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