

"Strategies for Academics Managing Careers and Caretaking during the Pandemic."

Lisa Wolf-Wendel. NCFDD Webinar, 25 May 2021.

URL: <https://www.facultydiversity.org/webinars/pandemiccare21>

1. PERSONAL STRATEGIES for NOW and the FUTURE

- Create new rituals.
- Remind yourself why you do this work (celebrate in writing).
- Prioritize self care so that you can take care of others.
- When juggling balls, figure out which ones are made of glass and which ones are made of plastic.
- Practice "satisficing" – setting reasonable expectations.
- Periodically reflect on and recalibrate your goals and plans – don't let life calibrate for you.
- Embrace small pleasures and rewards.

2. Cultivate a NETWORK of SUPPORT:

- Learn from others doing "the work" in a way that you admire.
- Find people you can trust.
- Create connections on campus and elsewhere.
- Speak up – let administrators know you need support.

Tue, May 25, 2021

12:00pm - 1:00pm MDT



Facilitator

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