

Keeping Connected

How to Improve Work-Life Integration and Bypass Burnout

Happy New Year, and welcome back! We hope you had a relaxing winter break and are ready for Spring 2022. To keep you feeling rejuvenated this term, we're focusing on work-life integration because **you** are a priority to us in the Faculty Center for Innovation. We hope you enjoy this issue, and if you have other potential topics you would like the newsletter to focus on, email us at innovate@park.edu.



Why Faculty Burnout is an Issue (and How Your School Can Avoid it)

by Kristina Erickson (2021) | Collegis Education

Higher education faculty have always had a demanding job. Add to that the stress of a pandemic and having to adjust their teaching...it goes without saying that these past years have only compounded the feelings of burnout that faculty too often experience.

So what is it about higher education that leads to burnout and how can institutions overcome this issue? Read the full article [HERE](#) to find out.



4 Lessons the Pandemic Taught Us about Work, Life and Balance

presented by Patty McCord | TED Talks

The COVID-19 pandemic changed the way we work for good. Can it also change it for the better? Consultant Patty McCord reviews four key insights employers and employees alike gleaned from their shift to working from home - and shares how companies can use what they learned in lockdown to creatively and innovatively rethink how we do business. Click the video below to watch this recording.



Ten Simple Rules to Improve Academic Work-Life Balance
by Michael John Bartlett, Feyza Nur Arslan, Adriana Bankston, and Sarvenaz Sarabipour (2021) | PLOS Computational Biology

The ability to strike a perceived sense of balance between work and life represents a challenge for many in academic and research sectors around the world. Before major shifts in the nature of academic work occurred, academia was historically seen as a rewarding and comparatively low-stress working environment (Kinman, 2014). Academics today need to manage many tasks during a workweek. The current academic working environment often prioritizes productivity over well-being, with researchers working long days, on weekends, on and off campus, and largely alone, potentially on tasks that may not be impactful.

So what can academics do to address this issue? Read the full article [HERE](#) to learn 10 simple rules to improve academic work-life balance.



Register Now! Upcoming FCI Programs

Based upon *your feedback*, FCI has launched its new registration system for ALL events! ***You must register*** to get the link to join the session and add it to your calendar. Please register for the Spring 1 events below that you are interested in joining.

Spring 1, 2022 FCI Programs

- **Teaching Innovation Fellows Application Deadline** (*Open to all faculty*) - [APPLY HERE](#)
Tue., Jan. 18th (5pm, CST)
- **Scholarship Fellows Application Deadline** (*Open to pre-tenure, full-time faculty*) - [APPLY HERE](#)
Tue., Jan. 18th (5pm, CST)
- **Functional Feedback: Using Speedgrader and Rubrics as Teaching Tools** - [REGISTER HERE](#)
Mon., Jan. 24th (2-3pm, CST)
- **Virtual Coffeehouse** - [REGISTER HERE](#)
Fri., Jan. 28th (11:30am-12pm, CST)
- **Virtual Faculty Writing Retreat** - [REGISTER HERE](#)

Fri., Feb. 4th (10am-12pm, CST)

- **Virtual Coffeehouse** - [REGISTER HERE](#)

Fri., Feb. 25th (11:30am-12pm, CST)

- **Virtual Faculty Writing Retreat** - [REGISTER HERE](#)

Fri., Mar. 4th (10am-12pm, CST)

To register for FCI's programs on [FCI's home page](#), just scroll down to the calendar located under "Upcoming Events" and click the "Sign Up" button.

Video Tutorial

If you'd like additional information on how to register, view the [user guide](#) or watch the [brief tutorial \(3 minute recording\)](#) below.

