

Academic Career Work-Life Balance

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My story...

My best advice...

- Balance (any job) is possible but you have to **work** to achieve it
- Challenges are different as you progress
 - Learn from others
 - Mental preparation for each stage
- Hours are flexible – you control your schedule
- Surround yourself with good people
- It is OK to say “No”

- Find your zone and stay in it
 - Efficiency and productivity
 - Time management
- Take care of yourself
 - Manage your stress
 - Get enough sleep
 - Eat right
 - Exercise

- **At USC:**
 - WiSE program
 - Maternity leave policy
- **Everywhere: Colleagues/Mentors**

What you can do now

- Find out what makes you happy
- Learn to prioritize
- Set boundaries
- Plan your work and play