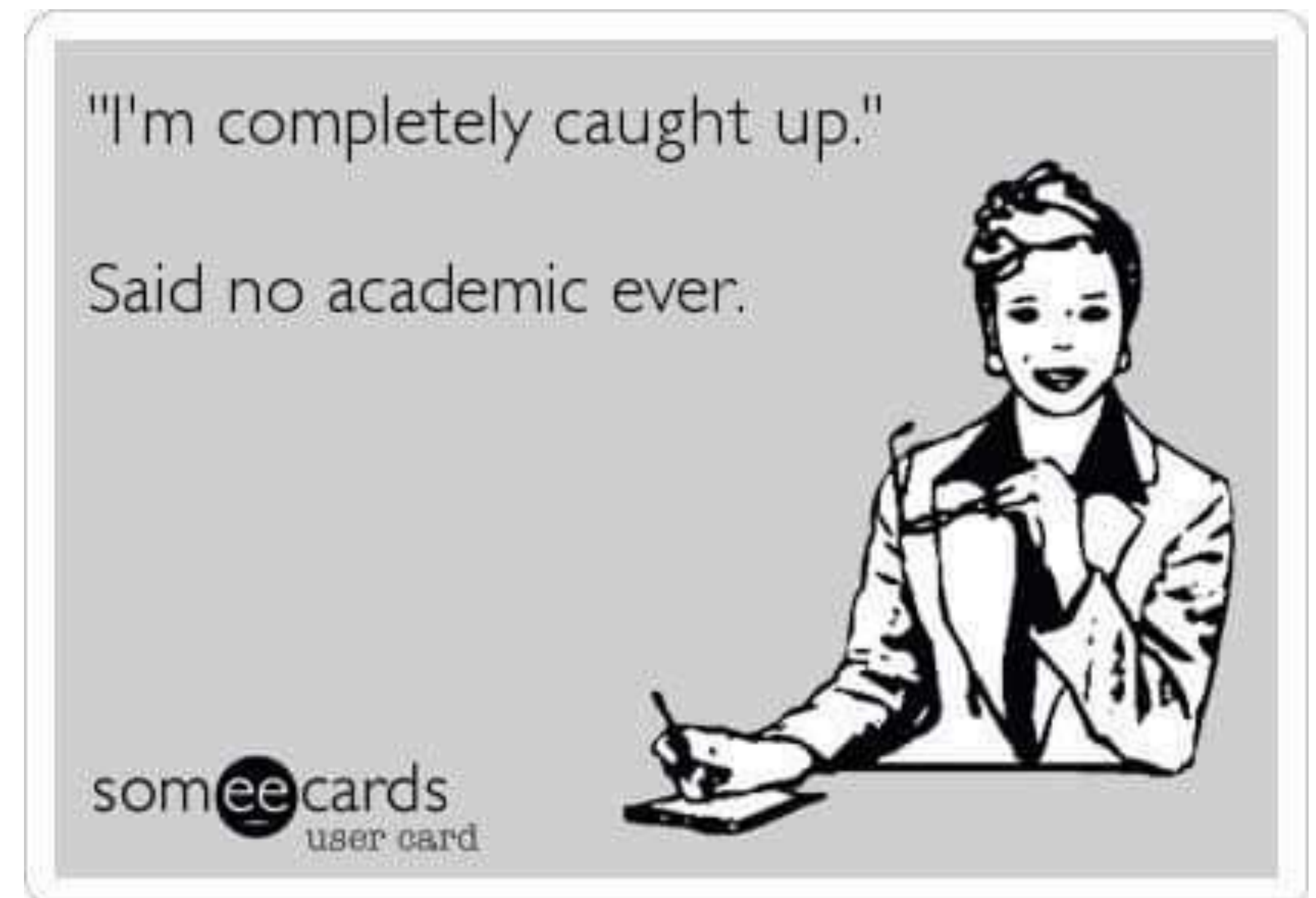


# Managing a life that also includes research

Liron Cohen

Ben-Gurion University, Israel

