

Balancing Your Work Life as an Academic

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Work Parts

- Teaching and Advising
- Research and Scholarly work
- Service
 - Department
 - University
 - Community
- Career Development

Which Parts are Most Important?

- Different focus at different universities
- Different focus at different points in your career

Cause of Balancing Problems

- Some of our balancing problems are because of the workloads put on us.
 - Need to address with others
- Many of our balancing problems are because of the workloads we put on ourselves.
 - Need to address with ourselves!

Just because we see a solution to a problem doesn't mean we have to be the one to carry it out.

And it doesn't mean now is the time to do it.

Which projects to say "yes" to?

- Saying "yes" to one thing means saying "no" to something else.
 - Or, at least, it means having less time for the things you've already committed to.
- Can say "let me think about it."
- Can even say "no" – just say it nicely.
- Make a list of what you're committed to and review it now and then!
- Know your own stress triggers.

Balancing Exercise