ARTICLES: Career Advice - Daily Life in Academia
Revised February 22, 2023  jpgomez@ollusa.edu

TITLE: Academia’s Culture Of Overwork Almost Broke Me, So I’m Working To Undo It.
Author: Natalia Ingebretsen Kucirkova
Published: 31 January 2023
Topic: For young immigrant women like me, the pressures of early career research are even greater than for most. But it doesn’t have to be that way.
LINK: https://www.nature.com/articles/d41586-023-00241-8

TITLE: Thriving in Your First Year as an Academic.
Author: Marcelle Dougan
Published: January 26, 2023
Topic: Marcelle Dougan offers five tips that she has learned along the way to help you flourish in the beginning of your academic career and beyond.

Author: Patrick Jack
Published: January 15, 2023
Topic: But having a fellow academic as a partner helps, major study finds.
LINK: https://www.timeshighereducation.com/news/more-parenting-means-less-research-productivity

TITLE: When Am I Going To Be Found Out? Tackling Academic Impostor Syndrome.
Author: Jo Clift
Published: 1 Dec 2022
Topic: Do you find yourself thinking ‘everyone knows more than I do’ or ‘I shouldn’t have got this promotion”? If so, Jo Clift has tips for challenging your impostor syndrome.
LINK: https://www.timeshighereducation.com/campus/when-am-i-going-be-found-out-tackling-academic-impostor-syndrome

TITLE: Don’t Let Imposter Syndrome Derail Your MBA Planning [Early Career Self-Doubts].
Author: Britnai Nunley, Tepper School Of Business At Carnegie Mellon University
Published: November 30, 2022
Topic: Having a plan in place will help keep your confidence up, your life in balance, and your career moving forward.
LINK: https://poetsandquants.com/2022/11/30/dont-let-imposter-syndrome-derail-your-mba-planning/

TITLE: Five Things to Do During the Grumpy Time of the Semester.
Author: Donald A. Saucier, PhD, Noah D. Renken, and Ashley A. Schiffer
Published: November 28, 2022
Topic: The times when we all feel the pressures of the semester build may result in fatigue and disengagement. Re-engage ourselves to help re-engage our students and better support their learning and success.

TITLE: Three Cornerstones Of A Successful Research Career.
Author: Jackie Carter, University of Manchester
Topic: Success in academia requires much more than topical expertise. Jackie Carter shares three vital areas of focus for building a research career.

LINK: https://www.timeshighereducation.com/campus/three-cornerstones-successful-research-career and YouTube VIDEO: https://www.youtube.com/watch?v=OB153-fk7kw
00:50 Developing resilience or “bounce-back ability”
02:30 Building your professional support networks
04:26 Honing your craft

Author: Life In Academia channel
Published: YouTube September 28, 2022
Topic: Academia has plenty of real problems. But let's also not forget why this can be one of the greatest professions ever. Here I list the top 4 reasons why I love my job. Matthias Rillig, professor of ecology at Freie Universität Berlin, chats about life in academia.

LINK: https://youtu.be/TlfVkEp0kJ4

TITLE: How To Get Through Your First Year Of Teaching.
Author: Beiting He, Macau University of Science and Technology (M.U.S.T.)
Published: 1 Sep 2022
Topic: For any new teacher, standing in front of a class is daunting – professionally and emotionally. Here are some tips to help you prepare, adapt and conquer nerves and self-doubt.

LINK: https://www.timeshighereducation.com/campus/how-get-through-your-first-year-teaching

TITLE: Tips for Fighting Impostor Syndrome in Academe
Author: Angela Fowler
Published: August 29, 2022
Topic: If you have experienced such fears once, you’ll probably confront them again as your career advances, writes Angela Fowler, who recommends having a set of tools that will assist you in overcoming them.


TITLE: Contingency v. Orthodoxy [re: Diversity initiatives affecting faculty].
Author: Steven McGuire
Published: July 7, 2022
Topic: Diversity, equity, and inclusion initiatives present a particularly widespread challenge to the academic freedom of all faculty.