FLOC Mentoring Workshop 2022



# Who am I?

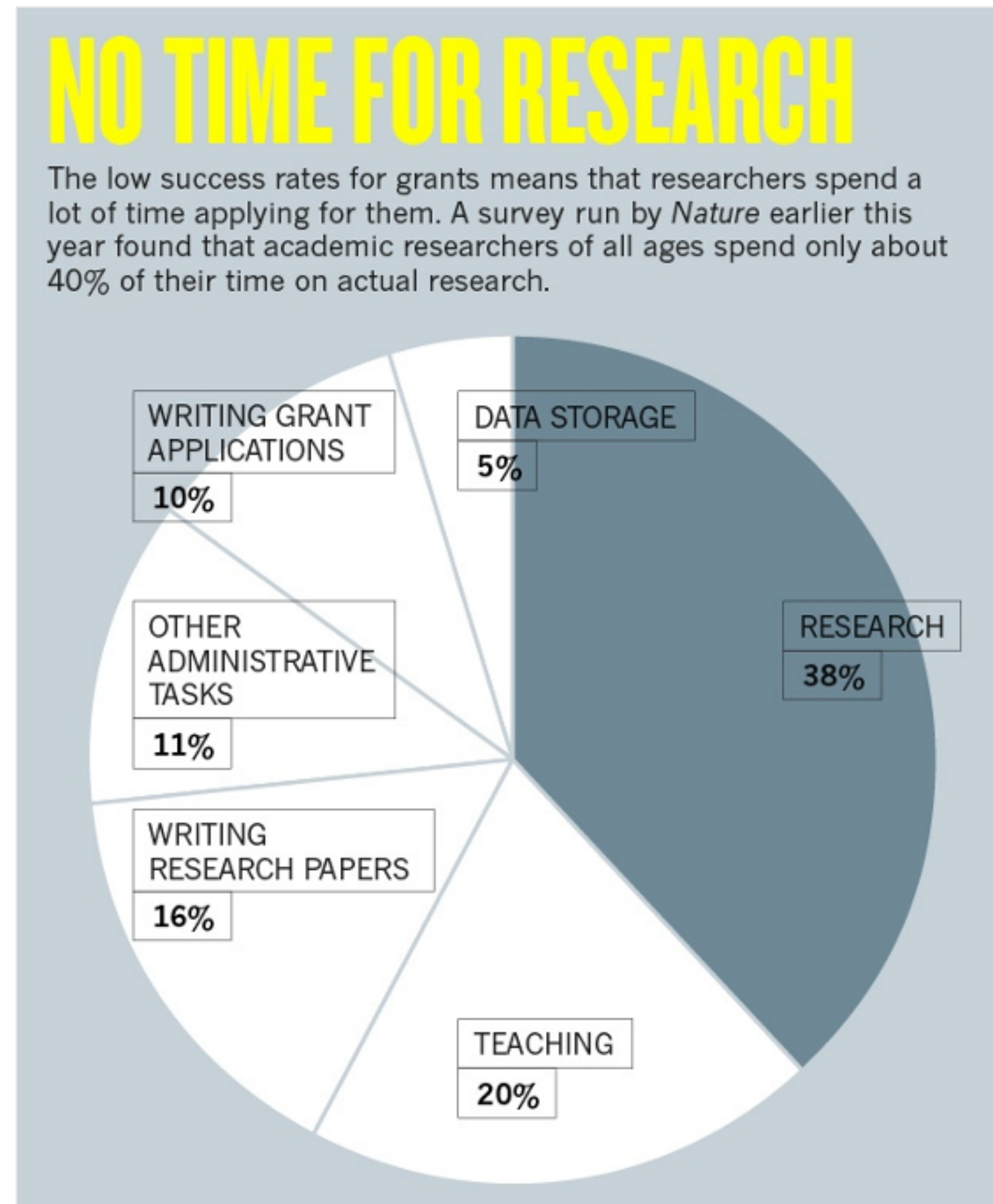


Some research interests:

