

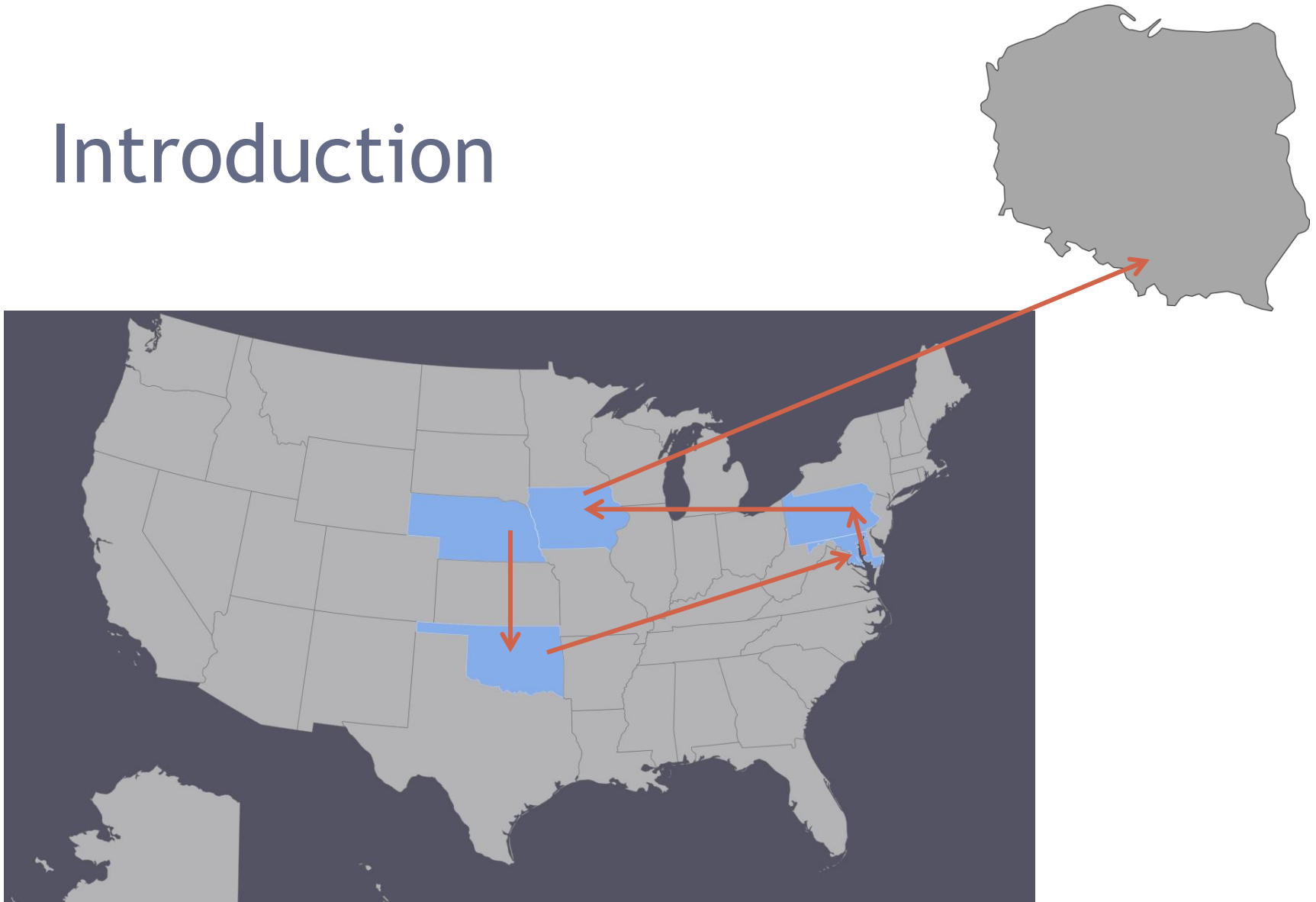
# Balancing Research, Teaching, Clinical Work, and Family: Nine Suggestions for Young Professionals