LINK: https://www.insidehighered.com/views/2022/07/07/dei-tenure-requirements-threaten-academic-freedom-opinion
TITLE: **Foreign-Born Faculty May Bring Different Expectations-Challenges.**  
Author: Mariappan Jawaharlal  
Published: April 22, 2022  
Topic: Immigrant engineering faculty may face challenges in navigating American classroom cultures and the societal context for diversity, equity and inclusion initiatives, Mariappan Jawaharlal writes.  
LINK: https://www.insidehighered.com/views/2022/04/22/immigrant-faculty-need-training-pedagogy-dei-opinion?utm_source=Inside+Higher+Ed&utm_campaign=8fab8f9b47-WNU_COPY_01&utm_medium=email&utm_term=0_1fcbc04421-8fab8f9b47-197800013&mc_cid=8fab8f9b47&mc_eid=dbdcee20ba

TITLE: **Why Am I So Tired? Reflections on Compassion Fatigue.**  
Author: Tahnja Wilson  
Published: April 6, 2022  
Topic: Before you run dry, try picking a few of the following activities and schedule them into your routine.  
LINK: https://www.facultyfocus.com/articles/philosophy-of-teaching/why-am-i-so-tired-reflections-on-compassion-fatigue/?st=FFWeekly%3Bsc%3DFFWeekly220406%3Butm_term%3DFFWeekly220406

TITLE: **Combating Imposter Syndrome in Academia**  
Author: Morgan Chapman and Lynne N. Kennette, PhD  
Published: November 29, 2021  
Topic: We acknowledge that feelings of imposterism can be problematic at any stage of one’s career. We also offer suggestions on how to manage these feelings.  

TITLE: **Book ‘The Ph.D. Parenthood Trap’**  
Author: Scott Jaschik  
Published: October 7, 2021  
Topic: Authors discuss their new book on parents in academe.  

TITLE: **Ten Tips for a Great Professional Development Statement.**  
Author: Katherine Robertson PhD  
Published: September 24, 2021  
Topic: Ten tips for writing a good statement based on the 10 most common mistakes I see for the faculty at my institution.  
LINK: https://www.facultyfocus.com/articles/academic-leadership/ten-tips-for-a-great-professional-development-statement/?st=FFWeekly%3Bsc%3DFFWeekly210924%3Butm_term%3DFFWeekly210924&utm_source=ActiveCampaign&utm_medium=email&utm_content=Practical+Solutions+for+Faculty%3A+Engaging+Students&utm_campaign=FF210924

TITLE: **Seven Strategies for Embracing the Emotional Labor of Teaching.**  
Author: Ashley Harvey, PhD, LMFT
Published: September 20, 2021  
Topic: Strategies for navigating emotional labor – the hidden labor we do at work and at home – in order to better teach college students.

LINK: https://www.facultyfocus.com/articles/philosophy-of-teaching/seven-strategies-for-embracing-the-emotional-labor-of-teaching/?st=FFWeekly%3Bse%3DFFWeekly210920%3Butm_term%3DFFWeekly210920&utm_source=ActiveCampaign&utm_medium=email&utm_content=Seven+Strategies+for+Embracing+the+Emotional+Labor+of+Teaching&utm_campaign=FF210920

TITLE: Six Ways To Fall in Love with Teaching Again.  
Author: Noura Badawi, EdD, Edna Murugan, PhD, and Sen Padilla, DrPH  
Published: September 8, 2021  
Topic: From the perspective of both faculty members and administrators, here are some simple activities that can change our outcomes and reignite our passion for teaching.


Author: Mike Gunter Jr.  
Published: June 17, 2021  
Topic: Based on his experience over the past 25 years, Mike Gunter Jr. shares five core strands of advice.


TITLE: Lessons From the Trenches of Motherhood and Academe  
Author: Rebekah Layton  
Published: May 10, 2021  
Topic: Academic parents and caregivers find efficiency a necessity, writes Rebekah Layton, who offers tips for how to manage your time and energy.


TITLE: The Dilemma of In-Between Time  
Author: Julie Mujic  
Published: May 6, 2021  
Topic: For academic parents and other busy faculty members, Julie Mujic shares some productive ways to spend those precious free moments.

