

How to have a Life as Well as a Career – and Why?

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Being a professional

- Your career is your life as a professional
- Nature of the job
- With you all the time
- It is why you chose it

Keeping the activities in Balance

- Provides diversity and feeds off one another
 - Research
 - Teaching
 - Department/University Committees
 - Professional Activities
 - Conference committees
 - Reviewing, editing, journals
 - Consulting

My own activities

- Family
 - Marry someone who understands
 - Dinner as a family
 - Work at home (double edged sword)
 - Place to escape
- Friends
 - Separate from work
 - Not related to your discipline
- Leisure
 - Reading (Books on tape)
 - Movies

Surviving

- Learn to say no!
 - (See I am here so it is one of my problems)
 - Opportunities arrive that you would have loved a few years earlier but by now
 - Trying to do the right thing
 - The world will survive without you –

Surviving

- Delayed gratification –
 - choose what is best in the long run
 - Beware of local optimizations
 - Keep a balance, let everything contribute to the whole
 - Keep a perspective

Why

- If you need a reason – your in trouble
- It makes you a better contributor
- Burn out is a bad thing
 - In SE age has an advantage – provides perspective