**ARTICLES: Career Advice - Daily Life in Academia**

*Revised August 30, 2023.* jpgomez@ollusa.edu

TITLE: **Mastering Your Mind-Set (Managing Imposter Syndrome).**

Author: Deepa Aravind

Published: August 18, 2023

Topic: Are you truly a Ph.D. student or just an imposter? If you are feeling as if you’re the latter, Deepa Aravind offers recommendations.

LINK: <https://www.insidehighered.com/opinion/career-advice/2023/08/18/how-phd-students-can-combat-imposter-syndrome-opinion?utm_source=Inside+Higher+Ed&utm_campaign=2e94ac2f4e-DNU_2021_COPY_03&utm_medium=email&utm_term=0_1fcbc04421-2e94ac2f4e-197800013&mc_cid=2e94ac2f4e&mc_eid=dbdcee20ba>

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.

LINK: <https://www.insidehighered.com/advice/2023/01/26/tips-flourishing-your-first-year-academe-opinion?utm_source=Inside+Higher+Ed&utm_campaign=4ef3a2cd67-DNU_2021_COPY_02&utm_medium=email&utm_term=0_1fcbc04421-4ef3a2cd67-197800013&mc_cid=4ef3a2cd67&mc_eid=dbdcee20ba>

TITLE: **More Parenting Means Less Research Productivity.**

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.

LINK: <https://www.facultyfocus.com/articles/effective-classroom-management/five-things-to-do-during-the-grumpy-time-of-the-semester/>

TITLE: **Three Cornerstones Of A Successful Research Career.**

Author: Jackie Carter, University of Manchester

Published: 25 Oct 2022 YouTube Channel: Times Higher Education (THE).

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

TITLE: **Why I Love My Academic Job: 4 Reasons.**

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.

LINK: <https://www.insidehighered.com/advice/2022/08/29/advice-overcoming-impostor-syndrome-higher-education-opinion?utm_source=Inside+Higher+Ed&utm_campaign=869ab96e12-DNU_2021_COPY_02&utm_medium=email&utm_term=0_1fcbc04421-869ab96e12-197800013&mc_cid=869ab96e12&mc_eid=dbdcee20ba>

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.

LINK: <https://www.facultyfocus.com/articles/philosophy-of-teaching/combating-imposter-syndrome-in-academia/>

TITLE: **Book ‘The Ph.D. Parenthood Trap’**

Author: Scott Jaschik

Published: October 7, 2021

Topic: Authors discuss their new book on parents in academe.

LINK: <https://www.insidehighered.com/news/2021/10/07/authors-discuss-their-new-book-phd-parenthood-trap>

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%3Bsc%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.

LINK: <https://www.facultyfocus.com/articles/philosophy-of-teaching/six-ways-to-fall-in-love-with-teaching-again/?st=FFWeekly%3Bsc%3DFFWeekly210908%3Butm_term%3DFFWeekly210908&utm_source=ActiveCampaign&utm_medium=email&utm_content=Six+Ways+To+Fall+in+Love+with+Teaching+Again&utm_campaign=FF210908>

TITLE: **What I Wish I’d Known Before Tenure.**

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.

LINK: <https://www.insidehighered.com/advice/2021/06/17/tenured-professor-offers-five-pieces-advice-junior-faculty-opinion?utm_source=Inside+Higher+Ed&utm_campaign=f6d4cff9e1-DNU_2021_COPY_02&utm_medium=email&utm_term=0_1fcbc04421-f6d4cff9e1-197800013&mc_cid=f6d4cff9e1&mc_eid=dbdcee20ba>

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.

LINK: https://www.insidehighered.com/advice/2021/05/10/managing-your-time-and-energy-academic-parent-opinion?utm\_source=Inside+Higher+Ed&utm\_campaign=8efe97746b-DNU\_2021\_COPY\_02&utm\_medium=email&utm\_term=0\_1fcbc04421-8efe97746b-197800013&mc\_cid=8efe97746b&mc\_eid=dbdcee20ba

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-WNU_COPY_01&utm_medium=email&utm_term=0_1fcbc04421-7d74b9741f-197800013&mc_cid=7d74b9741f&mc_eid=dbdcee20ba>

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%8FIt+s+the+Most+Wonderful+Time+of+the+Year+for+Winter+Enrichment+Sessions%21%E2%9D%84%EF%B8%8F&utm_campaign=FF201218>

TITLE: **Voices on Diversity: Overcoming Barriers to Pursuing a Career in Science**

Author: Lakeya McGill, Lathiena Manning Nervo, Sabrice Guerrier, Amaliris Guerra, Josiane Joseph, Jessica Silva-Fisher, Theodore Addo, Marquis Walker, Kamsi Odinammadu

Published: 17 December 2020

Topic: Insights and experiences of a panel of underrepresented scientists in a series of questions and answers.

