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...

"Who wants to plan the meeting, raise your hands?"
How to best waste time...

“Hurray! Meeting adjourned!”
The 7 Habits of Happy Kids

- **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.
The 7 Habits of Happy Kids

- **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.