



MONASH  
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INFORMATION  
TECHNOLOGY

# Faculty Life and Well-Being

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A person is shown from the waist up, sitting in a meditative pose (Padmasana) with their hands in a mudra (Anjali Mudra). They are wearing a white long-sleeved shirt and dark leggings. A tattoo is visible on their left forearm. The background is a blurred indoor setting, likely a yoga studio, with other people visible in the distance. The text "Academic life..." is overlaid in the center of the image.

Academic life...

A close-up photograph of two Tasmanian devils. The devil on the left is facing forward with its mouth wide open, showing its teeth and tongue. The devil on the right is positioned behind it, with its head tilted back and mouth also open. The background is a blurred, rocky surface. Overlaid in the center of the image is the text "...has changed" in a white, sans-serif font.

...has changed

How many hours a week do  
you work?

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How many hours a week do  
you think you should work?

---

How many hours a week do  
you think your colleagues  
work?

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Take away #1

**#hours worked  $\nRightarrow$  success**

How *do* you spend your time?

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$\times$	$\checkmark$	$f_x$
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## Social Media

[illegible]



How are things?

Busy



Take away #2

**Don't be a “busy” person**

# Where do you *want* to be spending your time?

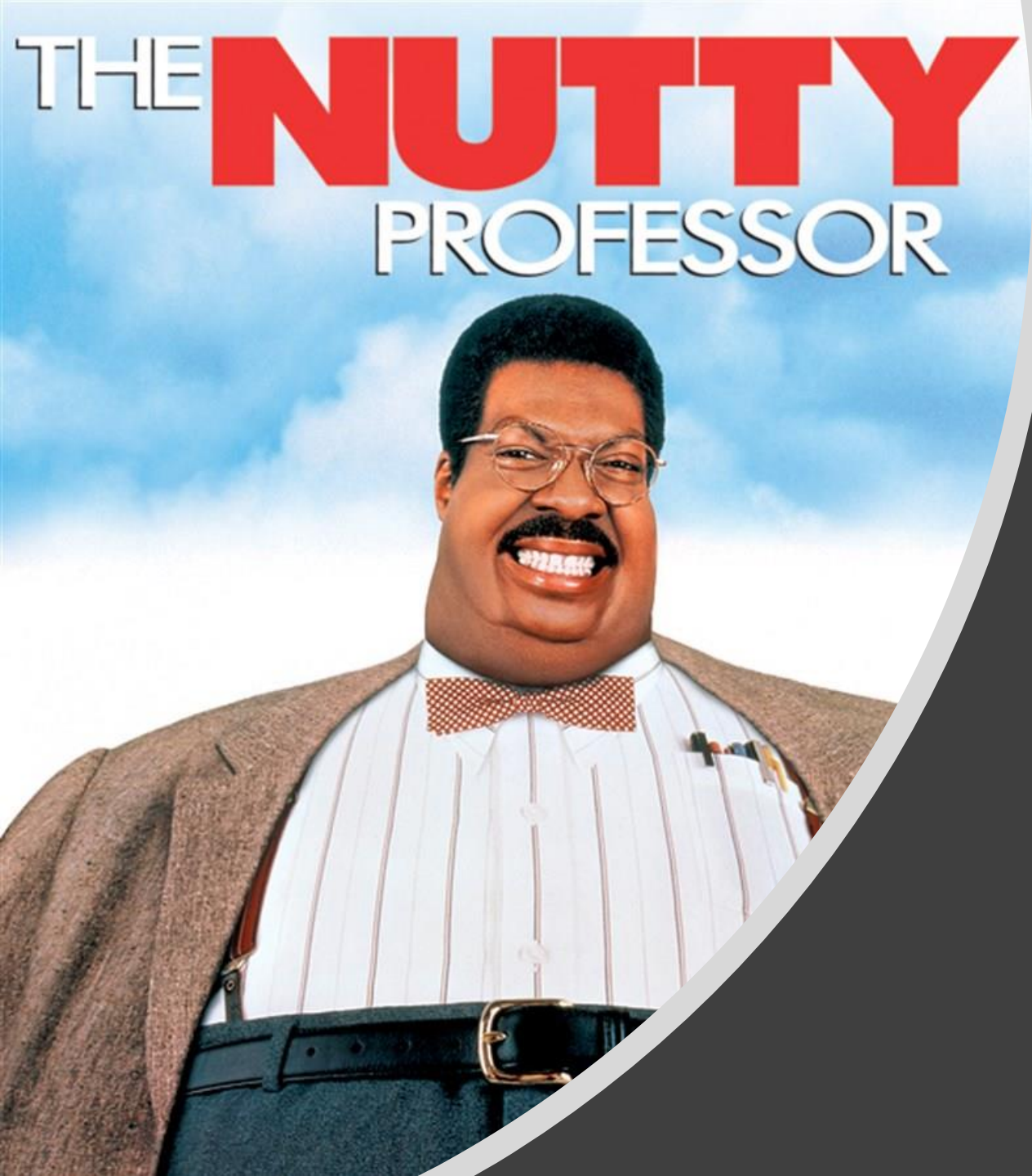
‘If your career goal is to take the Iron Throne and rule the Seven Kingdoms of Westeros, you might write “Acquire fleet of ships” as an action step.’

