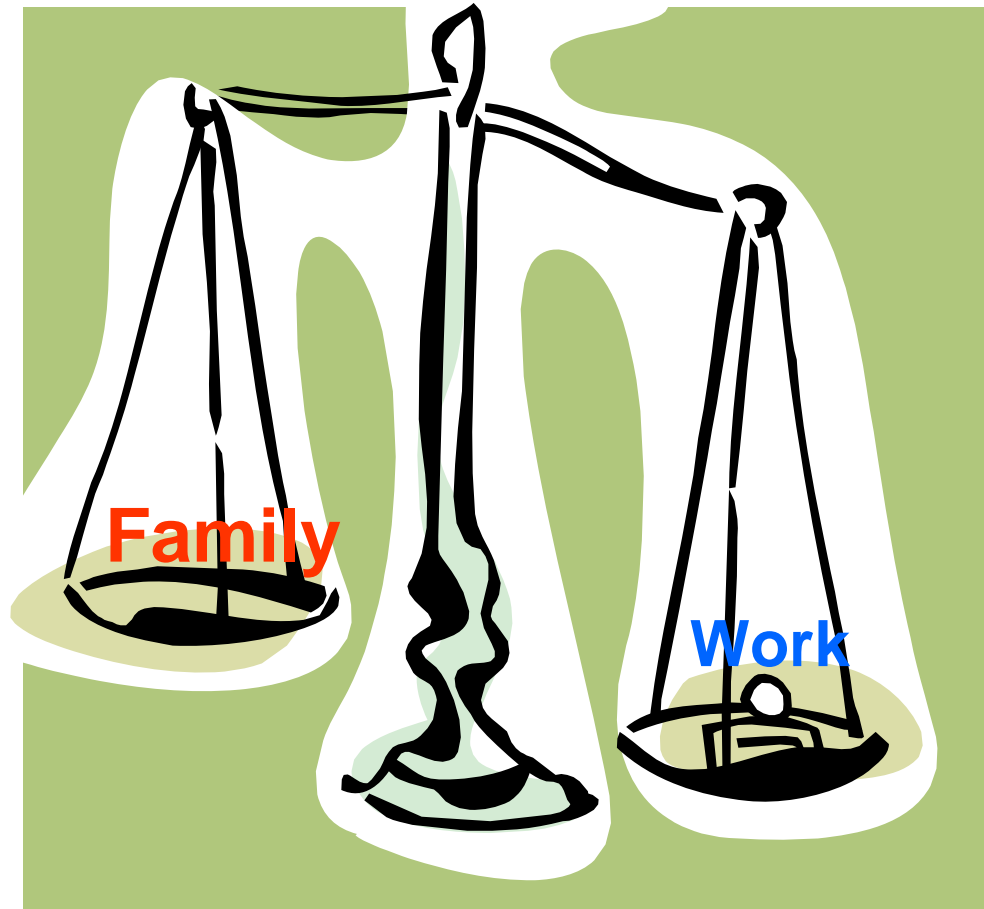


# **Lesson Learned and Future Directions**

**Jay Kim, Ph.D. and Eduardo Abreu, Ph.D.  
Career-Family Balance Luncheon Group  
2008-2009**



For all kind of families and work

## Survey 2008:

- 50% - career-family topics
- 50% - career-life topics
- All of us: \$\$\$ consideration
- Some respondents: family outing and/or fellows' night out

# What did we discuss?

- How to balance motherhood and work: the perspective of mothers at different stages of their careers. And... fathers, too
- Family and different academic careers: physician, scientist and physician-scientists
- Special (and wise) guest – Dr. Shuk-mei Ho
- Special breakout session: listening to women scientists
- How to be a successful scientist in a hospital environment
- How to climb the academic ladder

