• 1 Husband
• 4 Children (12, 11, 7, 1)
• 0 pets
## Career and Family Path

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 1988</td>
<td>Started graduate school</td>
</tr>
<tr>
<td>Mar 1989</td>
<td>Got married</td>
</tr>
<tr>
<td>Dec 1991</td>
<td>Benjamin born</td>
</tr>
<tr>
<td>June 1993</td>
<td>Rafael born &amp; got PhD (same week)</td>
</tr>
<tr>
<td>6/93-6/95</td>
<td>Postdoc</td>
</tr>
<tr>
<td>July 1995</td>
<td>Started tenure-track position at UCSD</td>
</tr>
<tr>
<td>Mar 1997</td>
<td>Gilead born</td>
</tr>
<tr>
<td>July 1999</td>
<td>Got tenure</td>
</tr>
<tr>
<td>Sep 2002</td>
<td>Ilan born</td>
</tr>
<tr>
<td>July 2004</td>
<td>Full professor</td>
</tr>
</tbody>
</table>
A Typical Day

6:00 - 7:30 am  Wake up, breakfast for children, make 4 lunches
    7:30 am   Nanny arrives to take care of baby
    7:31 am   Out the door, take the 3 big boys to school
8:00 - 4:00 pm  At UCSD, doing work*
4:15 – 9:30 pm  Family time: dinner, help kids homework, play
    9:30 pm   Last 2 boys go to bed
9:30 -11:00 pm  Get more work done (housework, UCSD work, whatever… prepared these slides)

*unless there’s an event at my kid’s school, or someone needs to go the doctor, or whatever, happens about once per week
Strategies for managing

- **Tip #1: NO TRAVEL**
  - For my first 8 years at UCSD, I averaged 0.5 work-related trips per year
    - Some years 1 trip
    - Some years 0 trips
  - This year (my 9th) is an exception: I made 2 trips!
    - This workshop is one of them!
  - I send my students to conferences (Singapore, Kyoto, Lausanne, Banff, Honolulu, Snowbird, Kauai…)
    - The students don’t mind!
Strategies for managing

• Tip #2: Delegate everything that you can possibly delegate
  – My administrative assistant does my travel, copying, buying office supplies at bookstore, filling out on-line forms, all the usual stuff
  – But beyond that, I have developed the delegation of minor tasks into an Art Form

    If it takes 5 minutes for me to do, or 5 seconds to forward to him… I pass it over!
Strategies for managing

• Tip #3: Life is too short to commute
  – You try to find a house subject to a price constraint B
  – You ponder various factors:
    • Square feet of house
    • Lot size
    • Age of house
    • Quality of neighborhood
    • Commute time
  – Commute time matters most! Weight it $\times 100$, and everything else $\times 1$
Strategies for managing

• Tip #4: House should be TV-free zone
  – There are only 3 choices for watching TV
  – 1) Adults watch by themselves
    • But I can’t do that; after 9:30pm I need to get work done
  – 2) Children watch by themselves
    • Why would I want them to do that?
  – 3) Children and adults watch together
    • Sitting passively staring in same direction is not quality time

There’s only 1 day that TV was ever watched in my house…
Strategies for managing

• Tip #5: Something has got to give somewhere…
  – *Does your car need a wash?*
    • Rain comes in December.
  – *Want to have 20 friends over for dinner?*
    • Potluck! Assign them salad and dessert, or you’ll get wine and chocolate.
  – *Carpet has yucky spots?*
    • Why are you looking down so low? Set your sights higher up.
  – *Children are bathed only once per week*
    • Husband is in charge
    • Swim team provides chlorine disinfectant
Advantages for my boys

• Dinner table topics on engineering & science
• They adore math!  But more importantly....
• Their idea of a woman is not a stay-at-home Mom
  – Women know math and science
  – Women are not solely devoted to cooking, cleaning, housework, chauffeuring children
  – When they grow up, they’ll expect to actively participate in raising children and doing the housework, and they’ll value the careers of their wives!