Christine Wiedinmyer

CIRES Associate Director for Science

University of Miami

October 31, 2019

Christine Wiedinmyer

CIRES Associate Director for Science
Ph.D. -- Atmospheric Scientist/Engineer
Mother
Daughter, Sister
Friend
Mentor
Project Manager
Administrator
Lacrosse Official
…

A little about me…

ESWN origin

Associate Director for Science
CIRES
Univ. of Colorado Boulder

Ski Bum (CO)

Post-Doc:
Univ. of Denver

Had Kid #1

Had Kid #2

Grad School:
Chemical Engineering
(Austin)

Research Scientist
CIRES/NOAA
Boulder

Undergrad:
Chemical Engineering
(New Orleans)

Unemployed

Got Married

Got Divorced

Started Officiating Lacrosse

Research Scientist
NCAR
Boulder

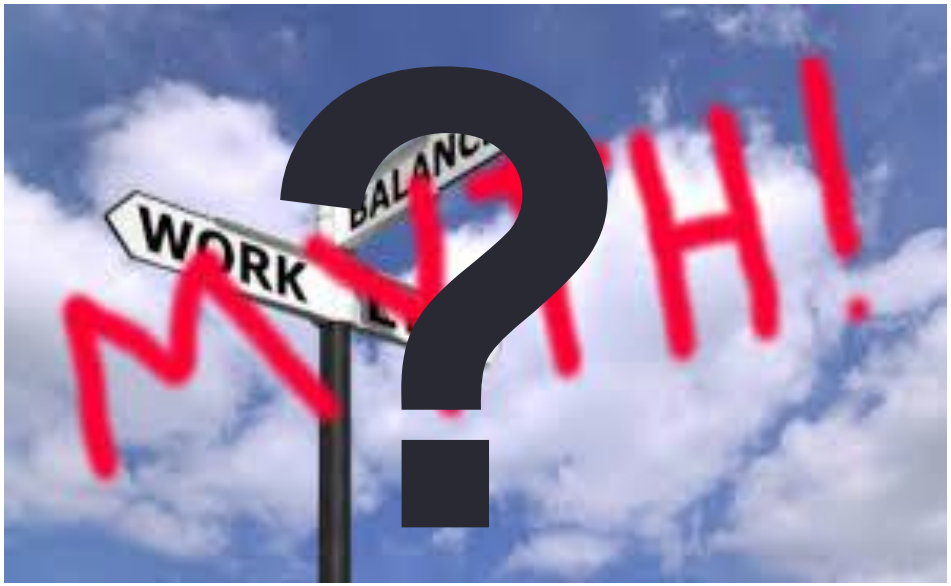
"Tenure" at NCAR

UCAR Board of Trustees

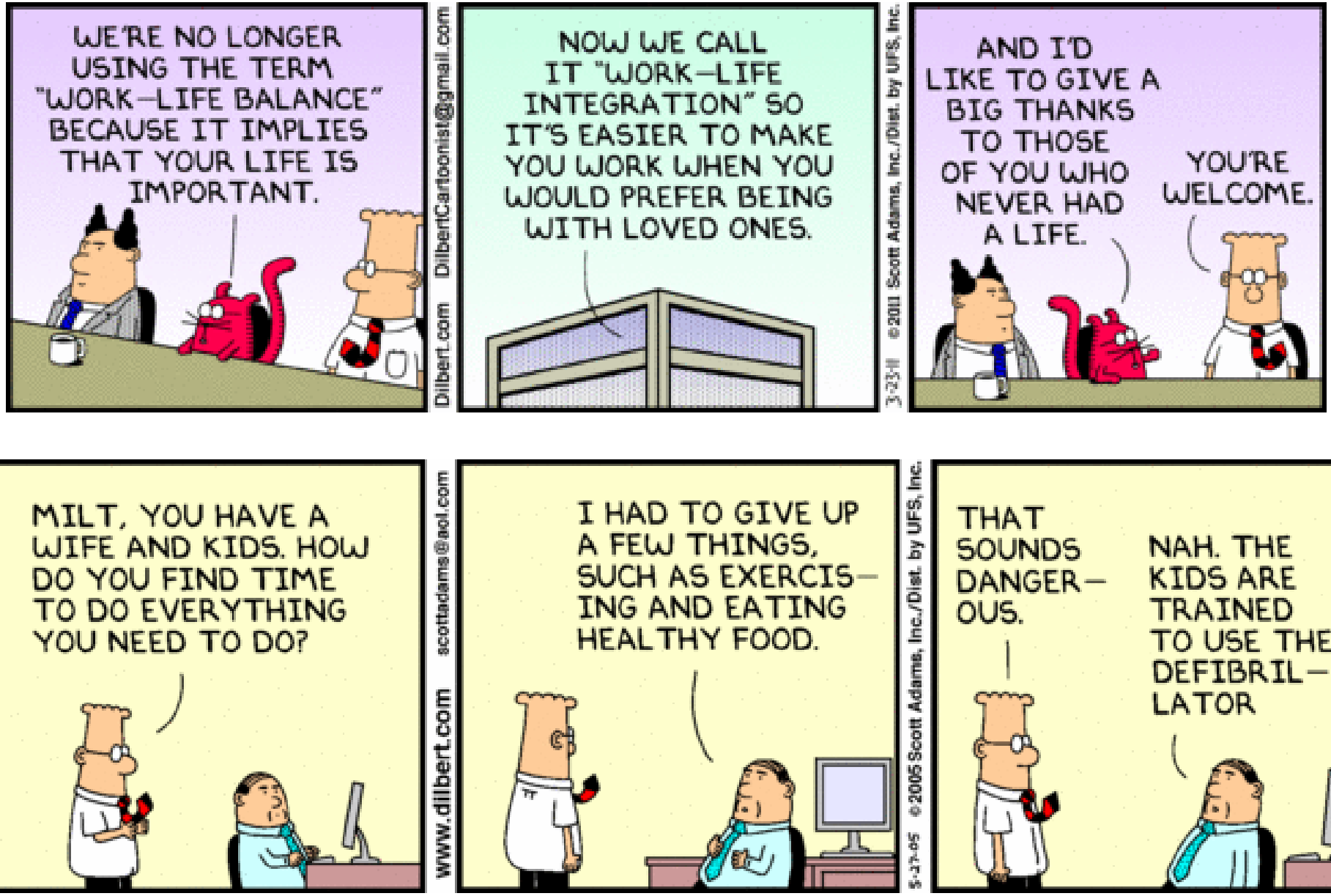
** Timeline not to scale*

Some things I have learned…

“Work-Life Balance”
is specific to the individual



HARMONY


WE'RE NO LONGER USING THE TERM "WORK–LIFE BALANCE" BECAUSE IT IMPLIES THAT YOUR LIFE IS IMPORTANT.
NOW WE CALL IT "WORK–LIFE INTEGRATION" SO IT'S EASIER TO MAKE YOU WORK WHEN YOU WOULD PREFER BEING WITH LOVED ONES.
AND I'D LIKE TO GIVE A BIG THANKS TO THOSE OF YOU WHO NEVER HAD A LIFE.
YOU'RE WELCOME.
Dilbert.com DilbertCartoonist@gmail.com
3-23-11 ©2011 Scott Adams, Inc./Dist. by UFS, Inc.
MILT, YOU HAVE A WIFE AND KIDS. HOW DO YOU FIND TIME TO DO EVERYTHING YOU NEED TO DO?
I HAD TO GIVE UP A FEW THINGS, SUCH AS EXERCIS– ING AND EATING HEALTHY FOOD.
THAT SOUNDS DANGER– OUS.
NAH. THE KIDS ARE TRAINED TO USE THE DEFIBRIL– LATOR
www.dilbert.com scottadams@aol.com
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Do what is interesting for you

