

The Office for Postdoctoral Scholars The Graduate School of Biomedical Sciences The Graduate Student Body Committee

**5.** Present a Professional Development Seminar

## Surviving (Happily) My Career in Science

10 Commandments for Negotiating Work and Life



Joanne Kamens, PhD How do you balance the demands of a career in scientific research with the demands of home and family life?

Dr. Joanne Kamens has provided career development and work-life balance advice to hundreds of groups and individuals and has been actively mentoring young scientists for most of her career. She will discuss setting priorities, effective time management skills, and other strategies to achieve satisfaction and happiness at both home and at work.

Dr. Kamens is Senior Director of Research Collaborations for RXi Pharmaceuticals. She founded and is active in numerous mentoring organizations. She lives locally with her husband, a rocket scientist, and their two teenage children.

## Monday, February 8, 2010 12:00-1:00 PM Amp I, S2-102

Yes, refreshments will be served