

Balancing Your Personal Life and Career

Tricia & Charles Laux

Professionalism

- Teaching as a profession
- String profession – viewed as expendable by some

Social behaviors

- Be conscientious
- Public appearance
- Role model
- Smoking
- Alcohol use

Be a Team Player

- Collaborative performances with other music faculty
- Get to know other (non-music) faculty members personally
 - Invite to performances, be active, make allies
- Make lasting friendship through networking

Relationships with Students

- Friendly but not casual
- Doors open

Facebook, Blogs, and Web

- Unions “recommend” not to have Facebook and Twitter accounts
- “Friending” students
- Only share what you’d share publicly

Balancing Personal Time vs. Work Time

- Extra rehearsals, teaching lessons, performing, concerts, etc.
- It’s okay to say no, even at the beginning of your career

Organization & Time Management

- Keep good records
- Communicate!!

Set Priorities

- School work, lessons, gigs, significant other, family
- Relationships /Marriage

Set Career Goals

- Very important to have a focus
- Goals can change, so be flexible
- Don’t be afraid to go out on a limb to try new things

Stay Healthy, Avoid Burn out

- Exercise
- Eat healthy
- Get enough sleep
- Have fun!
- Mix it up!

Beliefs/Philosophy

- Work hard, play hard mentality

Life Long Learner

- Professional Development
 - ASTA Conferences
- Mix business with pleasure
- Don’t be afraid to ask for help, ever!
- Be willing to try new techniques and teaching strategies
- Invite people into your classroom – you might learn something!

Tricia’s Favorite Tip

- Drink lots of water

Chuck’s Favorite Tip

- Invest money for good shoes