- Something you are good at it
- Challenging
- Fun
- Rewarding

Don’t be afraid of change

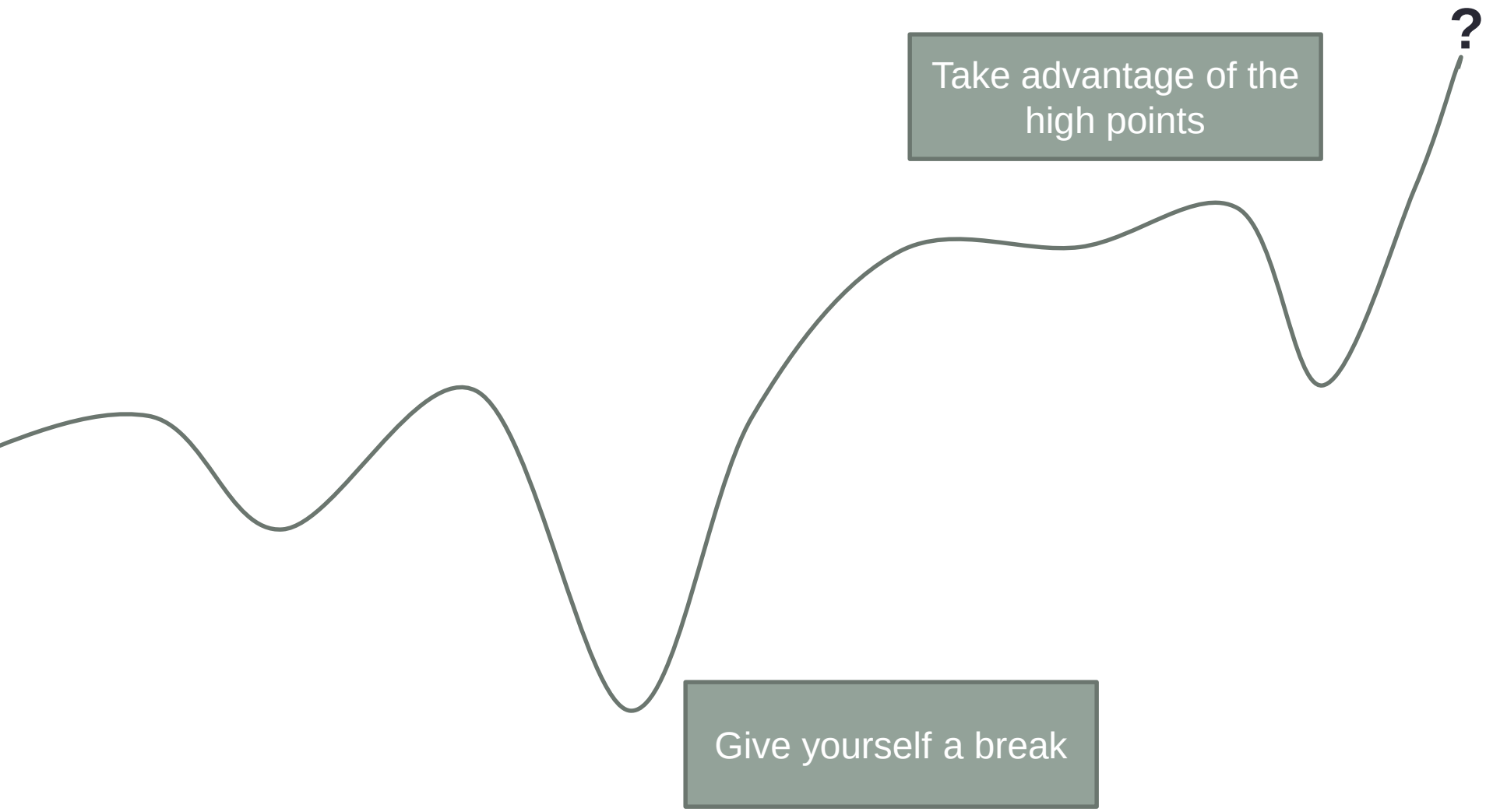
Be Creative

Choose good collaborators

There is no “right” or “direct path”

