Michael Finiguerra

'Wee Baby
Circa 2007

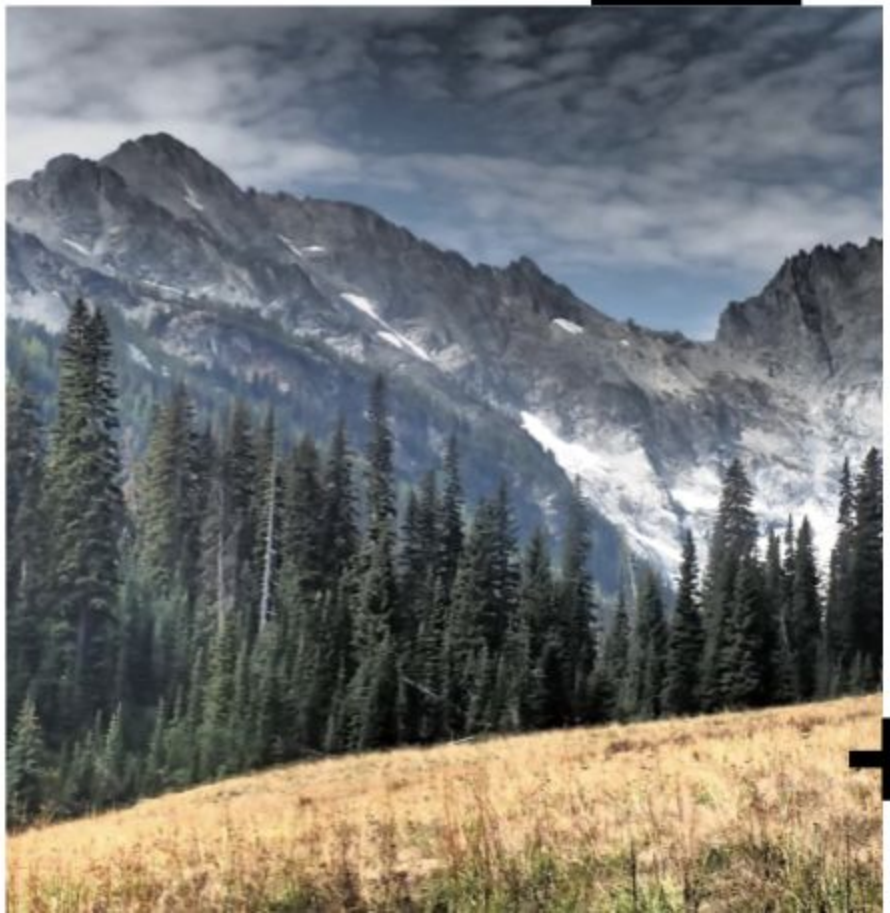
- M.S Marine Sciences 2007- Stony Brook University
- PhD Oceanography 2013- UConn Avery Point
- Faculty EEB 2014 Avery Point (now Professor)
  - Only full-time biology faculty
  - Teach 8 different courses
- Teaching, Mentoring, Advising awards
- Love committees
- Research at Avery Point
  - ~$2.0 mil. Funding; pubs- *Nature Climate Change, Nature Comms. PNAS, Proc. Roc Soc. B,*

Research and Administration:

- Funding: DEI, Pedagogy, Student Success, Ecology & Evol
- Co-Director (and PI) of Mystic Aquarium-UConn NSF REU Program
  - New site award with two renewals
- Experimental Evolution- Marine Copepods
  - Warming and Acidification
- CLAS Leadership Fellow
- CLAS Mentor ~40 early career teaching faculty
- Creator and Director of the Peer Mentor Campus Change Program
  - University wide program to help students transition from regional to main campus
    - >1000 students; 20 undergrad employees
  - https://dos.uconn.edu/campus-change-mentoring-initiatives/