- Type systems and computational models
- Theorem proving and automated reasoning
- Logic and proof theory
- Computational mathematics



# Research?

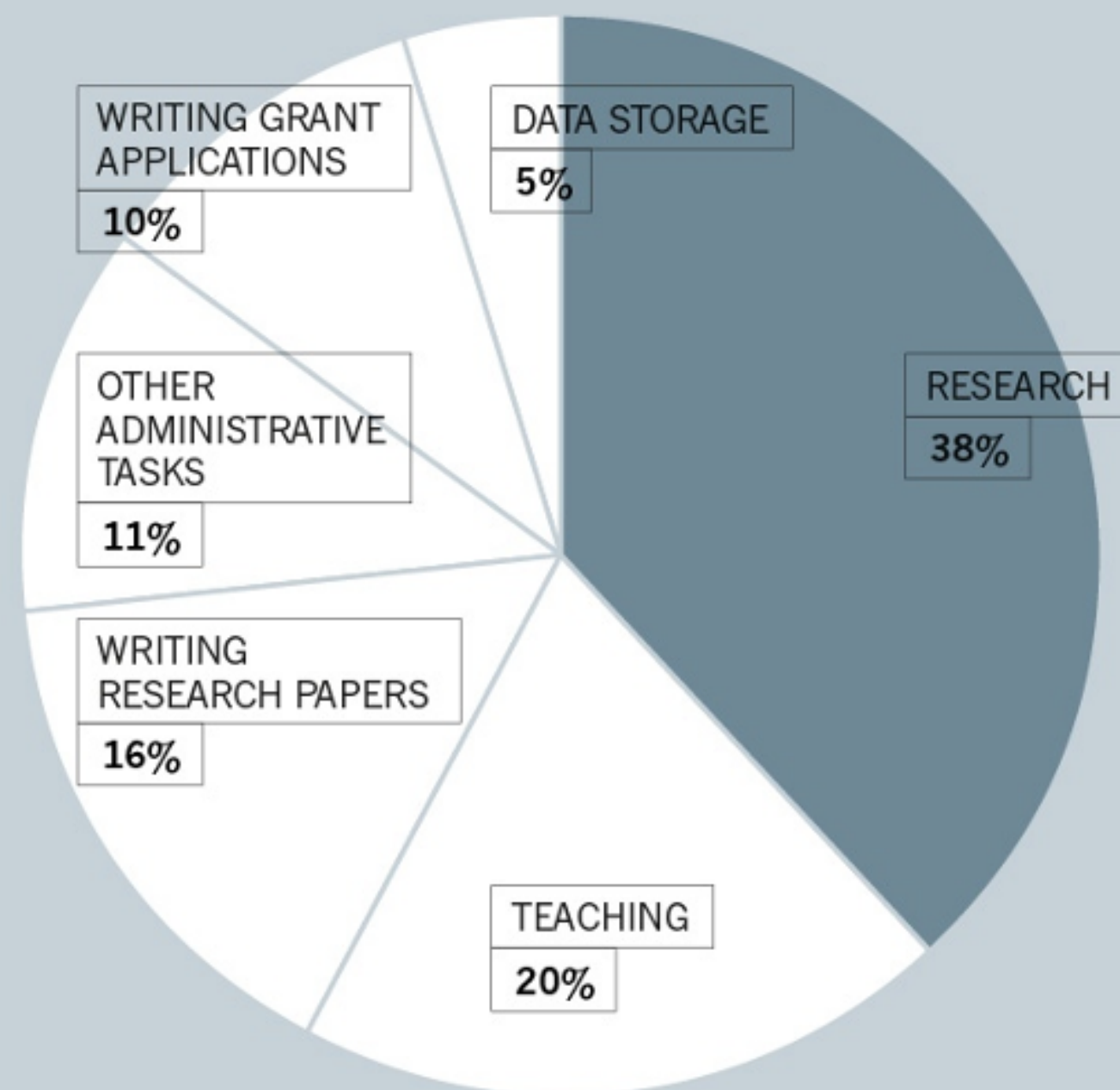


<http://www.nature.com/news/young-scientists-under-pressure-what-the-data-show-1.20871>

# Research?

## NO TIME FOR RESEARCH

The low success rates for grants means that researchers spend a lot of time applying for them. A survey run by *Nature* earlier this year found that academic researchers of all ages spend only about 40% of their time on actual research.

