HOW TO HAVE A LIFE AS WELL AS A CAREER—AND WHY!

Sebastian Uchitel
Imperial College London and Universidad de Buenos Aires
WHY ME?
I HAVE A LIFE!
WHY HAVE A LIFE?

- If you need a reason…. you are in trouble!
- If you must see it from a professional perspective,…

I’m not going to give the “zen” talk on fulfilment, happiness, life the universe and everything
- An important part of our job is about creativity
- Where is that creativity going to come from?
- Thinking out of the box
- It's a marathon - It's a job for life
- It doesn't end when you get your PhD, your first position, your tenure, your full professorship...
- Don't burn out.
- Your life should be a safety net (not the reason for burnout)
- Anything goes. Just don’t make it about work
- Our work is very competitive
- Find something fun and non-competitive
– We work mostly seated
- Be healthy
- Mens sana in corpore sano
- Fit for physical strains of your job, e.g. long distance flights – lecturing
- Long term health (remember the marathon)
LIFE? WHAT? - PARTNER/FAMILY

- Spend quality time with them
- Cultivate your relationships
- Have dinner with your family every night when in town
- Work at home (double edged sword)
- Don’t miss your kid’s games, plays, school events
- Take your partner out!
LIFE? WHAT? - FRIENDS

- The more diverse the better!
• Have fun at work! with your colleagues
• Have fun with your group.
• Get involved with your grad students
• Build a team
LIFE? WHAT? - HOLIDAYS

- Don’t take any work
- Don’t take your laptop!!!
LIFE? WHAT? TRAVEL@WORK
- Get involved with the social issues
- Where do you come from? How are you helping?
- Environment, Politics, Poverty, Human Rights,....
- What are you doing science for?
HOW TO HAVE A LIFE?
Learn to say no

- You are not indispensable (your group, your community, the world can cope without you most of the time)
- Many opportunities come many times
- Avoid “ego” positions. Do they serve YOUR agenda?
- Say no quickly. OTW, interpreted as a yes and guilt comes in
- Learn to say no soon.
- More opportunities than you can handle will arrive faster than you think
Delayed gratification
– Choose what is best in the long run. Tenure track is 25% of a marathon.
– Beware of local optimisations
– Keep a balance, let everything contribute to the whole
– Keep a perspective
- Make time for yourself
- Have you ever been ill? Did the world collapse?
- Rest, or you’ll burn out!
- You may need to schedule your life. It sounds sad, but its sadder not to have a life.
- Have work objectives, when you achieve them you can stop.
- Have personal projects, manage them.
TAKE A LOOK AT YOURSELF
• Don’t
  • Freak out... about success or failure
  • Burn out ... your career is a marathon, not a sprint

• Do
  • Have a life outside work
  • Learn to say no
  • Manage your time