Pick Your Advisor Wisely

- Married at beginning of GS, wanted a life
- Picked an advisor who respected decisions
- It could be either a junior or senior faculty, but it takes the right personality to be understanding
- Prepare your advisor from time to time
Adjusting your expectations

- Less time means things take longer
  - Might need to take an extra year
  - Kids get sick, you need time w/ spouse
- Priorities might lead to "settling"
  - Settle for dirtier house
  - Settle for less gourmet food
  - Settle for less "excitement"
  - (You'll make these choices gladly!)
Financial Issues

- Kids are expensive!!!
  - Childcare in Boston: ~$1500 / month
  - Extra Insurance cost: ~$2000 / year

- Money-Saving Tips
  - Hand-me downs
  - Store-brand supplies/food
  - Cook more, Bring lunch more
  - Buy/cook in bulk
Getting Help

- Financial Support
  - Childcare scholarships are available
  - Departments can help with individual needs
  - You are entitled to paid maternity leave

- Emotional Support
  - Having family nearby is great
  - Grad student parent groups exist
  - Outside parental groups bring perspective

- There are early intervention services
Will I be less successful?

- Kids redefine your definition of "success"
- You'll learn how much research matters to you
  - If parenting >> research, you'll happily "settle"
  - If great love of research remains, you will cope
- A successful career is possible either way
  - Resources are available to help you
  - Career detours are becoming more accepted
  - Ultimately it is your passion that matters
Time Management

- Perhaps the single biggest issue
- Priority: more family == less work
- Practical tips: getting two uses from time
  - Ride to work (transportation / exercise)
  - E-mail on the bus (transport / job work)
  - Family Walks (community / exercise)
  - "Homework time" (community / job work)
  - "Chore time" (community / house work)
Now is a golden time: think big!

- Thinking big academically
  - This is a **foundation building** time
  - Later you'll be left with whatever you built
  - Do as much preparation as possible *now*
  - You won't have time to "learn that someday"

- Thinking big with your leisure time
  - Great time for learning a new hobby, exploring some part of the world, or training for a sport

- With kids, life is much more "day-to-day"
Form good habits early

- **Good professional habits:**
  - Practice reading widely in your field
  - Develop a citation-storing system
  - Figure out how to organize your thoughts/work

- **Good personal habits**
  - Cultivate an attitude of sacrifice
  - Learn to live under a reduced budget

- Habits formed now will pay dividends later!! When the deluge comes, you'll be ready.
Start Saving Money

- Remember that kids cost money?
- Saving money now has multiple benefits
  - Compound interest!!!
  - You'll have a buffer when kids come
  - You'll develop fiscal discipline early
  - You'll be prepared to pass these values on
So Why have a kid so early?

- You'll be younger
  - Easier to conceive (really!)
  - More energy to deal with kids
  - You are younger when they leave
- Grad-School specific advantages
  - Potentially a good time in terms of flexibility
  - Gives you perspective during tough times
  - You learn parenting before large responsibilities
- You'll never feel less busy: "later" → "never"
Our Kids!

Aiden – age 3

Audrey – age 2.5