Sangeeta N. Bhatia, MD, PhD

Depts of Bioengineering & Medicine, UCSD

“Perspectives from a new Mom”
<table>
<thead>
<tr>
<th>Year Range</th>
<th>Position</th>
<th>Status</th>
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<tr>
<td>1991-1997</td>
<td>Grad School</td>
<td>Married</td>
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<td>1997-1999</td>
<td>Med School, Faculty</td>
<td>Moved</td>
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<td>1998-2002</td>
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<td>2002-present</td>
<td>Associate Prof</td>
<td>Baby</td>
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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
Marriage
Myself
minimum
treats
Home
Extended family
Friends

WORK
Research
funding
lab (12 kids,
managing,
publishing)
Teaching
book,
classroom,
web
Service
Dept
University
National
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

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**Mommy Day**

## 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