Plant Computational Genomics

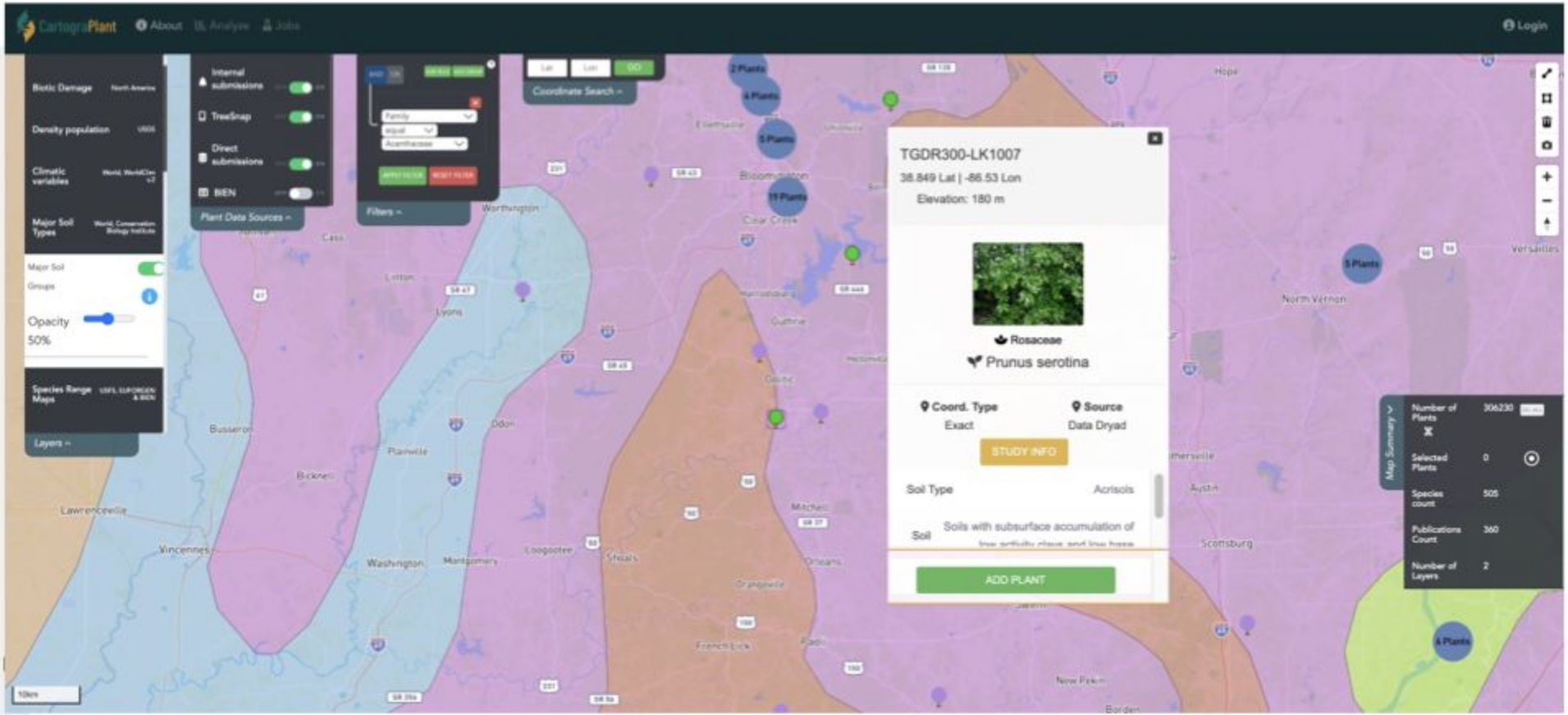
- Conservation Genetics
  - Population/Landscape Genomics
  - Transcriptomics
  - Epigenomics
- Genome Biology
- Computational Biology
  - Scientific Databasing, Visualization, and Analytics



Conservation Genetics
with Genomes

+

CartograPlant - GxPxE



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User's Guide | **Developer's Handbook** | **Extension Modules** | **Tripal Community** | **Tripal @ gitHub.com** | **Tripal @ drupal.org**

Tripal is a toolkit for construction of online biological (genetics, genomics, breeding, etc), community database web portals, and is a member of the GMOD family of tools. Use Tripal out-of-the box to create a basic genomics site (with no programming) or customize using Tripal's Application Programming Interface (API). Tripal is free and open-source (GNU General Public License version 2), allows for extensive customization and is backed by a helpful user community. A strength of Tripal is our community of developers. Customization and extension of Tripal can be created and shared with other sites as modules allowing you to create your own tools and visualizations or leverage those developed by groups around the world. To see what features Tripal provides, see the Tripal User's Guide and the Developer's Guide! If you have any questions, thoughts, or concerns, we would love to hear from you on our GitHub Issue Queue!

Sites Using Tripal

Tripal sites are found worldwide.

Browse the selected sites below or view more

Banana Genome Hub

News

Tripal Codefest and Workshop @ PAG

Oct 30, 2023

For registration and abstract submission please see the Events Page.

Tripal v3.10 Released

Technical Blog Posts

Introducing the Helium Data Exporter Tripal Module

An additional way to visualize pedigree and phenotypic data stored in a Tripal web portal.

DOI 10.5281/zenodo.6611672

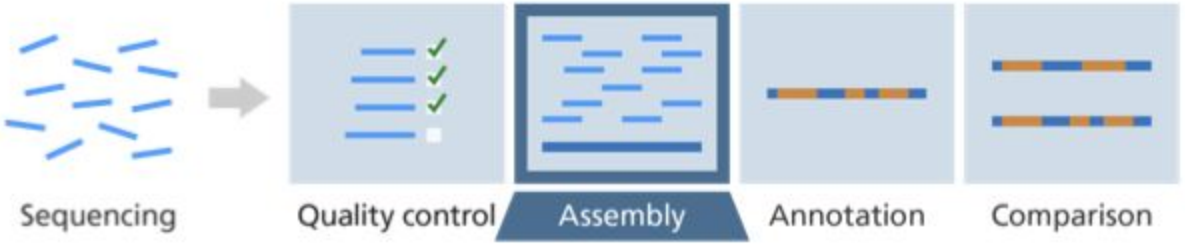
The Helium Visualization Framework is a visualization tool for large-scale plant pedigree data with the option to overlay categorical data. We developed the Helium Data Exporter module to transform germplasm and raw phenotypic data from a Tripal web portal into a compliant format for seamless and error-free data conversion. Together, this module and Helium provide meaningful assistance to plant breeders and researchers to predict and visualize inheritance. [View more]

