#1: BE RESILIENT
For every success, you will have some failures and setbacks; stay positive and persistent in every endeavour you pursue in your career.

#2: LEARN TO SAY NO
Young professors and early career researchers are sometimes asked to take on more than possible. Be sure to manage your workload so that you can protect your productivity.

#3: KEEP IT SHORT AND SIMPLE
Resist the urge to show off what you know to your students. Instead, keep your teaching methods simple and tailored toward your students’ learning to help them succeed.

#4: NEGOTIATE TIME NOT JUST MONEY
Remember to negotiate your time—something that you cannot buy. Protect it so that you focus on your key deliverables and thrive with a work-life balance.

#5: PROTECT YOUR WRITING TIME
Don’t fall behind on your publication goals. Slot in blocks of writing time in your calendar so that you progress in your long-term projects.

#6: KNOW YOUR WORK ENVIRONMENT
Familiarize yourself with the guidelines and criteria of career advancement at your institution. Understand that university is a space meant for peer review. Be open to criticism and mentorship and you will grow.

#7: RESPECT IS KEY
Always treat your students, colleagues and superiors the way you want to be treated—with respect, professionalism and kindness.

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