

# How to Balance a Sabbatical with being a Wife, Mother, and Daughter

Lori A. Clarke

University of Massachusetts

[clarke@cs.umass.edu](mailto:clarke@cs.umass.edu)



# Tale of Woe (or not)

- Hired 1975
- First Sabbatical, 1981
  - Corporate husband
  - Birth of my second son
- Second Sabbatical, 1988
  - Corporate husband
  - Adoption of my daughter
- Third Sabbatical, 1995
  - Single mom with 3 teenagers
- Fourth Sabbatical, 2002 (moved to 2001)
  - Caretaker for mother



# Stay-at-home Sabbaticals

- Insist that your institution consider local sabbaticals
- Plan to embark on a new research direction/project
- Interact with industry
- Interact with colleagues at other institutions
- Take some special family time



# Avoid Departmental Duties

- Stay away from the office
  - Work from home
  - Rent office space
- Do not attend faculty meetings
- Learn to say “no”
  
- Do as I say, not as I do

