



YOUR PRIVATE SPACE AND TIME

di *Enrico De Angelis*

Francesca Noardo is a young Italian researcher, now in the Netherlands (TUDelft) for a MarieCurie funded postdoc in the field of spatial data, dealing with how to elicit information (even wisdom, see [DIKW pyramid](#)) from Built Environment data. If interested in her topics, you may start looking in the site of [3D geoinformation group](#) and in Francesca’s [page](#); nevertheless, spatial data applications is not the reason for which I am introducing her to you, but a post she wrote, last year (here ->).

Francesca started her PhD @polito while wheaning her daughter, who is now eight years old and a strict reviewer of all her presentations, since she was preparing her PhD Thesis defence. So, I asked her (the mother), how was being a mother and a doctoral student, in the same time. In our PhD school, the number of mothers and fathers growing children is not negligible, but – not only in jokes and in cartoons – it is always considered a heroic challenge.

«To find a balance between working and private life is not impossible» she answered me. «I know that I have been lucky, because I was really helped by the empathy of my supervisor and my colleagues, all supporting me with flexibility, and of course, by my husband». But the point, for Francesca, is another: on one side, «being a mother trained me in managing my time and the time and the work of those I had to interact with» on the other side «I realized how important is that work-private life balance, for all, not only for a mother or a father».

The main outcomes: she had to quickly develop time management skills, and, even more interesting, her was a useful example for her research group: «I worked some nights and weekends and strived to be quicker, to compensate the time devoted to my family, but what I am happiest about is that I was able to have my own, personal space and time». And this is, at the end, Francesca’s message: don’t loose yourself in pursuing any academic objective, without pursuing a good balance in your private and work life.

A balanced life is not important for your mental health: it is a must for being a good researcher even more important than bibliometrics.



Why to be mom deserves a place in academic CV

Retrieved from [here](#), dated Oct 7, 2019

- I am trained in explaining very complex things in very simple words
- I can repeat things thousands of times
- My voice is trained to work hard
- I need to provide detailed ref.s for every small part of whatever I say
- I am continuously controlled w.r.t. self-consistency
- I am continuously controlled w.r.t. ethics
- I am continuously controlled w.r.t. conduct/behaviour
- I need to respect what I promised and have strong encouragements in respecting deadlines
- I give credits correctly
- I know how to appreciate great efforts for little good things
- I can temporarily give up for less important requirements, if the whole is not affected
- I have the opportunity to change perspective
- I should anticipate needs
- I developed team coordination skills
- I need to be multitasking
- I am supposed to develop some empathy
- I learn how to manage time and priorities in an effective way
- I have strong and shouting encouragements towards work-life balance
- I can repeat things thousands of times
- I will finish my work even if at home, while caring other needs, and I will be grateful for having the opportunity
- I am encouraged to work hard for the future World’s quality