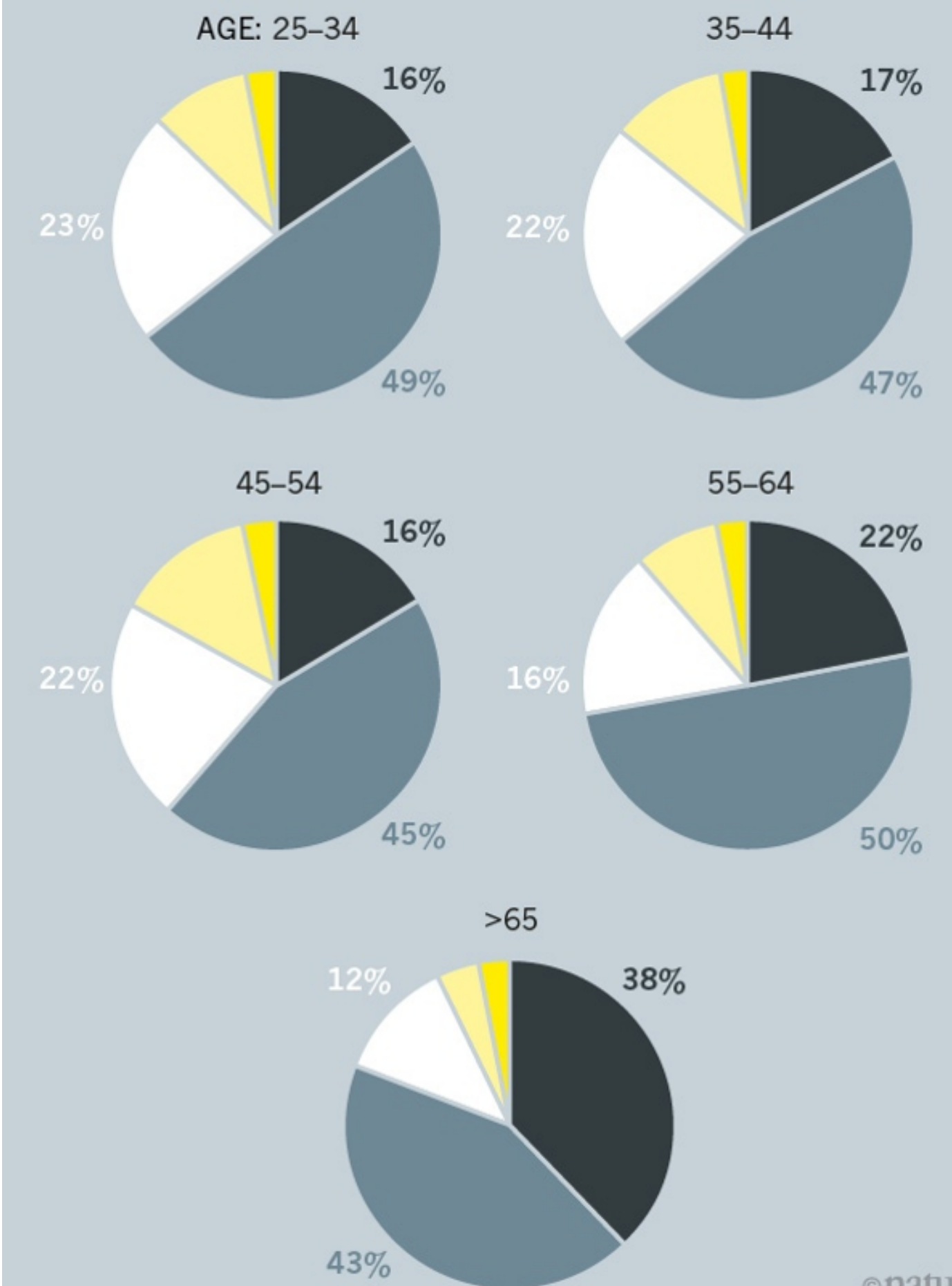


<http://www.nature.com/news/young-scientists-under-pressure-what-the-data-show-1.20871>

