

Workshop to consider Work-Life Balance at the FPSE

How about thinking about **work-life balance**, which is important for researchers to consider in their own career development? First, the two speakers will introduce their experiences, focusing in particular on **a comparison of the research and social environments surrounding academics in Japan and the U.S.** Next, the workshop participants will **share their own opinions, problems and worries they are facing with regards to work-life balance in a cozy atmosphere with coffee.** Through this discussion, **the various current issues affecting the balance of research/teaching activities and family life** should be addressed, and participants should gain tips for improving or solving such issues.

Speakers



Prof. Marisa KELLAM

from the Faculty of Political Science and Economics



Prof. Shuhei KURIZAKI

from the Faculty of Political Science and Economics



Originally from California, I have been working at Waseda since 2013. In this workshop, I would like to compare my experiences at Waseda with my previous position as a tenure-track assistant professor at Texas A&M University, focusing on my pursuit of work-life balance during my academic career. I will also share my experience of having worked in the same department as my husband in my current and previous positions. We may have equal work responsibilities but that does not translate to equivalent approaches to the work-life balance.

After graduating from a college in Tokyo, I went through UCLA, Harvard and Texas A&M as a student, pre-doc fellow, and assistant professor before coming to Waseda six years ago. All along from UCLA, having two positions for my wife and myself was a major consideration for our career choices. My own strategy in this endeavor is simple: I work with 60% of my effort level. To maximize time I get to spend with my family, while fully enjoying my academic career, I strive to raise my efficacy level to 150% of my peer, so my productivity level remains at $150\% \times 60\% = 90\%$. At the workshop, I hope to share my story about what this strategy does to me from the US-Japan comparative perspective. You will probably hear a completely different story from my wife on this.

MC

Prof. Kohei KAWAMURA from the FPSE

Venue

ICC (Intercultural Communication Center), 1st floor of building 3

Expected Participants

Students, Faculty, Staff, and Researchers of Waseda University

Language

English and Japanese

Contact

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Register here!

WEB <https://www.waseda.jp/inst/diversity/>

Organized by the Office for Promotion of Equality and Diversity | Co-organized by the Faculty of Political Science and Economics and the ICC | Supported by the Career Center



Date and Time:

2:00 pm-4:00 pm,
Jan. 30 (Thu), 2020

Agenda:

- 2:00 pm-
Presentations by the speakers
- 3:00 pm-
Discussion session among
participants