LINK: https://www.insidehighered.com/advice/2021/05/06/how-academic-parents-and-others-can-make-best-use-brief-between-moments-opinion?utm_source=Inside+Higher+Ed&utm_campaign=7d74b9741f-
TITLE: **Why You Should Be a Selfish Instructor**
Author: Shazia A. Ahmed, PhD, and Juliet V. Spencer, PhD
Published: March 5, 2021
Topic: We are deeply invested in student success and frequently go the extra mile to ensure it, however this effort can be physically and mentally draining.
LINK: https://www.facultyfocus.com/articles/philosophy-of-teaching/why-you-should-be-a-selfish-instructor/?st=FFWeekly%3Bsc%3DFFWeekly210305%3Butm_term%3DFFWeekly210305&utm_source=ActiveCampaign&utm_medium=email&utm_content=Using+Microlearning+to+Improve+Student+Understanding+of+Course+Content&utm_campaign=FF210305

TITLE: **8 Strategies to Prevent Teaching Burnout.**
Author: Flower Darby
Published: January 13, 2021
Topic: What can you do this semester to protect your well-being and support your students?
LINK: https://www.chronicle.com/article/8-strategies-to-prevent-teaching-burnout?cid2=gen_login_refresh&cid=gen_sign_in

TITLE: **Learn when—and how—to say no in your professional life.**
Author: Leah H. Somerville, Jay J. Van Bavel, Neil A. Lewis, Jr., June Gruber, William A. Cunningham
Published: Jan. 5, 2021
Topic: We ask you to consider whether your workload threatens to overwhelm your professional and personal homeostasis and to proactively adopt strategies to help you manage your commitments.
LINK: https://www.sciencemag.org/careers/2021/01/learn-when-and-how-say-no-your-professional-life

TITLE: **COVID Has Laid Bare the Inequities That Face Mothers in STEM**
Author: Isabel Torres, Ryan Watkins, Martta Liukkonen, Mei Lin Neo
Published: December 23, 2020
Topic: Take a survey and share your experience.
LINK: https://www.scientificamerican.com/article/covid-has-laid-bare-the-inequities-that-face-mothers-in-stem/

TITLE: **Regroup and Refocus: Strategies to Avoid Professor Burn Out**
Author: Katie D. Lewis, EdD, and Nicole Hesson, EdD
Published: December 18, 2020
Topic: Some recommendations for moving from surviving to thriving.
LINK: https://www.facultyfocus.com/articles/faculty-development/regroup-and-refocus-strategies-to-avoid-professor-burn-out/?st=FFWeekly%3Bsc%3DFFWeekly201218%3Butm_term%3DFFWeekly201218&utm_source=ActiveCampaign&utm_medium=email&utm_content=%E2%9D%84%EF%B8%8F%E2%9D%84%EF%B8%8F&utm_campaign=FF201218

TITLE: **Voices on Diversity: Overcoming Barriers to Pursuing a Career in Science**
Published: 17 December 2020
Topic: Insights and experiences of a panel of underrepresented scientists in a series of questions and answers.

TITLE: Three trouble spots facing women in science—and how we can tackle them.
Author: Leah H. Somerville, June Gruber
Published: Oct. 16, 2020, 3:45 PM
Topic: By bringing issues and concerns out of the shadows, we hope that trainees and faculty members alike will take active measures to push back against the trouble spots that continue to challenge women’s equality.
LINK: https://www.sciencemag.org/careers/2020/10/three-trouble-spots-facing-women-science-and-how-we-can-tackle-them

TITLE: What Is It Like To Be A College Professor? | Inside A Tenure Track Faculty Job.
Author: Casey Fiesler channel
Published: YouTube October 2, 2020
Topic: So what does a tenure-track professor at an R1 university do all day? Research, teaching, and service! Just a day in the life of a college professor. Also meetings. Lots of meetings. If you're a PhD student hoping to go on the academic job market, you may want to watch this first.
LINK: https://youtu.be/Q5UmU-ujX5E

TITLE: Juggling Childcare With Academia: Female Experiences In Lockdown
Author: Anna McKie
Published: June 25, 2020
Topic: Female academics with children say they fear the pandemic lockdowns have affected their careers.

