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“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

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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

# Schedule

## Weekly

	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

2-3 wks in summer, 1wk ea at thanksgiving, xmas, 1 mini-break

3 family visits



# 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

