

UC San Diego Health

# Balancing Academic Aspirations and Clinical Service

Irena Dragojević, PhD, MBA

Associate Professor

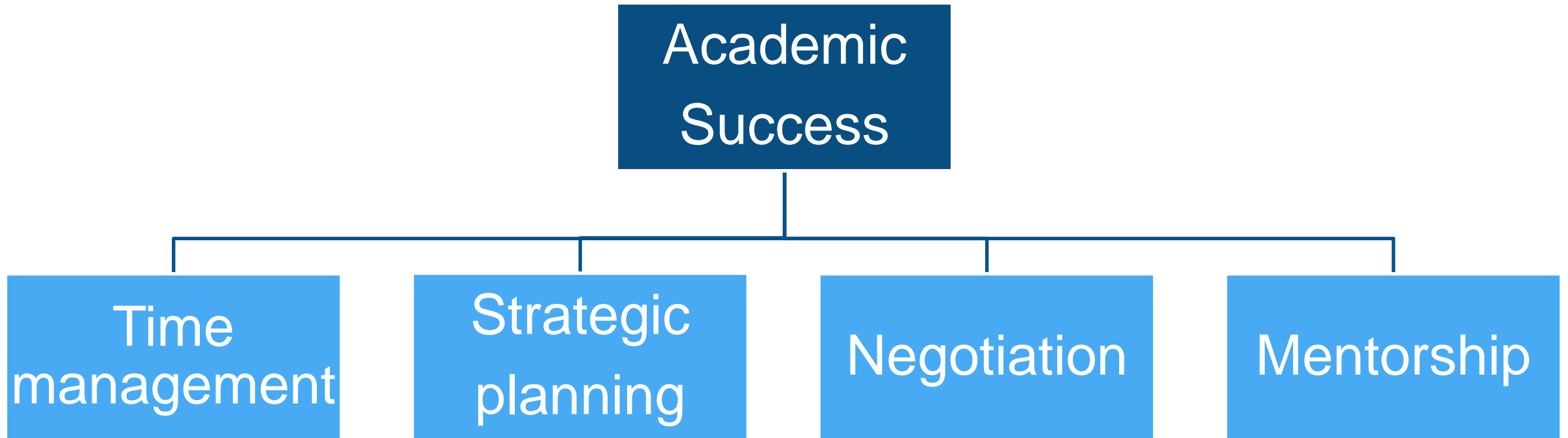
UCSD Radiation Medicine and Applied Sciences



# Objectives

- Evaluate how your time is spent
- Manage/prioritize your schedule
- Set long-term and short-term goals
- Create a plan
- Set realistic expectations
- Find the tools to help manage your time





# Negotiations

- **Know what you want**
  - What do you want your professional legacy to be?
- **Know what you bring to the table**
  - Negotiating without leverage is requesting!
- **Go beyond the basics (e.g. salary, benefits, etc.)**
- **Get the best starting structure**
  - E.g. protected research time
- **Research!**
  - Check the climate
  - Will the institution support your long-term goals?





