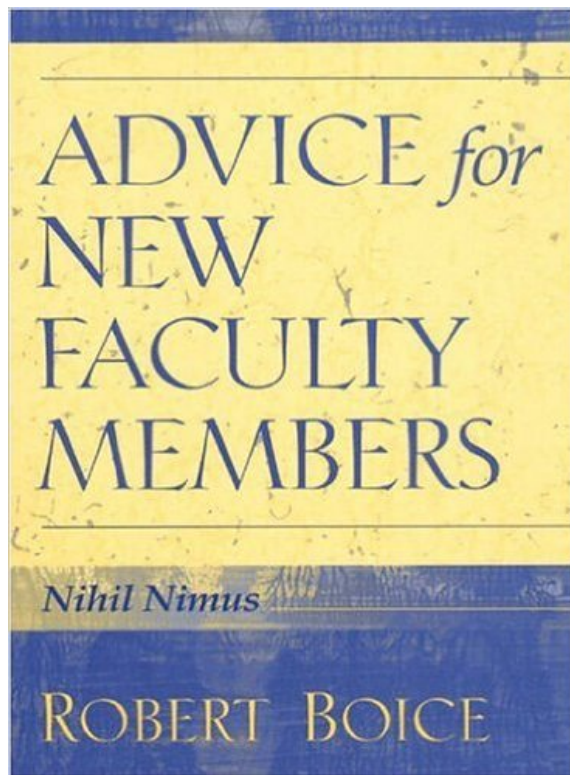


Strategic Decisions Elements of a Successful Career And a Satisfying Life

What are the characteristics of thriving early career faculty?



Quick starters (21 out of 415)

- Published more
- Received better teaching evaluations
- Were happier than their stressed-out peers

How did they do it?

These early career faculty members

- Avoided procrastination
- Developed regular work habits
- Balanced work activities rationally
- Sought help from colleagues early

How can you be a “Quick Starter?”

Begin early, before being ready

Stop, before returns diminish

Let others do some of the work

Moderate overreaction & over attachment

Let go of negative thoughts

Wait, patiently & actively

Boice's Advice in Practical Terms

Mindfulness: be aware of what you are doing and focus your attention and energy on it.

Take advantage of short time periods: use 15 minute periods before class or lunch to write or read.

Manage distractions: when you want to focus, shut your door and stay away from e-mail.

Take a break: get up for a stretch, or a cup of coffee with a colleague, to refresh your thoughts and get back on track.

Talk to others: seek advice when stuck, solicit ideas and help, but don't gripe about your lot in life.

***Nihil Nimis* (Nothing in Excess):** work, play and live at a steady pace; set realistic goals; decline graciously when needed; be compassionate with yourself.

Work, Life, Tenure

Work is an integral part of your life, but only part. Treat it as such.

Tenure is part of a natural trajectory of success.

Use plans to guide you in achieving your goals.



Taking Charge of Your Career

Identify some of your goals for teaching and research as you begin your faculty career.

