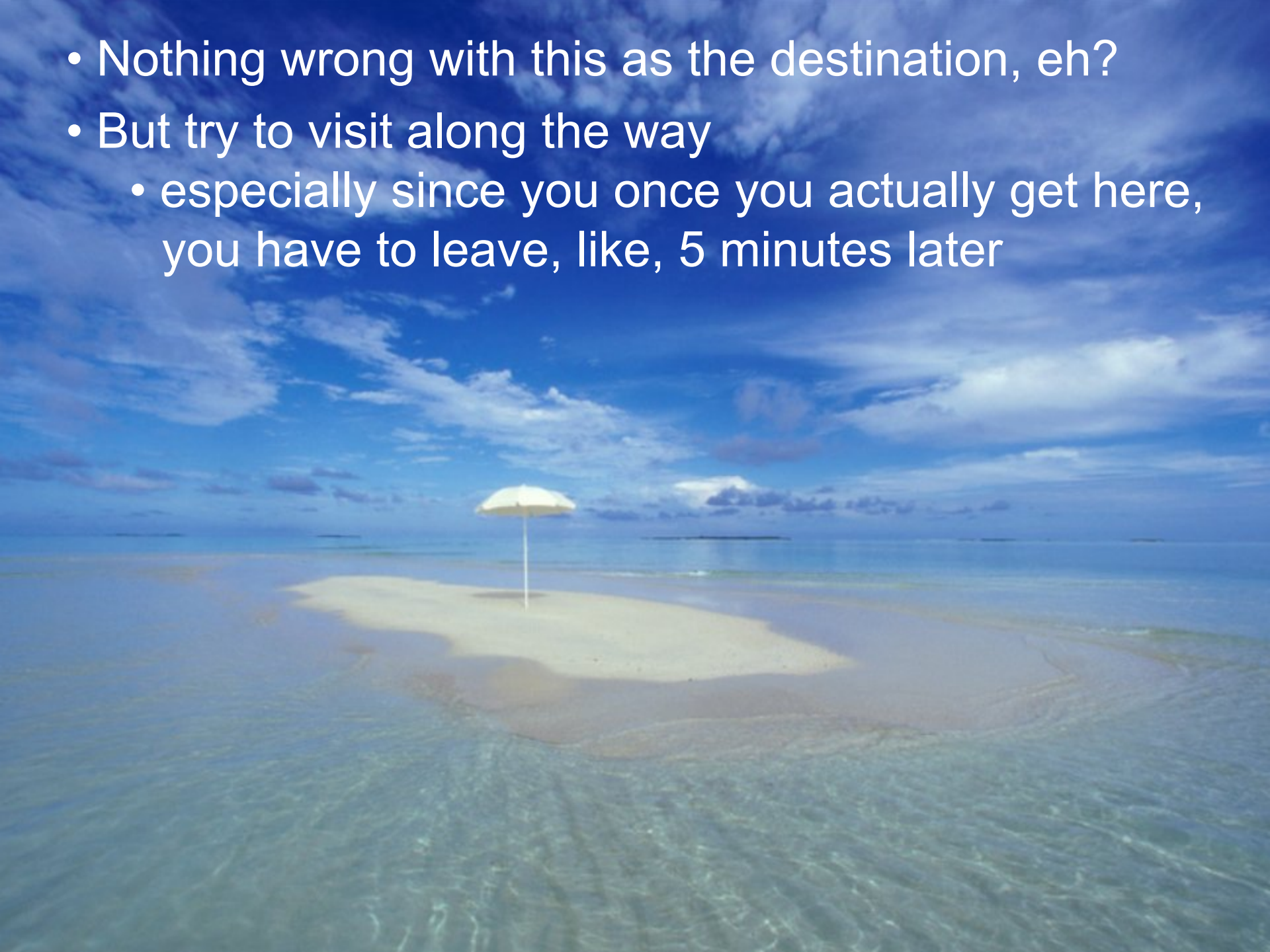




I GOT
PROMOTED!!!



- Nothing wrong with this as the destination, eh?
- But try to visit along the way
 - especially since you once you actually get here, you have to leave, like, 5 minutes later



How to Visit the Special Place from Time to Time

- Don't let the job define or consume you
 - I'm a person/husband/dad, not an "assistant professor"
 - What's an "assistant professor" anyway? 😊
- "No email" (weekend) days
 - Try it at least for X hours
 - You'll see, your colleagues and students will live
- Take a vacation
 - You'll be able to afford it
 - And don't kid yourself – you'll need it
- Ask *"What would I be doing right now if it wasn't for the #%!@ job?"* **and then do it!**

Where We All Get Burned

- **Advising** – who picks whom
- **Teaching** – be excellent, but not don't let it consume you
- **Service** – be a good citizen, but don't let it consume you
- **Curriculum development** – not more than necessary
- **Research and publishing** – yes, lots, in right places
- **Funding** – striking the right balance, managing projects
- **Taking risks** – yes and no
- **Living in your department** – do they know what you do?
- **Mismatched expectations**
 - You, students, senior department colleagues, chair, dean, “research family”

Solutions?

- The fun is in the process
- Get advice, get advice, get advice
- Get advice
- Learn
- Observe
- Don't panic
- Don't forget why you're doing this
 - Why are you doing this?

NOW, I JUST HAVE
TO FIGURE OUT
HOW TO GET
OTHER
STUDENTS TO DO
MY HOMEWORK
FOR NINE YEARS.

I HEAR
AFTER
YOU DO
THAT,
THEY' ARE
NOT
ALLOWED

TO
FIRE YOU