- Not everyone has their S*!& together
- Life happens

“The Wave”



You don't always have to say "YES"

Think Strategically

if you say "yes",
then you have to identify
to what you will say "no"

Don't say *YES* over the telephone

- Susan Solomon

Just because you say **no** now, doesn't meant you can't say **yes** in the future

Time Management

- Accountability
- Write everyday
- Book your time

http://www.facultydiversity.org/

Time Management

- Set BIG Goals
- Break it down into pieces
- Assign objectives by month → Week → Day → Hour
- INCLUDE EVERYTHING

http://www.facultydiversity.org/

The Imposter Syndrome

Impostor syndrome can be defined as a collection of **feelings of inadequacy** that persist even in face of information that indicates that the opposite is true.

It is basically feeling that you are not really a successful, competent, and smart student, that you are only imposing as such.

1. Feeling like a fake
2. Attributing success to luck
3. Discounting Success

From:
https://canvas.fau.edu/courses/36616/files/2157374/download?verifier=D4rHL5vJuCr2SH4ERyuIx0WuqzsFJgqonPbj2sTP&wrap=1

Some ways to overcome IS:

- Identify feelings
- Celebrate successes
- Practice promoting oneself
- Find a community

Find a **peer** you can vent with,
find a **mentor** who's not your advisor,
make **friends** in other departments and other groups.
Find someone who will tell you that what you do is awesome (that isn't a family member).

Have trouble reaching out to people?
Join Twitter, read blogs, form a virtual support network.
Seriously, the blogosphere is full of supportive people from all sorts of career stages…

http://missmse.blogspot.com/2012/04/impostor-syndrome-and-family.html

“It Takes A Village”

Mentors

Advocates

Collaborators

Find a Community

→ Start your own

Earth Science
WOMEN'S NETWORK

ESWN

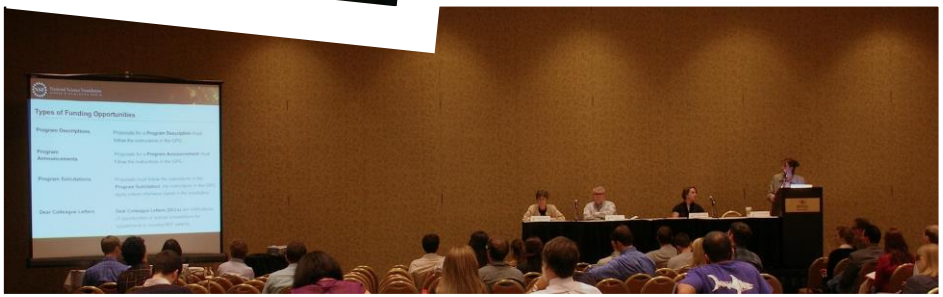
We are a grassroots, non-profit, member driven organization. Our mission is to build a resilient community that lifts all women and moves the geosciences forward

Connect women in the Earth sciences to promote career development, build community, provide informal mentoring and support, and facilitate professional collaborations.

