

Balancing teaching and research

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Your desk will never be clear!

- Fact of being an academic
- Research, teaching, and.... admin!!
- Admin is like custard
- Job has expanded



Why teach?

- Pay back your gain
- You'll learn a lot
- Keeps you young :)
- Good way to recruit and future network
- Your job prospects
- Teaching courses?



Warning!

- Don't get caught...admin/teaching only



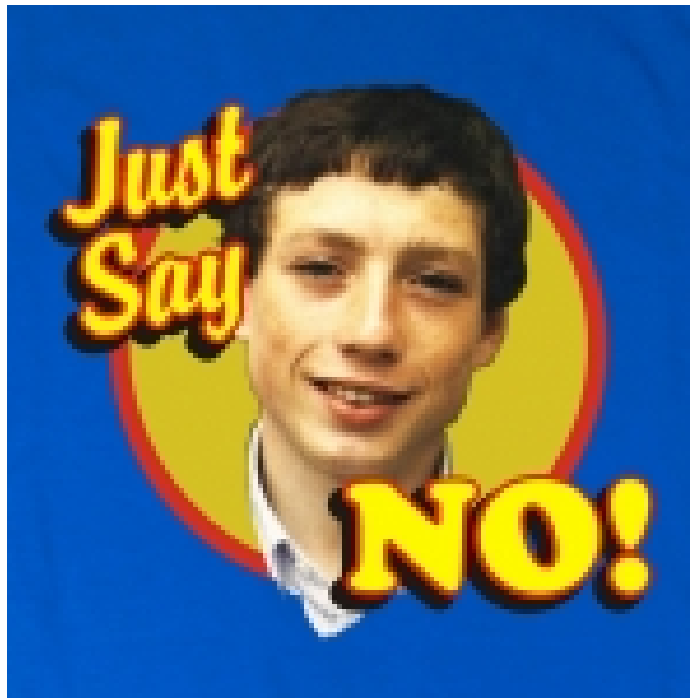
Balance

- Be a team player, but not pushover
- Wiley old gits will take advantage (route them via line manager)



Be like Zammo

- Just say no!
- Prepare your excuses
- Don't be 100% reliable
- Power of the e-Diary: make space for you!





Find a mentor

- Advantages

- Protection, collaboration, visibility, grants

- Disadvantages

- Visibly tied to them, lack of freedom?

- Get some of this from line manager

- Or find next best that you can

- Appraisal

- Get it in writing!

Teach what?

- If you can, pick it!
 - Do you like it?
 - Is it good for you?
 - Which year? Students?
- Avoid new courses year to year
 - Takes a lot to prepare
 - Good teaching: need to mature and settle

How much?

- Depends on location
 - “Workload model”?
- It all takes more time than you think
 - Writing exam questions!!
- Talk to people (here, in your dept)
- Keep records of all you do
- Timing
 - blocks versus spread?
 - Plan ahead, grant applications

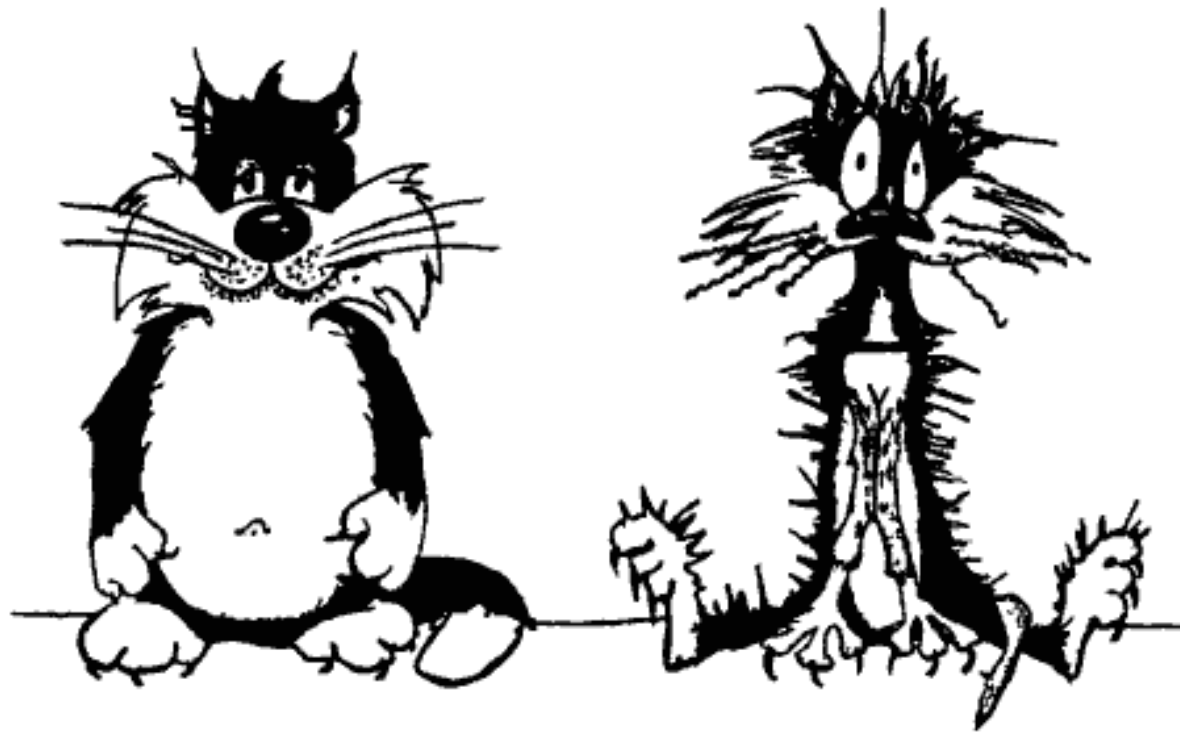
Me?

- Lectures: 25 lectures
- Tutorials: About 50 hours
- Labs: About 30 hours
- Placements: 3 students (NL, DE)
- Sundry marking: too much! (exams, reports, etc)
- Admin
 - Chem Phys degree programme, Course organizer, Quality Assurance, Senatus academicus, applicants visits, Faculty & Uni. Committees, etc, etc
- Research???



Life balance

- Life \neq work, life $>$ work
- Work methodically, not hard



Before Work

After Work

Stress

Stress Reduction Kit

- Stress kills!

**Bang
Head
Here**

Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

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Balance is possible!

- Enjoy the job!