TITLE: A scientist’s guide to email etiquette.
Author: June Gruber, Leah H. Somerville, Jay J. Van Bavel
Published: Feb. 12, 2020
Topic: We share our thoughts on basic email etiquette and offer tips to get the most out of email.
LINK: https://www.sciencemag.org/careers/2020/02/scientist-s-guide-email-etiquette

TITLE: Teaching While Introverted
Author: James M. Lang
Published: February 07, 2020
Topic: Reacting to Susan Cain’s book Quiet: The Power of Introverts in a World That Can’t Stop Talking, I realized that personality traits about which I had always felt some degree of shame were shared by a significant minority of the human species.
LINK: https://www.chronicle.com/article/Teaching-While-Introverted/247963

TITLE: Like New Professor, Like Mom. The Two Roles Are Quite Similar.
Author: Stephanie L. Liberatore
Published: January 30, 2020
Topic: Stephanie L. Liberatore describes eight ways the two roles are quite similar.
TITLES:

**How to Stop Yourself From Being Overworked and Bitter**
Author: Rachel McLaren and Anthony Ocampo
Published: February 5, 2020
Topic: People who do too much service can take longer to advance in their careers, are often unhappy with how service is distributed in the department and are more likely to burn out or leave the academy, write Rachel McLaren and Anthony Ocampo, who offer tips for avoiding that.

**Decision Fatigue: Teaching can be exhausting. Some thoughts on why.**
Author: John Warner
Published: November 20, 2019
Topic: College professors experience a steadily declining amount of physical and emotional bandwidth this time of year because of the sheer number of decisions one must make as a teacher, combined with the stakes (both real and perceived) of those decisions, and the fact that almost all of these decisions must be made by the instructor acting alone.

**Teaching at a Primarily Undergraduate Institution**
Author: American Society for Microbiology
Published: Aug. 14, 2019
Topic: We interviewed Dr. Maureen Morrow, a Professor of Biology at the State University of New York at New Paltz.

**What Faculty Members Think (They Worry About Discrimination)**
Author: Colleen Flaherty
Published: March 5, 2019
Topic: Major survey shows that professors worry about discrimination but aren't prepared to deal with classroom conflicts over diversity. Other findings touch on mentoring, pay, and politics.

**The Pregnancy Penalty**
Author: Terri E. Givens
Published: February 27, 2019
Topic: Unfortunately, many people still have backward ideas about the ability of women to succeed in academe after having children, writes Terri E. Givens.
TITLE: Self-Care (for Faculty Members) for the New Year
Author: Deborah J. Cohan
Published: January 17, 2019
Topic: Something is seriously lost when we as academics can’t connect back to ourselves, the world and what truly matters, writes Deborah J. Cohan.

TITLE: The Joy of Kids for the Teacher-Scholar
Author: Kyle Sebastian Vitale
Published: January 9, 2019
Topic: Kids and academic life complement and enrich each other in lovely, unexpected ways, writes Kyle Sebastian Vitale.

TITLE: Warning Signs That You and Your Campus Are a Bad Fit
Author: Manya Whitaker
Published: September 19, 2018
Topic: Whatever your rank, fit is a key factor that should guide your stay-or-go decision. Here are some ideas on what you can do to improve the fit where you are.
LINK: https://www.chronicle.com/article/Warning-Signs-That-You-and/244548?cid=at&utm_source=at&utm_medium=en&elqTrackId=ca2aefe716554211821bb83398c86473&elq=1cf9acd5e93e42ba8f0bdd0a51d7def2&elqaid=20654&elqat=1&elqCampaignId=9732

TITLE: The Awakening: Women and Power in the Academy
Author: Chronicle Review, Chronicle of Higher Education
Published: 2018
Topic: Over the past few months, amid mounting revelations of sexual harassment, The Chronicle Review asked presidents and adjuncts, scientists and humanists, senior scholars and junior professors to take on the theme of women and power in academe. Here are their responses.
LINK: https://www.chronicle.com/interactives/the-awakening?cid=cp233

TITLE: Navigating Your First Academic Job.
Author: University Affairs channel
Published: YouTube September 4, 2013
Topic: Marty Wall, a faculty advisor at the Learning and Teaching Centre at the University of Victoria, tells newly-minted teachers what to expect when they arrive on campus.
LINK: https://youtu.be/YaU5QGVTDk

TITLE: The Baby Penalty
Author: Mary Ann Mason
Published: August 05, 2013
Topic: Women pay a "baby penalty" over the course of their academic careers—from the uncertain graduate-school years to the pressure cooker of tenure, through the long midcareer march, and finally to retirement.
LINK: https://www.chronicle.com/article/The-Baby-Penalty/140813