LINK: <https://www.sciencedirect.com/science/article/abs/pii/S1097276520308923>

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.

LINK: <https://www.timeshighereducation.com/news/juggling-childcare-academia-female-experiences-lockdown>

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: **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.

LINK: <https://www.insidehighered.com/advice/2020/02/05/avoiding-disgruntlement-and-burnout-too-much-service-work-opinion>

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.

LINK: <https://www.insidehighered.com/advice/2020/01/30/being-new-professor-lot-being-mom-opinion?utm_source=Inside+Higher+Ed&utm_campaign=fd69b47c97-CareersInsider_COPY_01&utm_medium=email&utm_term=0_1fcbc04421-fd69b47c97-197800013&mc_cid=fd69b47c97&mc_eid=dbdcee20ba>

TITLE: **Assistant Professor vs Associate Professor vs Full Professor.**

Author: Navigating Academia channel

Published: Jan 14, 2020

Topic: On this episode of *Navigating Academia* (channel), Dr. Singh discusses the most common form of the academic ladder found in North America which is assistant professor, associate professor and full professorship. This is usually what's referred to as the tenure track because there's other kinds of being a professor. What is an adjunct professor? An adjunct professor means that you essentially are a contractor. You come in and you're teaching one or a few classes but it's usually not your full-time gig. There are people who just teach adjunct in courses across multiple universities to make their salary What is a clinical professor? A clinical professor usually means that you're working in some kind of a practicum setting and if you are giving workshops and such it's not in the context of kind of a normal faculty member you're not gonna get tenure or anything like this. What is a research professor? Research professors usually get compensated not by teaching and by students and tuition but rather by grants.

LINK: <https://www.youtube.com/watch?v=jzxvnBWbdHg>

TITLE: **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.

LINK: <https://www.insidehighered.com/blogs/just-visiting/teaching-and-decision-fatigue?utm_source=Inside+Higher+Ed&utm_campaign=6822083e00-WNU_COPY_01&utm_medium=email&utm_term=0_1fcbc04421-6822083e00-197800013&mc_cid=6822083e00&mc_eid=dbdcee20ba>

TITLE: **5 Benefits Of An Academic Career.**

Author: Jay Phoenix Singh, Navigating Academia YouTube channel

Published: October 15, 2019

Topic: On this episode of Navigating Academia, Dr. Singh discusses the 5 key benefits of a career in academia. Maybe you’ve dreamt of being called professor or you’ve wanted to stand in front of lecture halls in front of hundreds of students. Whatever the reason, just like with any other career field it's important to understand what your expectations are versus what reality is. Top 5 Advantages of an Academic Career: #1 You get to educate the next generation. #2 You get to investigate your passion. #3 You get to travel worldwide and meet lots of like-minded people. #4 You get to take a sabbatical. #5 You get to work on a college campus.

LINK: <https://www.youtube.com/watch?v=fAClUtdMFlU>

TITLE: **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.

LINK: <https://asm.org/Articles/2019/August/Teaching-at-a-Primarily-Undergraduate-Institution>

TITLE: **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.

LINK: <https://www.insidehighered.com/news/2019/03/05/major-survey-shows-professors-worry-about-discrimination-arent-prepared-deal>

TITLE: **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.

LINK: <http://www.insidehighered.com/advice/2019/02/27/women-who-have-children-are-still-disadvantaged-academe-opinion?utm_source=Inside+Higher+Ed&utm_campaign=05af0dfa51-WNU_COPY_01&utm_medium=email&utm_term=0_1fcbc04421-05af0dfa51-197800013&mc_cid=05af0dfa51&mc_eid=dbdcee20ba>

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.

LINK: <http://www.insidehighered.com/advice/2019/01/17/professor-gives-advice-colleagues-starting-new-year-self-care-opinion?utm_source=Inside+Higher+Ed&utm_campaign=25644dfd39-WNU_COPY_01&utm_medium=email&utm_term=0_1fcbc04421-25644dfd39-197800013&mc_cid=25644dfd39&mc_eid=dbdcee20ba>

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.

LINK: <http://www.insidehighered.com/advice/2019/01/09/benefits-academic-work-having-children-opinion?utm_source=Inside+Higher+Ed&utm_campaign=e160f891d1-WNU_COPY_01&utm_medium=email&utm_term=0_1fcbc04421-e160f891d1-197800013&mc_cid=e160f891d1&mc_eid=dbdcee20ba>

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/YaU5QGVTdDk>

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>