

# Walking the Tightrope:

## Balancing Life, Career and ...

A SEMINAR FOR GRADUATE STUDENTS, POST-DOCS AND ANYONE  
JUGGLING LIFE, ACADEMICS, FAMILY AND THEIR CAREER

Presented by



### Sandra Schmid

Editor-in-Chief, *Molecular Biology of the Cell*

Chair, Dept. of Cell Biology at The Scripps Research Institute

Join the soccer mother of two as she describes her methods for **time management** and **balancing family** with a successful career, including:

- Setting Goals
- Staying Focused on the Important, but not Urgent
- Saying "NO", and When to Say "YES"
- Being Effective - Not Just Busy

Tuesday, May 6, 2008 – 3:30pm - 5:00pm

1410 Biomedical & Physical Science Building

Reception @ 3:00pm in 1425 BPS

Organized by the College of Natural Science Women's Advisory Committee.

Also join Dr. Schmid for her presentation *A Dual Role for Dynamin in Clathrin Mediated Endocytosis* on May 5 at 3:30pm in 1410 BPS.

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