



Using Your First Year(s) Efficiently - What we wish we'd known (Part III)

Pierre Mertiny

The 7 Habits of Happy Kids

○ Habit 1 — Be Proactive

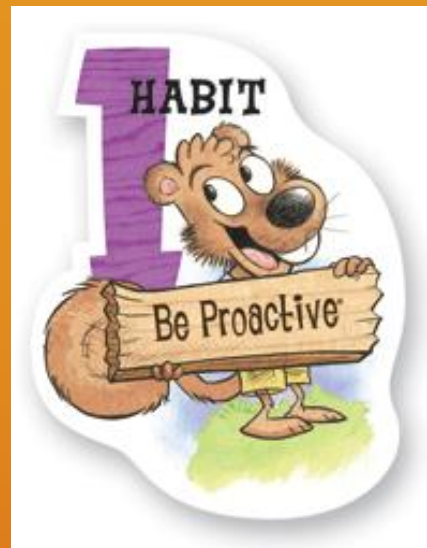
I am a responsible person.
I take initiative.

○ Habit 2 — Begin with the End in Mind

I plan ahead and set goals (*papers, money, lecture notes*). I do things that have meaning and make a difference.

○ Habit 3 — Put First Things First

I spend my time on things that are most important (*get students, money, papers*). I say no to things I know I should not do (*stay away from committee work and 'new initiatives'*). I set priorities, make a schedule, and follow my plan.



How to best waste time...



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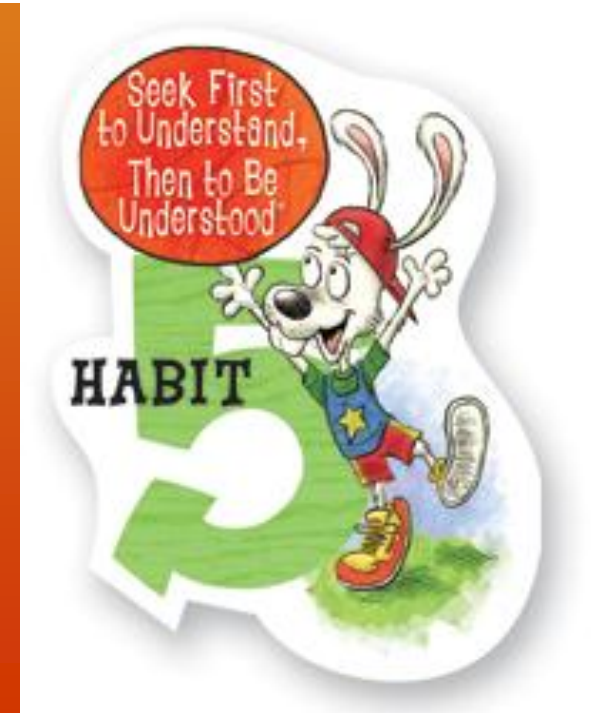
○ Habit 4 — Think Win-Win

Everyone Can Win.

I balance courage for getting what I want with consideration for what others want (*learn to say 'No' to colleagues and the chair, co-supervise students*). When conflicts arise, I look for alternatives.

○ Habit 5 — Seek First to Understand, Then to Be Understood

I listen to other people's ideas and feelings. I try to see things from their viewpoints. I am confident in voicing my ideas.



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○ Habit 6 — Synergize

Together Is Better.

I value other people's strengths and learn from them (*find a mentor, get lecture notes samples, collaborate*). I seek out other people's ideas.

○ Habit 7 — Sharpen The Saw

Balance Feels Best.

I take care of my body by eating right, exercising and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places, not just at school.