# Where does the time go?

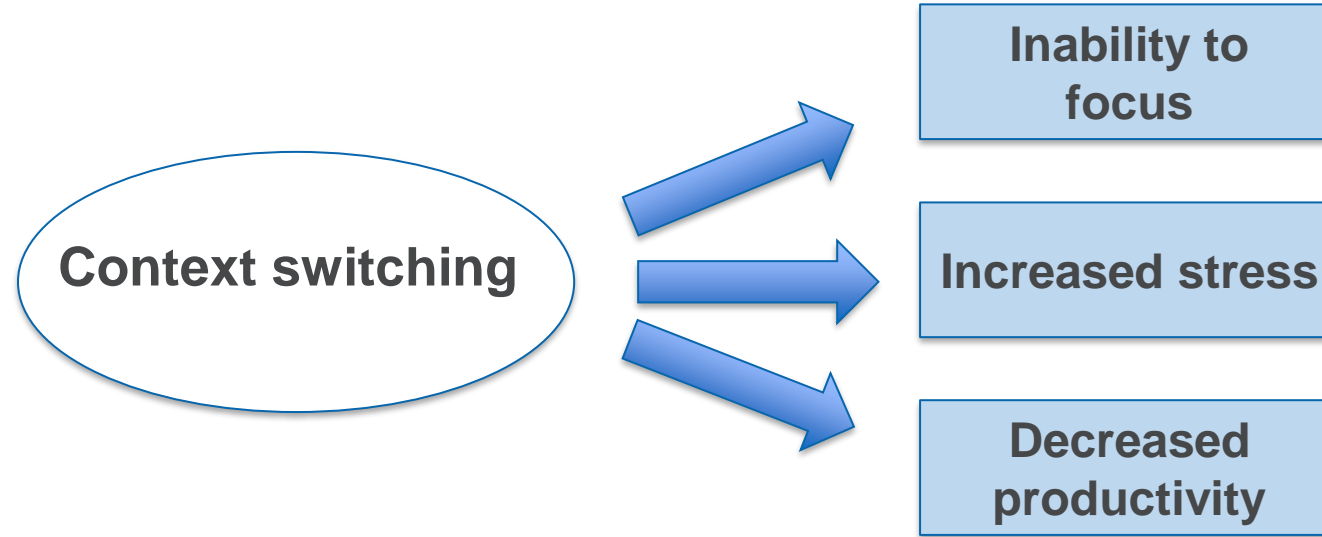
- Align how we spend our time with our priorities and goals
- New faculty tend to have a disconnection between time and priorities
- If you don't plan your time, someone or something else will stake a claim to it



