



PANEL II: JUGGLING RESPONSIBILITIES: TEACHING, RESEARCH, SERVICE AND ADMINISTRATION

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How I Managed Juggling

- **Chose place well: wonderful colleagues**
- **Systemic approach was collaborative**
- **Negotiate with colleagues and chairs**
- **Figured out style of getting scholarship done**
- **Varied by stage of career**
 - **Early - focus, focus, focus**
 - **Mid - many opportunities, needed to learn to say no**
 - **Late - much work accomplished through support of others**



How I Managed Juggling

- **Not always well**
- **Recognized signs of failure in juggling**
 - **1982 film Koyaanisqatsi**
- **Left department chair position when large grant funded**



How I Tried Not to Get Fragmented

- **Got clear on values and goals**
- **How we start a big project: centering on what is important**
- **Think of teaching, research and service as interrelated**

Used classes to move thinking forward

Sponsored students in caregiving

Invite MS and PhD students to use data sets



Strategies to Meet Competing Demands While Staying True to Passion

- **Clarify professional goals**
- **Differentiate between situations that need the best I have to offer from those that need good enough effort**
- **Be clear if things are too much and act**



Useful Advice from Others: Do's

Hang a sign above your desk:

What I do today is very important because I am trading a day of my life for it.

Periodically ask yourself:

When I am 85 and looking back on my life, will I be happy I spent my time this way?



Useful Advice from Others: Don'ts

- **When you think that if you do not jump in to save a situation it will fail -- don't.**
- **Don't sacrifice the good for the perfect.**
- **Be a non-anxious presence**