+ Rish
Sean
Peter
Emily

Genome Biology

Answering questions

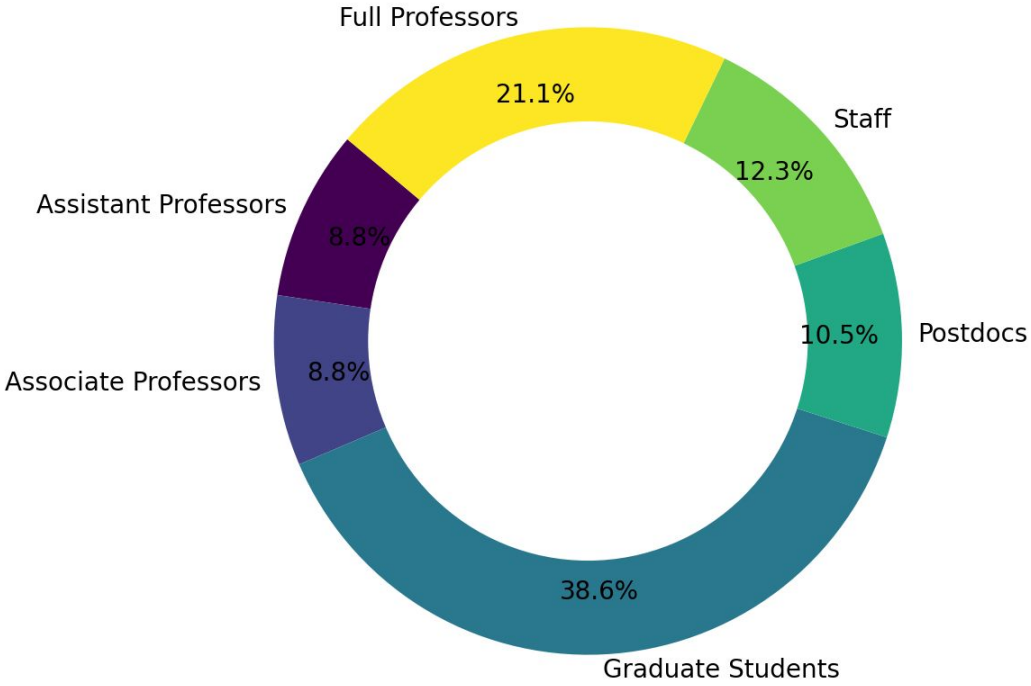
- Genome sequencing and assembly strategies
- Transcriptomics
- Genome Annotation
- Functional characterization
- Methylation Analysis

