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An example of one life – the good, the bad, and call it what you want



1949

1943 **Born and raised** in Fort Wayne, Indiana

1948-57 **Grade School** – very good student (A/A-) – sports and academics

1957-61 **High School** – just okay (B/B+) – sports and social life – *drifting*

1961-64 **IU - Ft Wayne** – (part-time, 1962-64) – serious (A-) – also basketball referee, etc.



1964

- Premedical and math – plan was for **medicine** – *but still mainly drifting*
- Enjoyed student government and other leadership activities
- Changed major from Chemistry to Zoology; considered the Peace Corps
- Interest was developing in teaching & academic leadership/administration – probably at the college level
- Went through helpful program of testing and career consideration

1964-73 **Indiana University - Bloomington** – full-time student – very serious (A)



1969

- 1964 – Early acceptance to medical school – declined – interest was further shifting to the academic world – the life of a professor – changed major to Physiology, had become a strong interest – *starting to focus*
- 1966 – Interest in **teaching** lead to year at IU School of Education and HS teaching license; considered HS teaching positions – declined
- 1967 – Decided to go to IU Grad School in Physiology
- 1968 – Stopped out of college – worked in the civil rights movement
- **1968 – Married Jill!** Jill taught elementary school and supported us
- 1969 – Finished MA in Physiology (Exercise); considered small college teaching – Pacific Lutheran; declined & continued in Grad School
- 1973 – Finished PhD in Physiology (12 years in college!) – *more focused*
- 1973 – Declined faculty position at Wisconsin State (Green Bay)

1973-81 **University of Missouri School of Medicine**



1993

- 1973-81 – Full time **research**
- 1973-77 – NIH Postdoc Fellow
- 1973-76 – Jill taught 6th grade
- 1975 – Declined faculty position at Columbia Univ (NYC)
- 1976-80 – Jill - Exec Dir MS Soc
- 1976 – Reconsidered MD degree
- 1977-81 – Assistant Professor
- **1980 – Betsey born!** Jill took major child responsibility



1983

1981-present **University of Louisville School of Medicine**– moved for advancement and more senior leadership position in **academic administration**

2008

- 1981 – Associate Professor with early tenure and Assistant Chair
- 1983 – White House Fellow – National Finalist – created opportunities
- 1983 – Research Sabbatical – Germany – very productive experience
- 1984 – Asst Dean, Medical School (2 professional staff) – *very focused*
- **1986 – Matt born!** Jill again took major child responsibility
- **1987 – Vice Dean of Medical School** (11 staff) – **to present** (86 staff)
- **1989 – Professor of Physiology with tenure – to present**
- 1992-95 – Seriously considered several specific senior leadership positions at other universities; decided to stay at UofL
- 1993 – Education Sabbatical – Germany – many applications to UofL
- **1995 – Associate Vice President for Health Affairs, UofL – to present**



? **What is next?** – I still occasionally have other opportunities to consider. You can never be certain if an opportunity should be taken or declined. You must simply make the best judgment at the time. At each stage of life, professional and personal considerations change. At this very late time in my career, I will likely stay at UofL. My tenure is for life, contingent upon satisfactory five-year performance reviews.

? **Retirement?** – When? Where? Doing what? There are many consulting and volunteer opportunities. But I continue to enjoy the challenge and people at UofL and still have goals that I want to accomplish. There could be financial or health considerations. I also have many other interests – family, fitness/exercise, basketball, golf, reading, history, diversity, current events, international travel, wine, coins, classic cars, etc. Life is finite, so I can't participate in all of them as much as I would like. The need to make decisions continues throughout life.

SOME THOUGHTS FOR LIFE – Wish that I had always followed them!!

Be alive! Be aggressive! Attack the game of life. Go all out and enjoy it!

You can't know what the future will hold, but if you stay well informed, plan carefully, pursue your interests/passion, hold yourself to the highest standards, apply yourself fully, and try to make the world a better place, your life can be interesting, meaningful, enjoyable, exciting and – often – simply a great life! Focused hard work usually pays off and often creates new opportunities!

Opportunities come in series, not in parallel – be prepared to act

When making important life choices, you can feel uncertain. You must simply make what you think is the best decision at the time and move forward, but learn from the experience. Not making a decision (and just letting it happen) is a decision – one you don't control!

Your opportunities and interests will change with time. Life changes! Embrace and control change. Seriously consider your options – but then act! Being afraid of change can result in a safe, but boring, life. Aim to reach old age having lived a full life – there are no do-overs!

You will make mistakes – serious and hurtful mistakes. Learn from your mistakes and don't repeat them, sincerely regret and apologize for them, correct them, if you can – but then move on. Don't get stuck in second guessing and what ifs. These are not productive and can cause you to limit your life – your only life.

Your personal life and your career develop at the same time. Don't sacrifice one for the other. The successful balancing and integration of the two are required to achieve a rich, full and complete life.

Learn the ways of the real world and learn to function in it, but stay idealistic, positive, and true to yourself. Don't let the world dominate or diminish you.

Success is a journey, not a destination! Enjoy each day of the trip! Celebrate a life well lived.

May 1959 – brand new driver's license – with the "Beetle"



Easter 2010 – with 50th birthday present – now after 20 years and >200K miles still getting the old professor to class



*Make each day useful and cheerful and prove that you know the worth of time by employing it well. Then youth will be happy, old age without regret and life a beautiful success.
– Louisa May Alcott –*