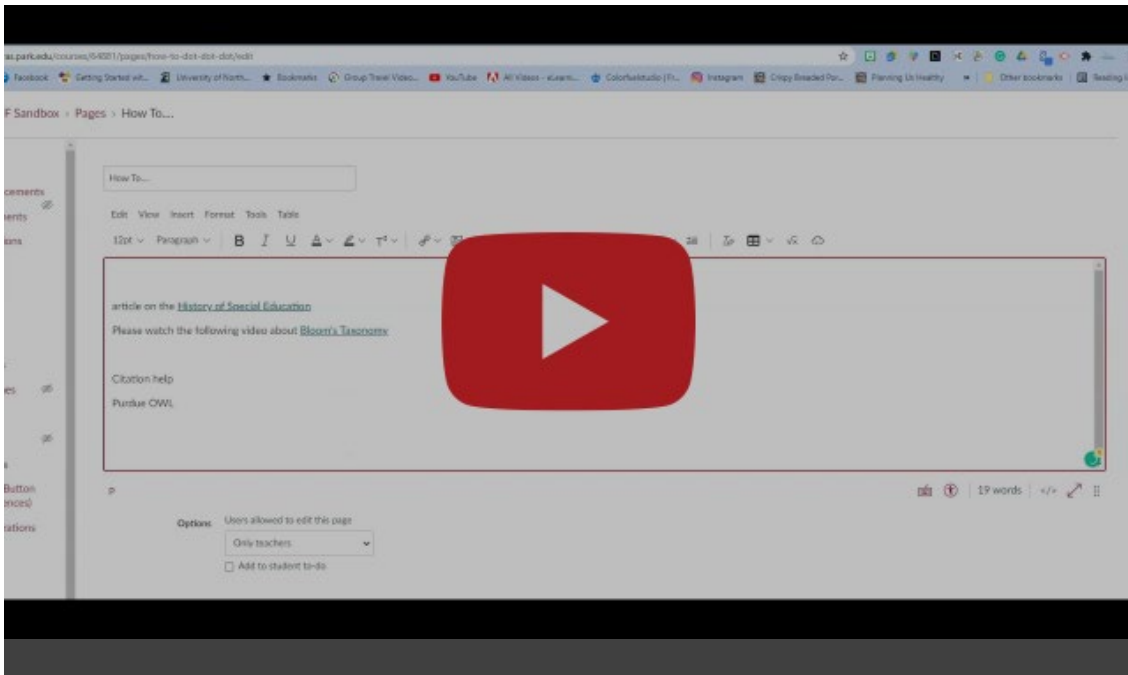
The screenshot displays a calendar interface for August 2021. On the left, there is a calendar grid and a sidebar with filters for 'Intended Audience' (Adjunct Faculty, All Faculty, Campus Center Faculty, Full-Time Faculty, Online/Remote Faculty), 'FCI Category' (Apply for Badges, Fellowships, Grants, Scholarship, Stay Connected, Teaching), and a search bar. The main content area shows event listings for August and September 2021. August events include 'REGISTRATION - Special Interest Group (SIG) Cohort' (Fri, Aug 20, 5pm CDT, JotForm) and 'Virtual Coffeehouse' (Fri, Aug 27, 11:30am - 12pm CDT, Kumospace). September events include 'Creating Connected Communities' (Wed, Sep 1, 12 - 12:45pm CDT, Zoom), 'Virtual Faculty Writing Retreat' (Fri, Sep 3, 10am - 12pm CDT, Zoom), 'Fostering Community in the Digital Classroom' (Mon, Sep 13, 2 - 3pm CDT, Zoom), and another 'Virtual Coffeehouse' (Fri, Sep 17, 11:30am - 12pm CDT, Kumospace). Each event listing includes a 'Sign Up' button. The calendar is powered by TRUMBA.

Click the video above to watch the FCI calendar registration tutorial.

2-Minute Mentor:

How to Make Accessible Links

Looking for a quick inclusivity strategy for students in Canvas? Watch this brief (3 minute 50 second) universal design of learning video, created by Park's Digital Learning Team, over how to make links accessible in the university's learning management system.



Get Recognized: Faculty Communication Form

FCl and Park Communications collaborated to create an easy submission process for Park faculty to share their scholarly activities (publications, presentations, invited talks, grants, awards, etc.) with the university community. To share your work, click the button below or visit [FCl's website](#) and select the [Get Recognized](#) link.