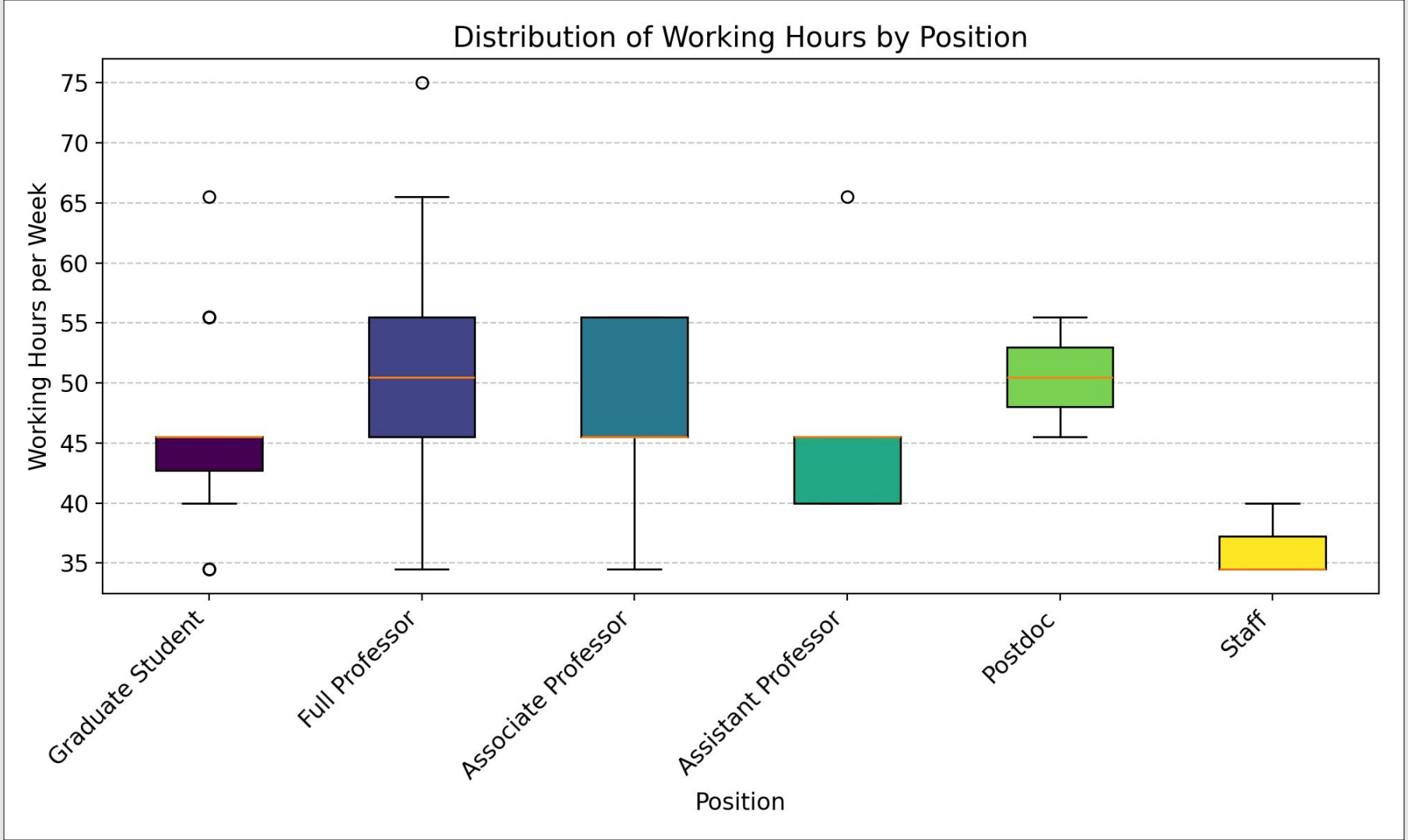


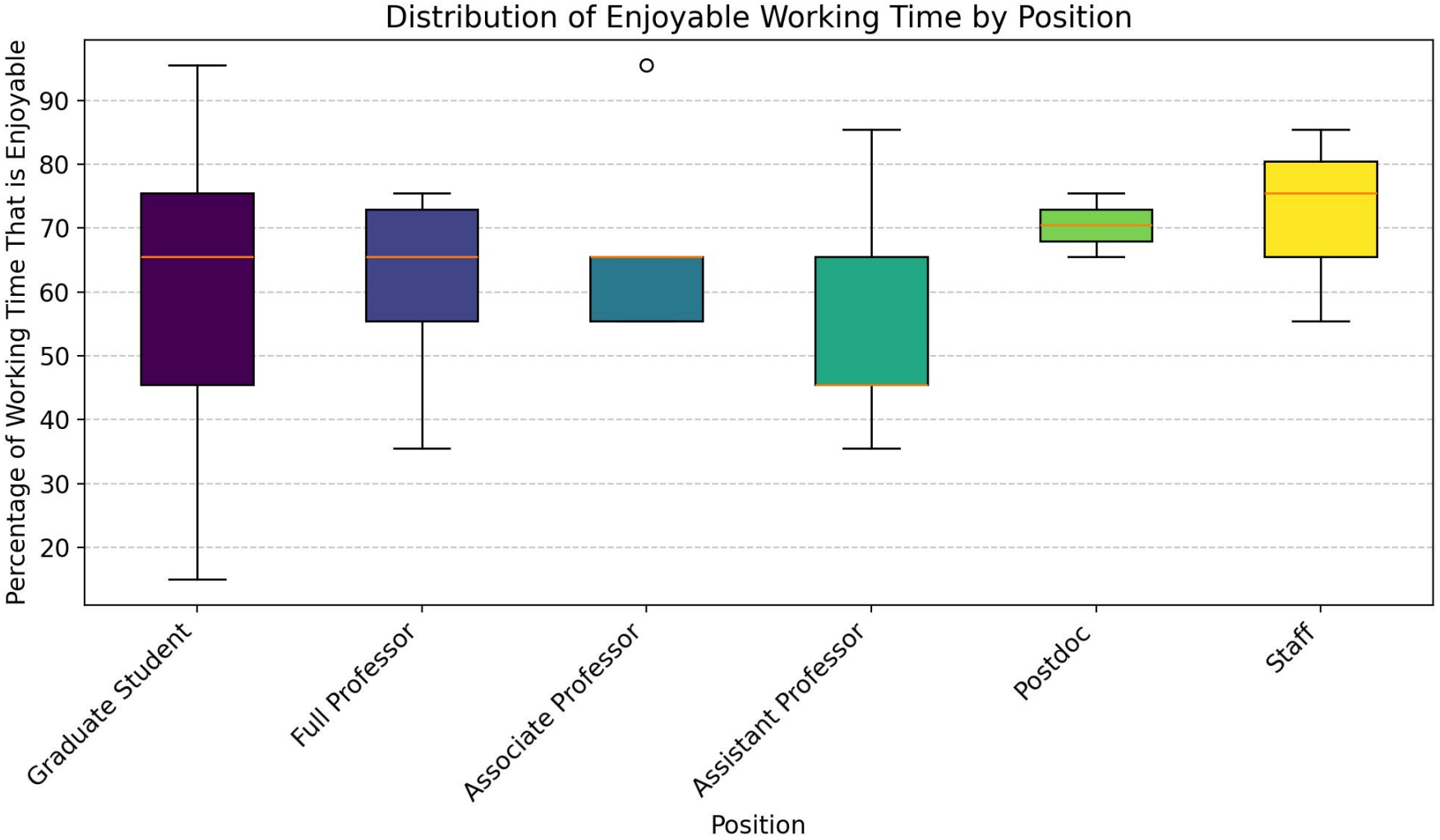
What did you learn from tracking your time?