## STRESSED BUT SATISFIED

Despite the many challenges affecting young scientists, more than 60% say that they are satisfied or very satisfied with their careers. But older scientists are the happiest.

VERY SATISFIED	SATISFIED	NEUTRAL
DISSATISFIED	VERY DISSATISFIED	





## Early-career researchers need fewer burdens and more support

Academia is more difficult than ever for young scientists. That's bad for them, and bad for science

26 October 2016

## You do not Need to Work 80 Hours a Week to Succeed in Academia

NOVEMBER 25, 2015 / SAS CONFIDENTIAL

Author: Meghan Duffy

Original: Dynamic Ecology

<https://sasconfidential.com/2015/11/25/80-hours/>

# We are the lucky ones!



# People



- Find mentors
- Find friends
- Ask questions
- Consult/ask for help
- People like to give advice\*\*
- Present your work wherever you can —  
create opportunities

# People



- Find mentors
- Find friends
- Ask questions
- Consult/ask for help
- People like to give advice\*\*
- Present your work wherever you can — create opportunities
- Be a good citizen

# Know your best hats

- Know your strengths and use them

- Thinker
- Writer
- Presenter
- Collaborator
- Coder
- Story teller
- ...



- Don't feel bad to say: "this is not my expertise"

 But then learn it!

# Say NO

I DONT  
PROCRASTINATE  
I DELEGATE  
TASKS TO MY  
FUTURE SELF

- Find your way to stay focus on the real goals
- Say no to things even if they are tempting
- Keep your eye on the ball
- You'll have plenty of time



# Make Progress



\* Emily Riehl

# Enjoy



- No need to know exactly where you are headed
- It's your show
- B time
- Follow the seasons

# Final remarks

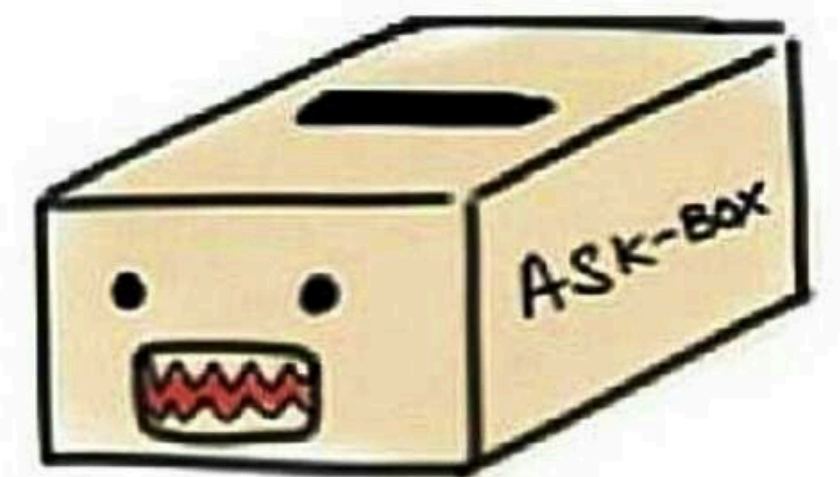
- Logicians are also human beings —  
they appreciate interesting, fun people!
- It will **NOT** get easier once you get a job —  
start working on it now!

**Good Luck!**

# Final remarks

- Logicians are also human beings — they appreciate interesting, fun people!
- It will **NOT** get easier once you get a job — start working on it now!

Good Luck!



NOW ACCEPTING

[cliron@bgu.ac.il](mailto:cliron@bgu.ac.il)