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# Introduction



# My Professional Responsibilities:

- Professor at a mid-sized university
  - Teaching (3-3 Load)
  - Research (1 publication/year expected)
  - Service
- Clinical Psychologist in a Family Practice Setting
  - Diagnostic Assessments
  - Therapy
  - Consultation with Physicians



# Quick Disclaimer

- These suggestions are based on anecdotal, personal information; this is not an evidence-based program
- Some tips may be more helpful to those most demographically similar to me
- I hope you can find at least one tip that will be of help to you

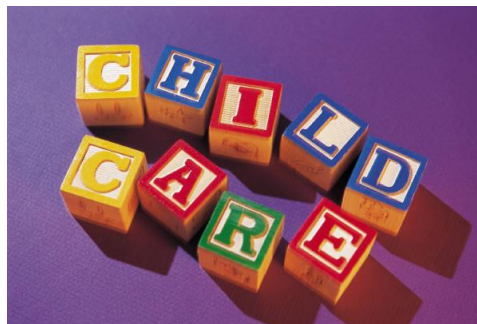
# Suggestion 1



- Be a Single-Tasker
  - Multi-tasking reduces performance on all tasks, especially complex ones
  - Dedicate clear, discrete blocks of time to one single task, do that task well and with all of your cognitive resources, and then switch to another task
  - Understand what this means for you

# Suggestion 2

- Use Daycare/School Hours Wisely
  - These hours are precious; treat them as such
  - Do not waste these hours on social media
  - When someone else is taking care of your child/ren, you need to use your time efficiently



# Suggestion 3



- Establish Parameters for Your Work Email
  - Non-stop email checking and responding can eat away at your productivity and family time
  - Set clear parameters and stick to them
  - Two that work for me:
    - Do not link your work email account(s) to your smart phone
    - Refrain from checking and responding to email for at least two hours each workday

## Suggestion 4

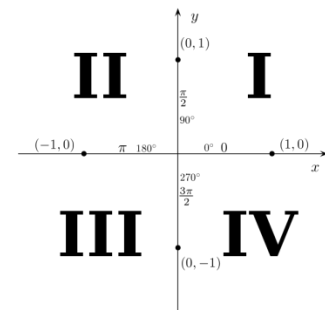


- Outsource the Chore You Dislike Most
  - Time is a commodity for professionals with young families
  - Manage your budget so you can afford to have someone else take care of task(s) you dislike
  - You do not need to use these services in perpetuity; but while your children are young and you are busy establishing your professional presence it could be worth it



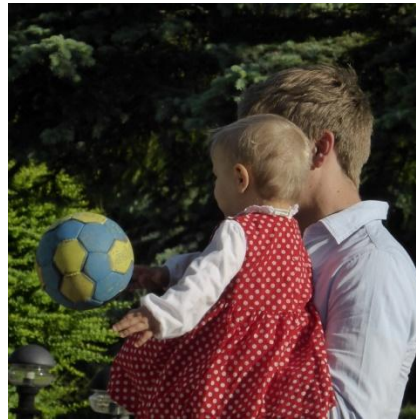
# Suggestion 5

- Designate a “Primary Parent” for Discrete Periods of Time
  - For a discrete period of time, designate one parent who is in charge of the child/ren; and alternate
  - The primary parent is responsible for clothing, meals, naps, injuries, activities – everything
  - My example: Weekend Quadrants



# Suggestion 6

- Play with your Children
  - When you're with your kids, really be with them
  - Play is good for them and for you
  - Reduced guilt is a bonus



# Suggestion 7



- Take Good Vacations
  - Plan good vacations early and often
  - Try to work as little as possible while you are away
  - Spend a few extra hours the week before you leave and the week after you return to make sure you can work as little as possible on vacation
  - Really focus on your family

# Suggestion 8



- Learn to say NO
  - This is a difficult tip to follow, especially when – as an early-career professional – you are eager to please your senior colleagues
  - I think the key is to understand which additional responsibilities and committees will help your career and/or prove to be meaningful to you in some way, and which won't
  - I often ask for some time to think about it, and then email my answer later

# Suggestion 9

- Attend to Your Own Mental Health
  - Reflect on what *you* need to be content
  - You will not be successful at balancing work and family responsibilities if you fail to take care of yourself



# Questions?



Thank you for having me. I am honored to be here.