BALANCE & BOUNDARIES









How do you create balance and boundaries as an academic? How do you struggle and/or find success in these practices?



DIALOGUE

After thinking about these questions, share what has worked well for you in terms of creating both balance and boundaries.





"I set limits on when I respond to emails. I create a cut-off time each evening and on the weekends. So there are no surprises, I put this on my syllabus each semester. I see this as a way to model balance for the next generation of academics."



"I put writing and research in my calendar. Too often these facets of academic life become relegated to whatever time is left. I block time in my weekly schedule so these practices become routine, and I protect this time as if they are meetings."

WHY DOES THIS MATTER?



The pandemic has been shown to have detrimental effects on faculty burnout and well-being. By centering discussions related to work/life balance and boundary-setting, we can create practices that prioritize our mental health and well-being in academia and beyond.



* FURTHER READING *

RELATED TO BALANCE AND BOUNDARIES



Faculty Burnout



Avoiding Burnout: Self-Care Strategies for Faculty by Camille Freeman and Bevin Clare

Faculty Burnout by Robert L. Minter

It's Your Job, Not Your Life by Kerry Ann Rockquemore

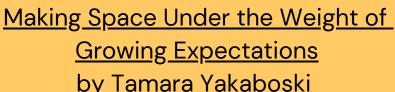


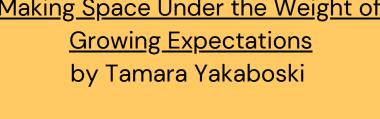
Boundaries



Professor Goldilocks and the **Three Boundaries** by Amanda Wyrick

How to Listen Less by Kerry Ann Rockquemore







<u>Thriving in Academe:</u> Role Clarity: How Faculty Can Map **Their Own Boundaries**

Teaching

<u>Teaching in Times of</u> Stress and Challenge from the Columbia Center for Teaching and Learning

Prioritizing

3 Ways to Prioritize from Oregon State University



"Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others." - Brené Brown