

# Protecting Your Time: Balancing Research, Other Work and Life

John Duffy

UC Irvine

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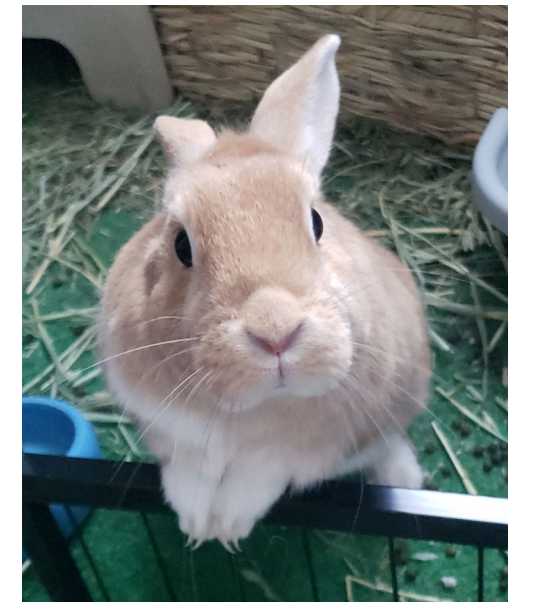
# Five thoughts

- No objective truth. Chaos is the natural state.
- “Non-promotable” tasks can be made promotable.
- Put the stress on someone else: AHSUS: Always have something under submission.
- Study yourself as you would a subject, e.g. diagnose and own your self-control problems.
- Non-academic friendships: more valuable, harder to maintain.

Disclaimers: There is no single way to be. I am no expert!



# 1. Everything in life takes work.





## 2. Use your small pockets of time wisely.

Coauthor	Title	Review Literature	Design Experiment	Conduct Experiment	Analyze Data	Draft / Revise	Submit	Next Steps	
Fox	Gender + Elections II	X	X	X	X	X	X	Oct. 2021 PRO	} R+R 2/2022
Razzolini / Mago	Women + Negotiations	X	X	X	X	X/O	X/O	-IFREE grant ✓ SPLIT: #1-MS, #2-?	@Exp Econ 1/2022
Deck	Drug use + Cognition	X	X	X	X	X	X	JEBD R+R 10/24/20	Accepted 2/2022 - J
Mago	Priming + Thresholds / VOD	X	X	X	X	X	X	Revise / JR+U →	10/24 at Econ 101 R+R 2/2022
Smek	Early child behavior	X	X	X	O	O			
Price	Moral Elasticity	X	X	X	X	1/2	O	- Revise w/ new tables - Collect new data?	
Ersay	Perceived Gender Bias	X	X	X	X	X	X	At JEP Oct. '21	ECON INQ 4/28 // R 3/
Mago	Ex-ante/Ex-post Cooperation	X	X	X	1/2	O		- Finish analysis - Draft results	
Chior	Assessing Risk	X	3/4	O				- Finalize experiment - Code	*Send note L'inch 4/29

**3. Find a (fun)  
hobby that  
counts for your  
exercise.**



**When life shuts a door...  
open it again.  
It's a door.  
That's how they work.**

# Work/Life Balance

## – As Elusive As the Holy Grail

Johanna Mollerstrom  
George Mason University and IFN

June, 2022

# Work is Dynamic, and so is Life

- Work/life balance is going to mean something very different at different points in one's life
  - You need to find your own definition, and you will have to reevaluate it now and then
- Work can be very different, e.g. depending on whether you are PhD-student, a post doc, on a tenure track, tenured, etc
- Life can also be very different, e.g. depending on civil status, health, the presence (or not) of children, elderly relatives, etc.
- So: don't strive for finding **The Solution**, because it does not exist



# Life

- Don't try to do it all: Outsource!
- Get help with the “right” things:
  - Outsource the less enjoyable/meaningful things first (even if others do it differently)
- If you have a partner, be fair to them and expect the same in return
  - Be explicit about tasks (harder to be unfair then)
  - Plan ahead together (harder to be unfair then)
- If you have kids, share the responsibilities with your partner
  - Even if your kids are not thrilled about it
- Have a default plan, but expect it to change
  - Your default plan should allow you to get enough sleep, some minimum of exercise, and some kind of me-time

# Work

- Don't try to do it all: Outsource!
- Good enough is often, indeed, good enough:
  - Service
  - Teaching
- Try to steer your effort to where it will have the highest long term return
  - Not where it is easier to steer it, or where the short term returns are the most salient
- Say no to some (sometimes even many) things, so that you can do the things you say yes to really well!

# Balance

- Evaluate, re-evaluate and take action when needed
  - That something worked before, or seems to work great for someone else, doesn't mean that it works well for you in this very moment
- Be grateful for the good things
  - For example: think about 1-3 things you are grateful for before going to sleep
- Be forgiving – of others, but most importantly of yourself
  - Know that you are enough, and that you are doing the best you can