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 jpgomez@ollusa.edu.

ARTICLES – Daily Life in Academia

**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/](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%3DDFFWeekly201218&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](https://www.facultyfocus.com/articles/faculty-development/regroup-and-refocus-strategies-to-avoid-professor-burn-out/?st=FFWeekly%3Bsc%3DFFWeekly201218%3Butm_term%3DDFFWeekly201218&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.  

**TITLE:** Three trouble spots facing women in science—and how we can tackle them.  
**Author:** Leah H. Somerville, June Gruber
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: 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.
TITeLE: 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

TITeLE: 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.

TITeLE: 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.

TITeLE: 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.

TITeLE: 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.
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)