# Sangeeta N. Bhatia, MD, PhD

Depts of Bioengineering & Medicine, UCSD "Perspectives from a new Mom"

# My path

1991-1997 Grad School Married

1997-1999 Med School, Faculty Moved

1998-2002 Assistant Prof

2002-present Associate Prof Baby





Tenure/Baby timing....'off the record'
Preparing for baby....'baby brain', life, grants
'Maternity leave'....HA...leave vs sabbatical vs other? grants?
teaching? service?...+ are \$, few rules; - are no break

## Balance

#### LIFE

Marriage

Myself

minimum

treats

Home

Extended family

Friends



### WORK

Research

funding

lab (12 kids,

managing,

publishing)

Teaching

book,

classroom,

web

Service

Dept

University

National

### Balance

#### LIFE

#### **BABY**

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# Strategies

- Get help! It takes a village. (admin, lab manager; nanny, cleaning lady; services)
- Be selective
- Have confidence
- Technology is your friend (email/wireless/remote desktop, internet shop) and your enemy (cell phone)
- Program in flexibility
- Ask for advice
- Realize something's gotta give
- Take time for yourself/time as a couple
- Find the humor

#### Weekly

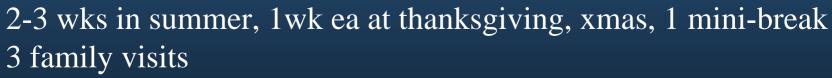
## Schedule

	S	M	Tu	W	Th	F	Sa
	Mommy Day						
Morn	-	-	-	-	-	-	-
AM	-	res	teach	flex	teach	dept	gym
PM	-	res	res	-	res	res	off
Eve	-	-	-	-	-	-	-
Night	comp	yoga	comp	comp	comp	off	off

#### Monthly

1 overnight trip (3 days/2 nights) 1 day trip

#### Yearly





# Challenges

- When & how to say no
- Crunch times (grants, travel)
- Dual career (stages, 2-body)
- Distance from extended family
- Context switching
- Work/life intertwined

### Rewards of Academia

- Work/life intertwined
- Doing what you love
- Intellectually stimulating
- Self-determination (no boss!)
- Flexibility, customizable
- Training next generation
  & contributing knowledge





