CAREER ADVICE – LIFE IN ACADEMIA

SABER Scholars Library

The SABER Scholars Library is a collection of critical readings and sample materials to support the professional development of SABER Scholars. Mentors seek to provide scholars with articles, web links, reference books, sample teaching materials, and other professional resources to enhance your teaching and research skills and to advance career development.

Articles, books, websites you recommend?
Share them by contacting John Gomez, PhD, at jbgomez@ollusa.edu.

ARTICLES –
Daily Life in Academia

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.
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%3DDFFWeekly210305%3Butm_term%3DDFFWeekly210305&utm_source=ActiveCampaign&utm_medium=email&utm_content=Using+Microlearning+to+Improve+Student+Understanding+of+Course+Content&utm_campaign=FF210305

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%3DDFFWeekly201218%3Butm_term%3DDFFWeekly201218&utm_source=ActiveCampaign&utm_medium=email&utm_content=%E2%9D%84%EF%B8%8FIt%27s+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
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: **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: **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.  

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: **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=dbdce20ba

TITLE: **Teaching at a Primarily Undergraduate Institution**  
Author: American Society for Microbiology  
Published: Aug. 14, 2019
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

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.


**TITLE:** The Pregnancy Penalty
**Author:** Terri E. Givens
**Published:** February 27, 2019

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

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

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

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.
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.


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](https://www.chronicle.com/article/The-Baby-Penalty/140813)