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.

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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.

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Taking Charge of Your Career

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

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Overview of the program

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<td>- Best practices</td>
<td>- Teaching strategies</td>
<td>- Mentoring students</td>
<td>- Creating strategic plan for classroom</td>
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Strategic planning & setting goals are themes that run throughout the workshop.