# Did you forget to take notes?

**new video**  
Sandra Fenwick talks about hospital finances and changes to the Institutional Master Plan

**Energy and cost saving software pushed out to private PCs**

**The Trust launches nation's first online game-a-thon to raise research funds**

**Additional Retrievox: RecordsLink Training Classes are available**

**ACLS Classes coming to Children's**

**Child Protection Program: Trauma Treatment**  
May 20, 10 a.m.

**Harvard Catalyst Colloquium Series: Identification of Brown Adipose Tissue in Adult Humans**  
May 18, 4:30 p.m.

**May MBTA Charlie Card and Ticket Distribution**

**Dr. M. Judah Folkman Research Day**  
May 20

**Pediatric Trauma: Making a Difference**  
May 19

**Learn about ongoing national**

**Manuals/Policies/Procedures**  
[Adverse Event Reporting \(SERS\)](#)  
[Adverse Event Reporting Policy](#)  
[Chemical Hygiene](#)  
[Code Team Response](#)  
[Code Triage Plan](#)  
[Code of Conduct Manual](#)  
[Compliance Manual](#)  
[Emergency Preparedness Manual](#)  
[Employee Benefits Program](#)  
[Ethical Computing](#)  
[How-To Manual](#)  
[Infection Control Manual](#)  
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[Nursing Policy & Procedure Man](#)  
[Nursing Standards and Guide](#)  
[Panic Lab Values](#)  
[Pathology Laboratory Handbook](#)  
[Patient Health Information](#)  
[Personnel Manual](#)  
[Respiratory Protection Policy](#)  
[Risk Management Foundation](#)  
[Safety Manual](#)  
[Travel Policy](#)  
[Vendor Policy](#)  
[Web Policies & Procedures](#)

**Departments**  
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# Did you forget to take notes?

Office of Fellowship Training - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Refresh Home Search Favorites Home Mail Print Print Preview Stop


Address [http://www.childrenshospital.org/cfapps/research/data\\_admin/Site1002/mainpageS1002P0.html](http://www.childrenshospital.org/cfapps/research/data_admin/Site1002/mainpageS1002P0.html) Go Links Convert Select

Web Search Bookmarks Settings Mail Address Book Calendar Notepad

- Meet the Team
- More About the OFT
- Contact Information
- Monthly Events
- Upcoming Events
- International Day
- Fellows' Appreciation Dinner
- Dr. M. Judah Folkman Research Day 2008 and 2009
- Become a Research Fellow
- NPA annual meeting in Boston 2008
- Open Positions
- Getting Funded
- Before You Arrive
- Getting Settled
- Work and Benefits
- Mentoring
- Seminar Slides and Notes
- Work-Family Balance
- Monthly Network Luncheon Notes
- OFT Past Events
- Forum: Fellow-to-Fellow
- Forum: Housing Opportunities
- Forum: Balancing Career and Family
- Weekly Information Index

### Mission Statement

The Office of Fellowship Training (OFT) at Children's Hospital Boston is established to assist fellows -- both clinical and research -- to access resources both at Children's Hospital and in the Greater Boston area.



We do this by holding career development seminars and social functions on a monthly basis [Become a fellow...](#) and identifying relevant training and other opportunities in the Longwood Medical Area and in Boston.

### Upcoming Events

**The deadline for the 2009 Dr. M. Judah Folkman Research Day abstract submission was Friday, March 13, 2009.**  
Details about [Research Day](#)

**Sign up for the Fellows' Appreciation Dinner on Thursday, May 28th:**  
[Details](#)

[OFT events for May 2009](#)

### Monthly Events:

**New Fellows' Orientation, Career-Family Balance, Clinical Discussion Sessions, and Journal Club**

[Monthly Events - detail](#)

The OFT is seeking 2009-10 Chairs of the Fellows' Luncheon & networking

start Microsoft PowerPoint ... Inbox - Microsoft Out... Office of Fellowship T... Internet 11:33 AM

# Some highlights

If no time, no money, no sleep, no papers:

- Small steps are important
- Ask, ask, ask
- Keep the PI in the loop
- Perfectionism prevents success
- Pick yourself up again and again and again
- Carpe Diem

Guaranteed to publish on Cell!

# Some highlights

- Multitasking means focusing on a single task within a defined time
- Set up routine for work and family
- Handle chaos with calm and emotional stability
- ~~Problems~~ --- Solutions
- Can't control everything
- Minimize passing judgements
- Volunteer
- Commit acts of “random kindness”

# Some highlights

- Good relationship with mentor
- Pursue your own funding
- When writing research plan for job application, start with long-term plan (big picture), then focus on specific aims that can be achieved in 3-5 years

**2009-2010**