

# BALANCE & BOUNDARIES

## QUESTION



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.

### WHAT ARE SOME EXAMPLES?



"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

Making Space Under the Weight of  
Growing Expectations  
by Tamara Yakaboski

Thriving in Academe:  
Role Clarity: How Faculty Can Map  
Their Own Boundaries

### Teaching

Teaching in Times of  
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**