

# *Blurred Lines:*

# Maintaining Balance When Passionate Work Becomes Your Life

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GEM-ASEE Doctoral Engineering Research  
Showcase

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# Work-Life Continuum



- Have a life
- Don't Reinvent the Wheel
- Use All the Resources Available to You – Find out what/where they are and how to get them
- Ask for Help
- Be Receptive to/Solicit Advice
- Work in parallel
- Understand your institution and what it values – know how you will be evaluated
- Senior colleagues can review proposals & papers
- Write EVERY DAY
- Collaborate
- Student selection is critical
- Manage your time & resources
- Your most valuable gift is your time
- Your most valuable resource is your time

# Seek Work/Life Integration



- > **Say NO if something doesn't help your career**
- > **Recognize that travel takes a lot of time**
- > **Know that good childcare & a supportive partner or community are critical**
- > **Strive for imperfection**
- > **Eve's experience of being part-time faculty for 6 years**



# Work-life Balance for Faculty

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- > **Academia provides personal freedom to manage own time and work. Focus on what you must accomplish to succeed. Don't get side-tracked.**
- > **Work until your TIME IS UP as well as until your TASK IS DONE. Master the art of multi-tasking.**
- > **Document the 101 ways that allow you to say NO. Avoid feeling guilty when you do!!**
- > **Schedule your ABSENCE as well as your PRESENCE. Put personal commitments on your work calendar.**



# Work-life Balance for Faculty

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- > **Prioritize your life and try not overcommit.**
- > **Assess your tasks periodically.**
- > **Keep in perspective: short and long term goals.**
- > **Find resources to support your choices.**
- > **Be visible, active and positive.**
- > **Academic life is flexible: teaching can be taught at distance.**
- > **Learn to delegate and multitask.**
- > **Relax and see professional trips as mini-vacations.**



## Keiko's Advice (1)

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**“I would say whenever you are having a child is the best time for you.”**



## Keiko's Advice (2)

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**“With my family duties, I cannot compete with those large groups who publish huge volumes of cutting-edge research. Instead, I try to find my own niche, and publish unique stories with high-quality data that will be memorable to others.”**

