

AbstractID: 9791 Title: Moms and Medical Physics (or - where is there time to buy groceries this week?!!)

**Moms and Medical Physics (or, where am I going to find time to buy groceries this week?!!)**

**Position: Mother, Mom, Mama**

**JOB DESCRIPTION:** Long term, team players needed, for challenging permanent work in an often chaotic environment. Candidates must possess excellent communication and organizational skills and be willing to work variable hours, which will include evenings and weekends and frequent 24 hour shifts on call. Some overnight travel required, including trips to primitive camping sites on rainy weekends and endless sports tournaments in far away cities. Travel expenses not reimbursed. Extensive courier duties also required.

**RESPONSIBILITIES:** The rest of your life. Must be willing to be hated, at least temporarily, until someone needs \$5. Must be willing to bite tongue repeatedly. Must be willing to face stimulating technical challenges, such as small gadget repair, mysteriously sluggish toilets and stuck zippers. Must screen phone calls, maintain calendars and coordinate production of multiple homework projects. Must have ability to plan and organize social gatherings for clients of all ages and mental outlooks. Must be willing to be indispensable one minute, and embarrassment the next. Must handle assembly and product safety testing of a half million cheap, plastic toys, and battery operated devices. Must always hope for the best but be prepared for the worst. Must assume final, complete accountability for the quality of the end product. Responsibilities also include floor maintenance and janitorial work throughout the facility.

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Now, add to the above your career as medical physicist. How do we manage it all? Are we? In the past 20 years, children's free time has declined by twelve hours per week; time spent on structured sports activities has doubled; family dinners are down by a third; and the number of families taking vacations together has decreased by 28 percent. Being a parent and having a demanding career is challenging to say the least. This talk will focus on the issues of managing home and work. Ideas will be shared as to what works, what is time efficient, short cuts, etc. There will also be time for discussion during the symposium.

Educational Objectives:

1. Participants will gather and share ideas for managing work and family.
2. Demonstrate the female perspective regarding the stress of balancing home and work