Academic Career Work-Life Balance

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My story…
My best advice...

- **Balance (any job) is possible but you have to **work** to achieve it**
- **Challenges are different as you progress**
  - Learn from others
  - Mental preparation for each stage
- **Hours are flexible – you control your schedule**
- **Surround yourself with good people**
- **It is OK to say “No”**
Tricks and tips

• Find your zone and stay in it
  – Efficiency and productivity
  – Time management

• Take care of yourself
  – Manage your stress
  – Get enough sleep
  – Eat right
  – Exercise
Support from your institution

• At USC:
  – WiSE program
  – Maternity leave policy

• Everywhere: Colleagues/Mentors
What you can do now

• Find out what makes you happy
• Learn to prioritize
• Set boundaries
• Plan your work and play