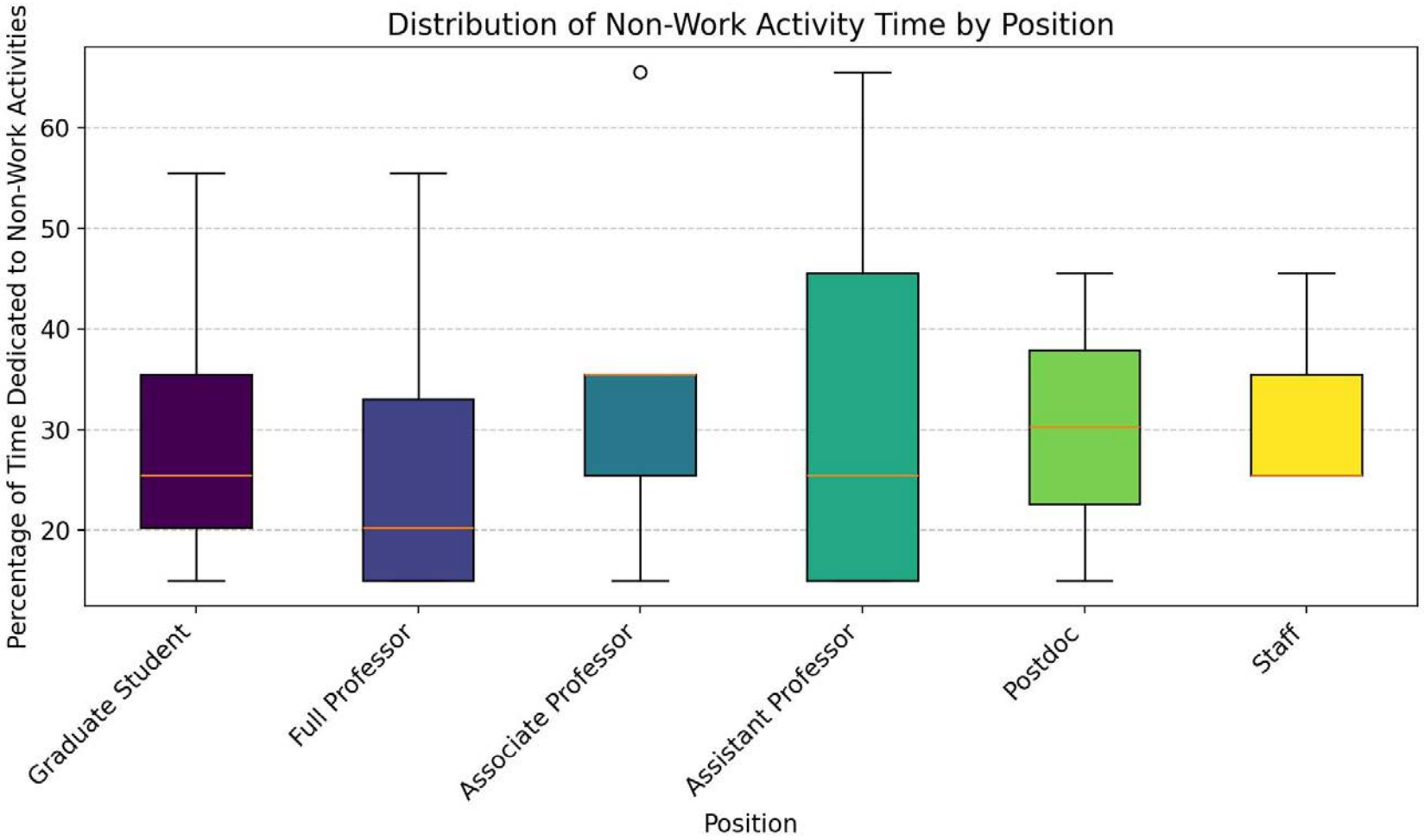
What aspects of time management are most challenging?

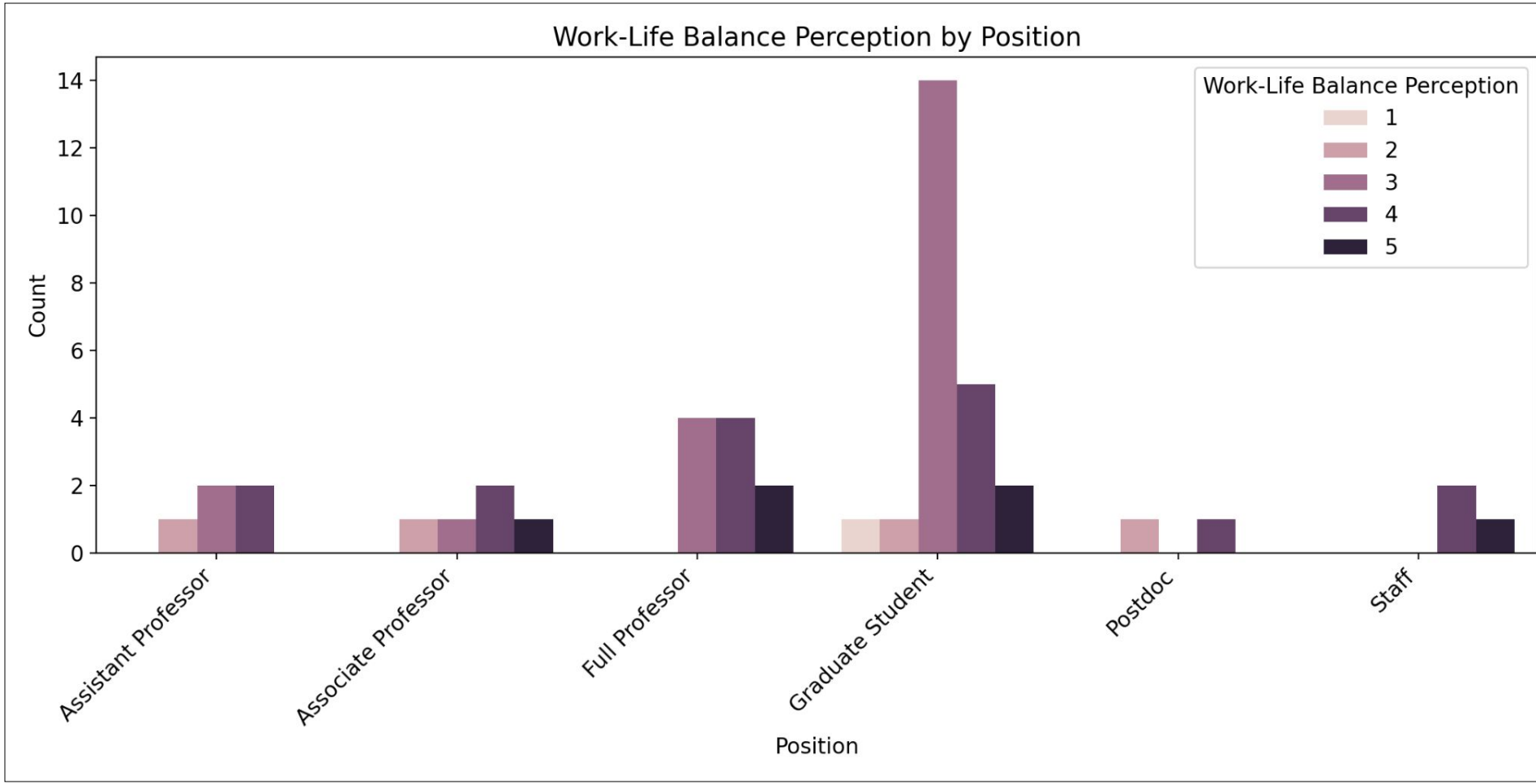
Work/Life Balance Survey Results (48 responses)