# Time Management



# Time Management





# Strategic Planning



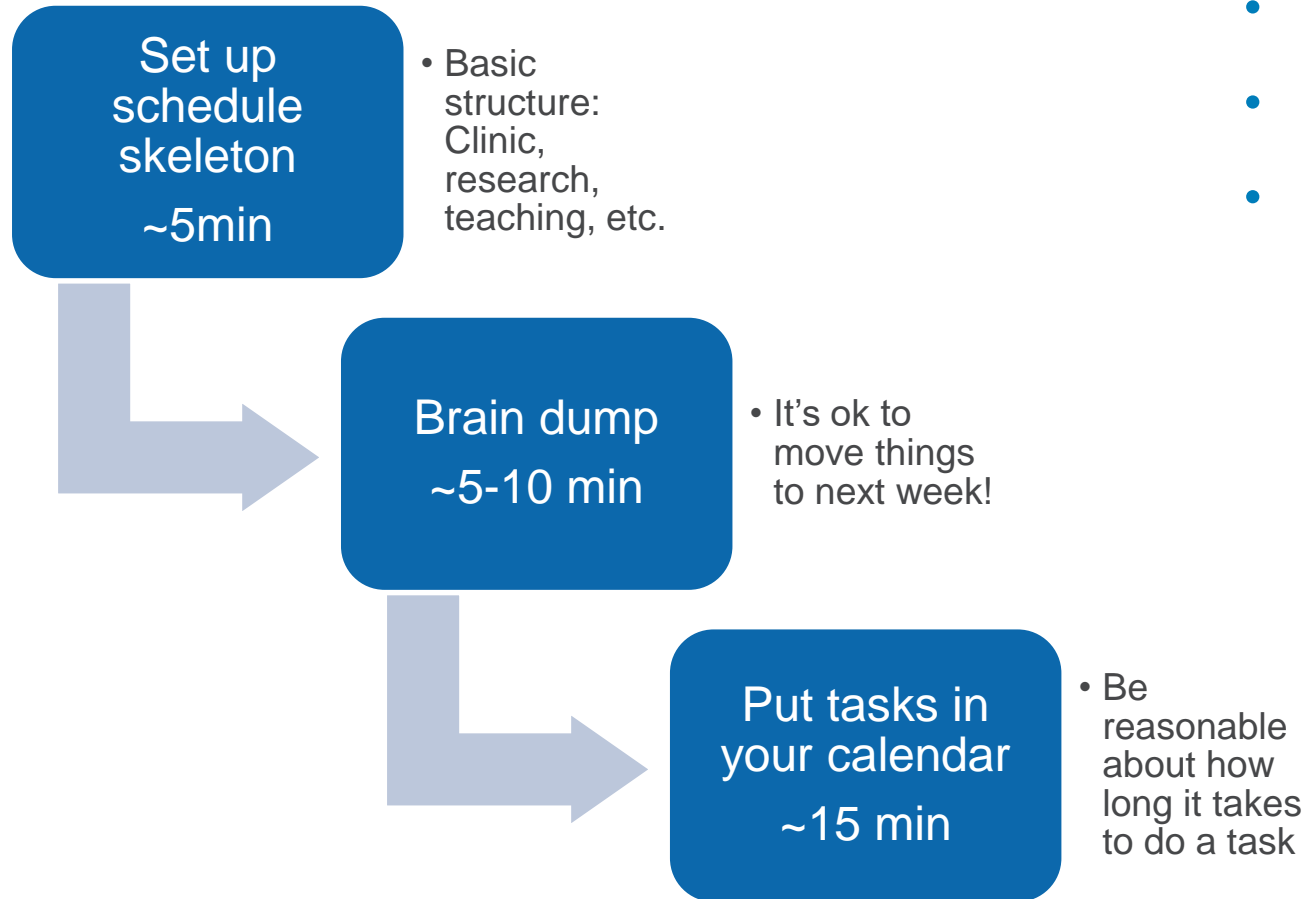


# Strategic Planning

- **3-5 Years**
  - Have a trajectory in mind!
- **Annual**
  - Have a broad list of goals you want to achieve:
    - Professional (# of papers, projects, etc.)
    - Personal (travel, fitness, mental health, etc.)
- **Quarterly**
  - Manageable and actionable items
- **Weekly/Daily**
  - Current demands on your time
  - Make time on your calendar for tasks related to your goals



# Strategic Planning: Weekly Plan

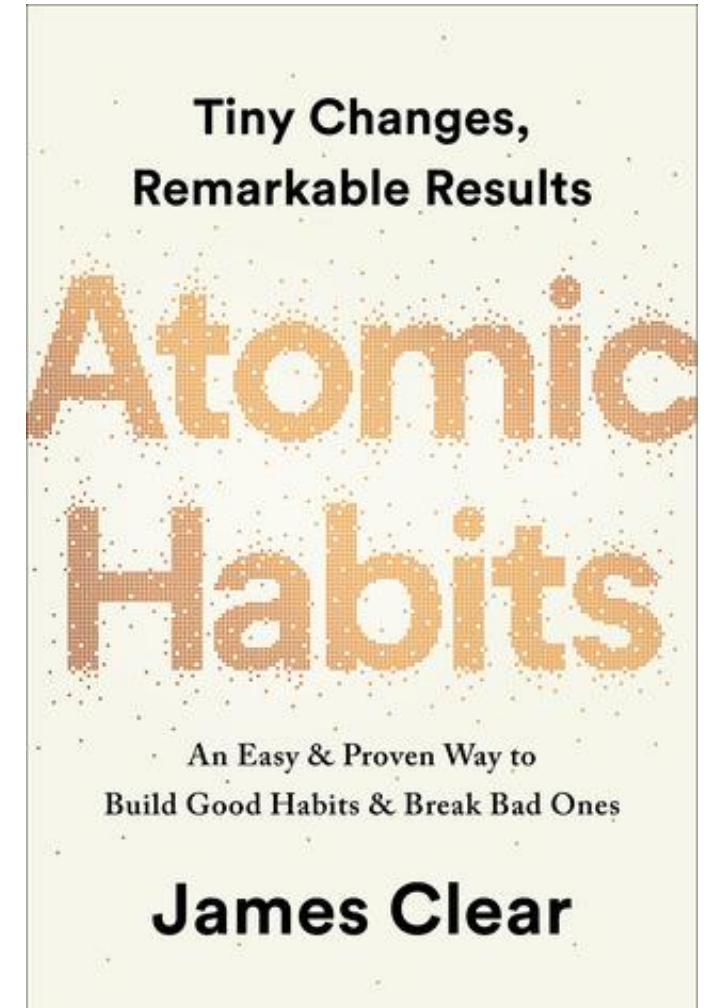


- Split big tasks into digestible bits
- Slow and steady progress
- Reflect on your progress monthly

# Strategic Planning

You **do not rise** to the level of your goals.  
You fall to the level of your systems.

– James Clear, Atomic Habits





# Thank You!