



## Thoughts on managing a successful laboratory and a (relatively) happy family

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The Gathering Storm (NAS report) does not recommend fixing the leaky pipeline as a way to significantly increase the number of Americans practicing cutting edge science.

My experience - perception is that it is too difficult to run a lab while raising a family.

The solution is usually to chose a non-tenure track research or teaching position (back seat to husband's career).

A family friendly job and we should promote it as such

A job that can change as we change

-build a lab to a size that works

-research, teaching, administration

For postdocs, graduate students and undergraduates

Planning ahead:

- your partner, husband
- where to live/work

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do they want children?

will they contribute equally to parenting?

will they be fully supportive of your career choice?

Planning ahead:

-where to live/work

affordable housing?

affordable, available childcare?

significant commute?

family-friendly department?

Contrary to what you may have heard... being a professor is a great job if you want to be a mom...

- flexible hours (only have to be there to teach)  
(a privilege that can be abused)
- good pay (especially in a low-cost town/city)
- can take long vacations to cool places
- the “job” is diverse - you can find what fits  
(research, teaching, administration, writing)
- male colleagues are usually more reasonable than  
the average!

## Synergy between lab and family....

- helps keep the job in perspective
  - kids are hard work but easy on the brain  
(home recharges your battery)
  - more resilient (?)
- helps develop organizational skills
- helps develop interpersonal skills (more forgiving?)

## Random thoughts:

- Don't be shy about asking for a raise
- Don't try to be a soccer (hockey!!) mom - you have something different to offer your child
- Put your needs before those of your University/company
- Exercise regularly, eat and sleep well - stay sane!
- Speak up - no one cares about you as much as you care about yourself (except perhaps your parents!).

A tough act to follow...