www.ESWNonline.org

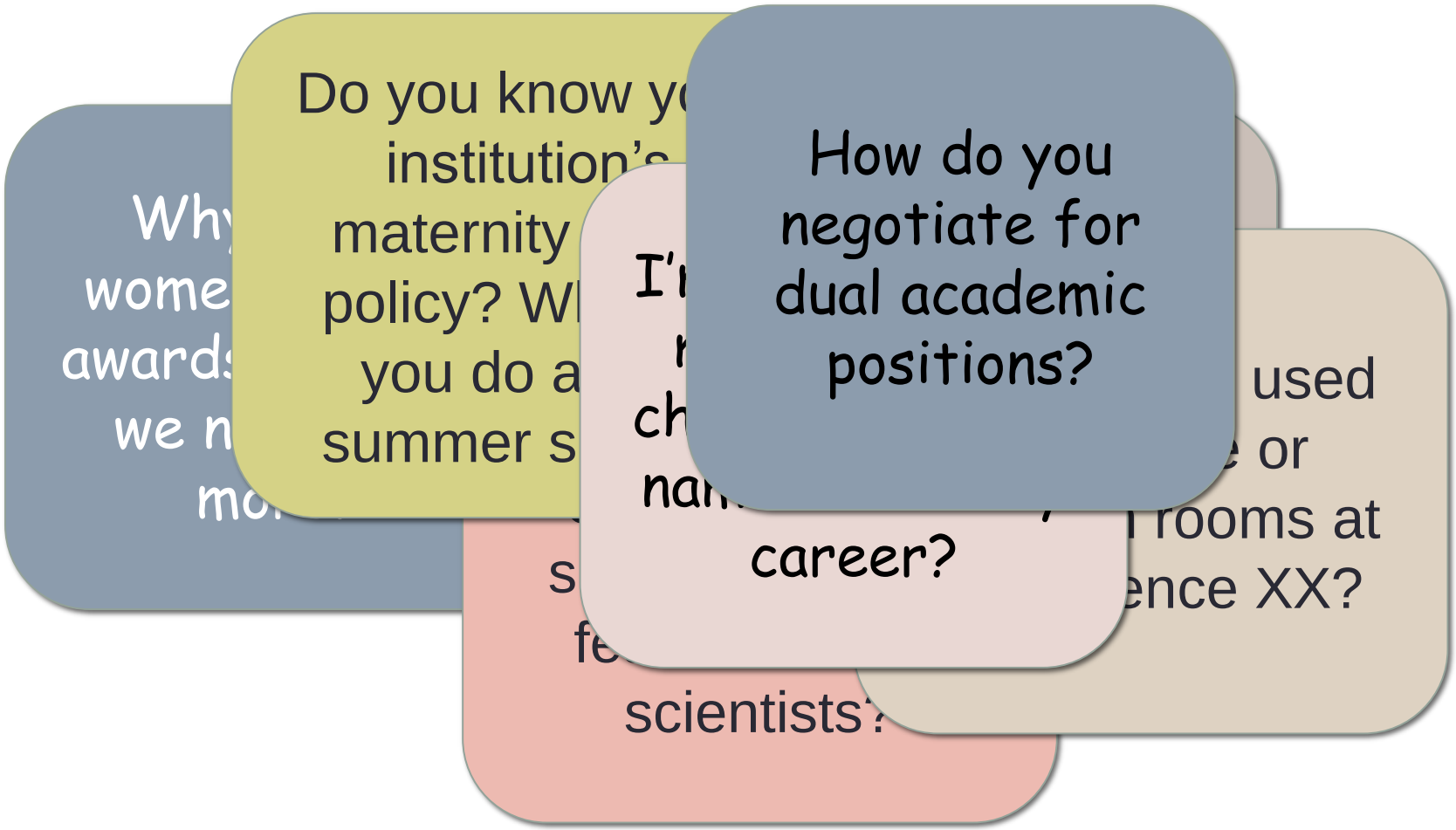
Connections: In-person

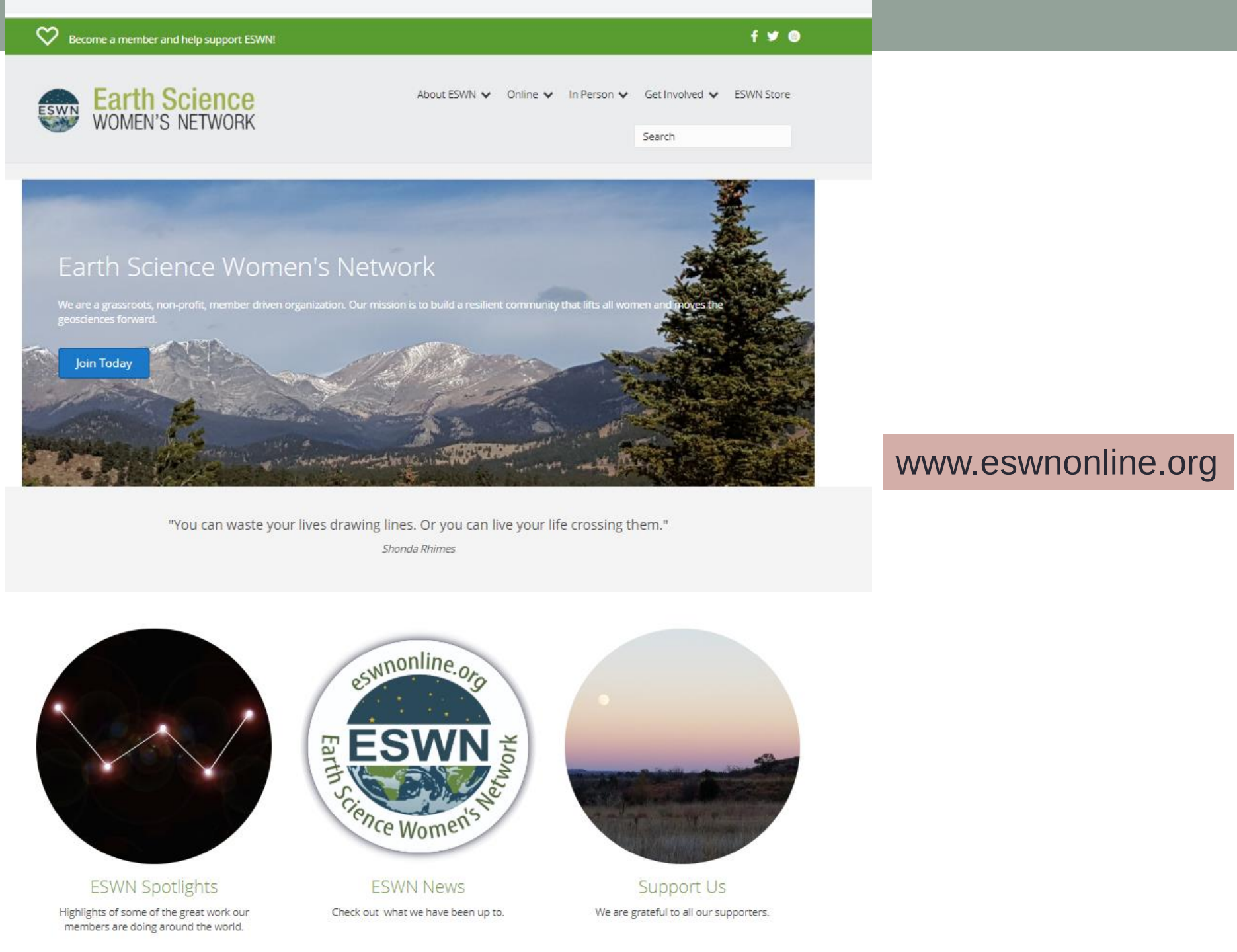
- Formal and informal conference networking events (AGU, EGU, GSA, AMS…)
- Members' organized regional get-togethers
- Informal peer-mentoring
- Professional development workshops



Community Support

- Community diminishes feelings of isolation and makes women more likely to to be and feel successful in their careers





www.eswnonline.org

Additional Thoughts

- Don't think that interests beyond science means you aren't meant to be a scientist
- Connect with people who value your interests and ideas – even if you're not sure what those interests are quite yet
- Build a roster of multiple mentors, peers, "one step ahead" folks
- Seek advice from others – hidden wisdom + great networking
- Have fun!

Tracey Holloway, University of Wisconsin & Former ESWN President

Additional Thoughts

- Identify and recognize where you are
  - Give yourself a break
  - Take advantage of the “highs”
- Get help when you need it
- All components of your life are important!
- Be proactive and strategic

Building your mentor network….