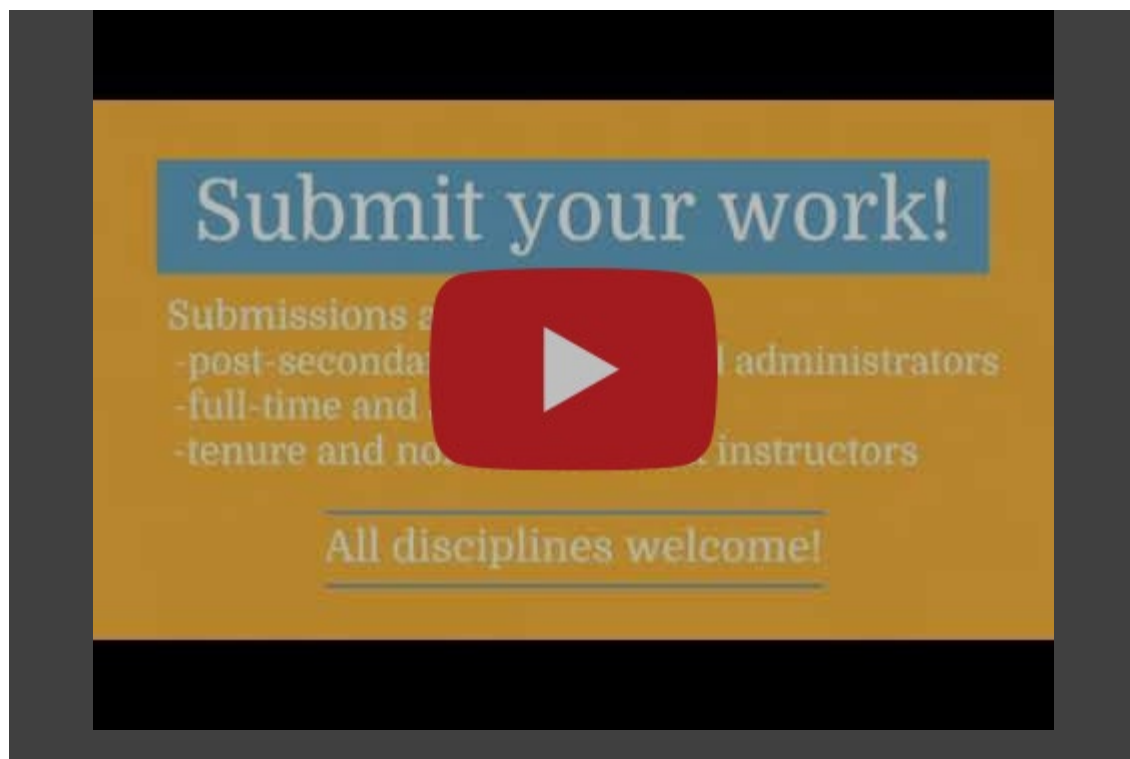


Scholarly InSights

The Faculty Center for Innovation (FCI) is excited to highlight scholarly work published by FCI's academic journal, *InSight: A Journal of Scholarly Teaching*. This term, we are showcasing Smith's (2021) article, *Service Learning: A Multidimensional Approach to Meaningful Learning Outcomes in a Practice Profession*, which focuses on the use of service learning to encourage student engagement in the community while meeting course objectives. To view the current and past editions of *InSight*, please visit <https://insightjournal.net/>.

***InSight* AND...*InStruct* Call for Papers**

Are you interested in potentially publishing your scholarship of teaching and learning (SoTL) work? Check out *InSight's* [call for papers](#)! The journal is also delighted to share with you *InSight's* new section, *InStruct*, which provides a space to celebrate and display pedagogical content that demonstrates the practical application of SoTL principles. To learn more about *InStruct* manuscript submissions, please view *InStruct's* [call for papers](#). For information about the journal, including viewing current and past volumes, please visit [InSight's website](#); all inquiries should be emailed to FCI at innovate@park.edu. **The deadline for Volume 17 submissions is 4pm, CST on March 1, 2022;** however, submissions are accepted on a rolling basis.



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