Distribution of Working Hours by Position
Working Hours per Week
75
70
65
60
55
50
45
40
35
Graduate Student
Full Professor
Associate Professor
Assistant Professor
Postdoc
Staff
Position


Distribution of Enjoyable Working Time by Position
Percentage of Working Time That is Enjoyable
90
80
70
60
50
40
30
20
Graduate Student
Full Professor
Associate Professor
Assistant Professor
Postdoc
Staff
Position


Distribution of Non-Work Activity Time by Position
Percentage of Time Dedicated to Non-Work Activities
60
50
40
30
20
Graduate Student
Full Professor
Associate Professor
Assistant Professor
Postdoc
Staff
Position

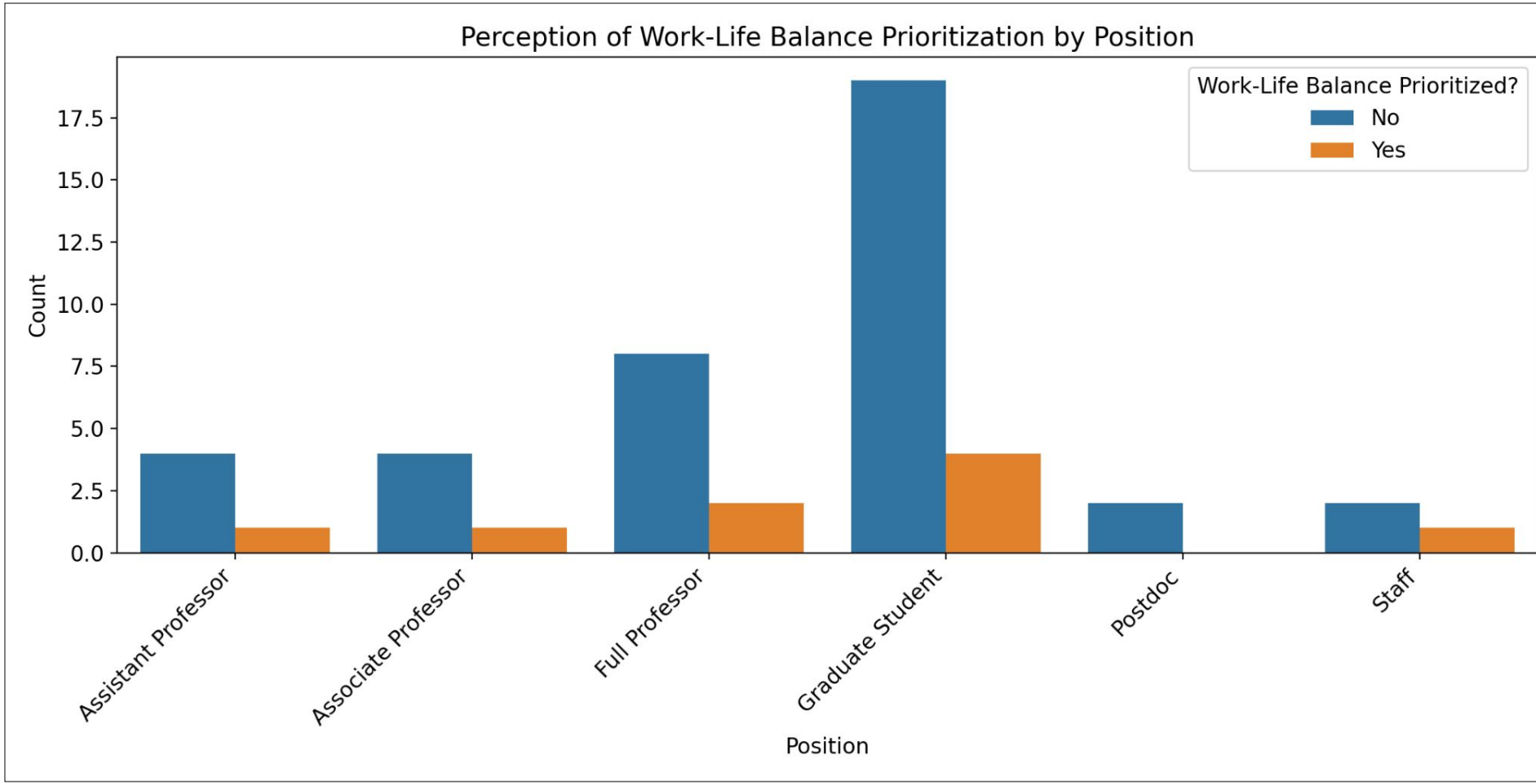

Work-Life Balance Perception by Position
Work-Life Balance Perception
1
2
3
4
5
Count
0
2
4
6
8
10
12
14
Assistant Professor
Associate Professor
Full Professor
Graduate Student
Postdoc
Staff
Position

If you were asked to co-author an exciting paper for Nature, what activities would you pull back on to allow for this?

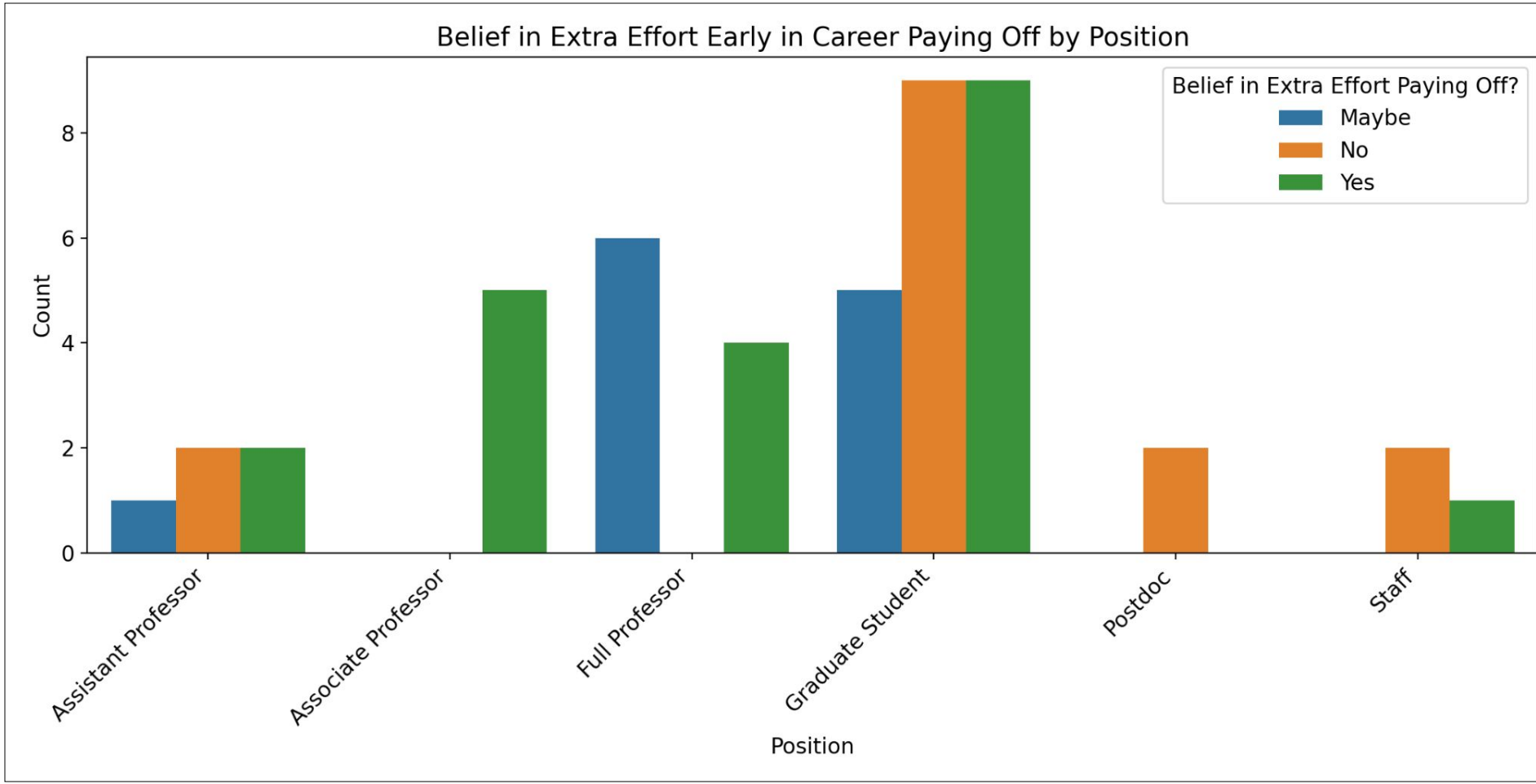
- **Leisure/free time/social/exercise/family/weekends**
- **Everything**
- Other papers/reviews/editing
- Admin/service

How would you define a successful work life balance?

- Happiness/Balance
- Achieving both personal and professional goals
- Not feeling torn/exhausted
- Defined boundaries
- Different for everyone/uneven
- Impossible?


Perception of Work-Life Balance Prioritization by Position
Work-Life Balance Prioritized?
No
Yes
Count
17.5
15.0
12.5
10.0
7.5
5.0
2.5
0.0
Assistant Professor
Associate Professor
Full Professor
Graduate Student
Postdoc
Staff
Position

Do you believe that extra effort (more work) early in one's career provides a foundation for more balance later?


Belief in Extra Effort Early in Career Paying Off by Position
Belief in Extra Effort Paying Off?
Maybe
No
Yes
Count
0
2
4
6
8
Assistant Professor
Associate Professor
Full Professor
Graduate Student
Postdoc
Staff
Position

Professional cost to work/life balance

22 = Yes
12 = Maybe
14 = No

How do you figure out what work-life balance works for you?

Honesty and Prioritization

(Everyone is different)

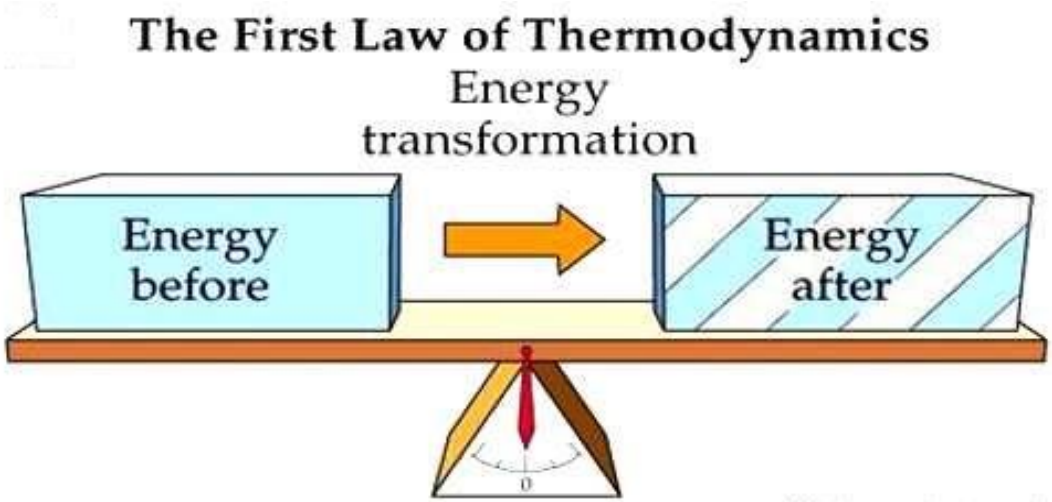
Finiguerra Priorities

1. Family Life
2. Geographic Location
3. Teaching and Mentoring
4. Research opportunities

Wegrzyn Priorities

1. Family, Friends, and Travel
1. Research and Mentoring
1. Hobbies (art, baking, etc)

Discuss your priorities. Remember, they can/should be different than others.



Principle of allocation:

resources cannot be allotted to all functions at the same time

Time is your most valuable Resource

Jill's schedule last week

Department/Lab/Project Meetings – 20 hrs
Seminars/Journal Clubs/Teaching – 7 hrs
Reference Letters - 3.5 hrs
University/College Service – 2 hrs
ISG/CBC Meetings – 3 hrs
Admin/Slack/E-mail – 6 hr
Writing/Editing/Talk prep – 12 hrs
Coding/Analysis/Research – 8 hrs
Total – 61.5 hrs

Jill's Daily schedule

6:30-7:30am- pets, e-mail, get myself ready

8:30am- arrive in Storrs (commute)

8:30am-6:30pm - Meeting frenzy

7:30pm - home

7:30pm-midnight - Arrive at home, dinner, chores, gym/social, pets, read/edit/e-mail

Michael's Daily schedule

4:30-5:00am- COFFEE, chores, lunches for all

~6:30am- wife leaves, kids start to wake up

7:40am- Beg kids to get ready

8:03am- Bus pickup

8:30am - Arrive at Avery Point; work

Lecture prep, classes, respond to e-mails, eat, student meetings, virtual meetings, procrastinate on grading

3:00pm- Leave to get kids off bus

3:45 -> Family time; farm chores
(~9:30pm pass out reading)

What do I cut?

What tools/strategies enable efficiency for you?

What tools/strategies enable efficiency for you?

Some Tools for Efficiency?

- To do Lists
- Calendar Software
- Coffee/Walk/Run/Yoga Break
- Virtual Meetings
- Delegation of Tasks
- Inbox Prioritization Software
- Writing Blocks
- Speed Meetings
- Project Management Software

WORK-LIFE BALANCE: FIN

- Strict work-Life separation
  - At AP I am all yours for help, no appt needed!
  - Do not respond to e-mail after 4pm and on weekends.

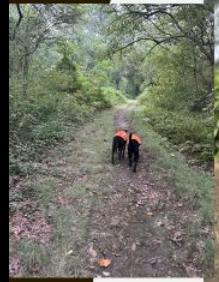











Compartmentalize

- Ability to focus on task at hand and not let all projects consume you at all times
- Very hard skill to learn
- Cornerstone of efficiency

Daily Struggle

When do you work best?

Most ‘awake’ vs ‘sleepiest’

Do hardest thinking when you are at your best

Save trivial tasks for when you know you will crash