<https://www.fastcompany.com/40517977/i-used-a-career-map-to-get-my-dream-job-heres-how>





What do you  
value?  
\_\_\_\_\_



What kind of  
academic do you  
want to be?





Take away #3

**Plan out your career *now***

# TRUMP

## THE ART OF THE DEAL



## Learn to negotiate

Manage your Dept Chair

Know his/her pain points

Show passion for something

Volunteer before you are  
volunteered

Manage up

**NEVER** complain about your  
workload

“no, but..” is better than “no”





## Take away #4

It's not rocket science

- Know what you want
- Say yes if it fits, no if it doesn't  
(If you must say yes,  
find a way to make it fit)
- Do it

[aside]  
definitions of  
work-life  
balance are  
individualistic

A photograph of a person sleeping in a bed, partially covered by a white sheet. A bedside lamp with a white shade is lit, casting a warm glow. A glass of water sits on a wooden surface next to the bed. The text 'Work-Life Boundaries in the Digital Age' is overlaid in white.

# Work-Life Boundaries in the Digital Age

# Miscellaneous tips/tricks

- Email

- Don't read/send email after hours
- If you do send email after hours, schedule it to send during hours (Outlook/Boomerang)
- Schedule time for checking email twice a day (noon and 4pm) [cf. 4 hour work week]
- Filter out 'cc's
- Turn off notifications on your phone

- Social media

- Have a social media strategy – what are you focusing on?
- Suggestion: don't waste time consuming. Post but on specific topics.
- LinkedIn: might be *the* most important tool in building your career – but you need to have a strategy

- Networking
  - Organising conferences = networking
  - Conferences are not about the paper presentations -> GO TO DINNER WITH PEOPLE YOU DON'T KNOW
  - Don't say yes to everything – do you really need to be on that committee/review that journal paper?
- Don't sweat the small stuff
  - Academics tend to be detail-oriented -> fight against it



## Recommended Resources

<http://www.changingacademiclife.com/>

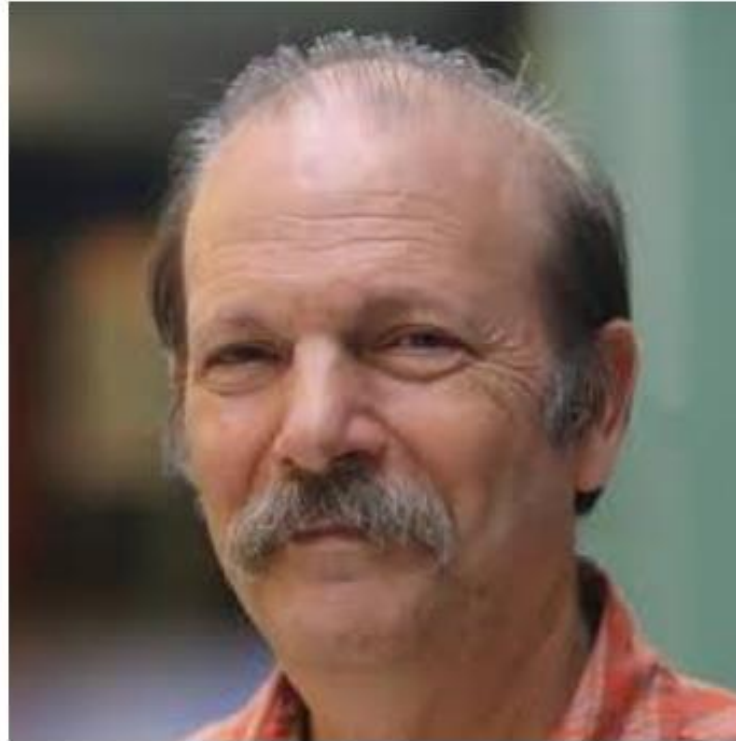
## Listen to Podcasts



Jen Mankoff on managing an academic career with a disability & finding good ways forward

[Read More →](#)

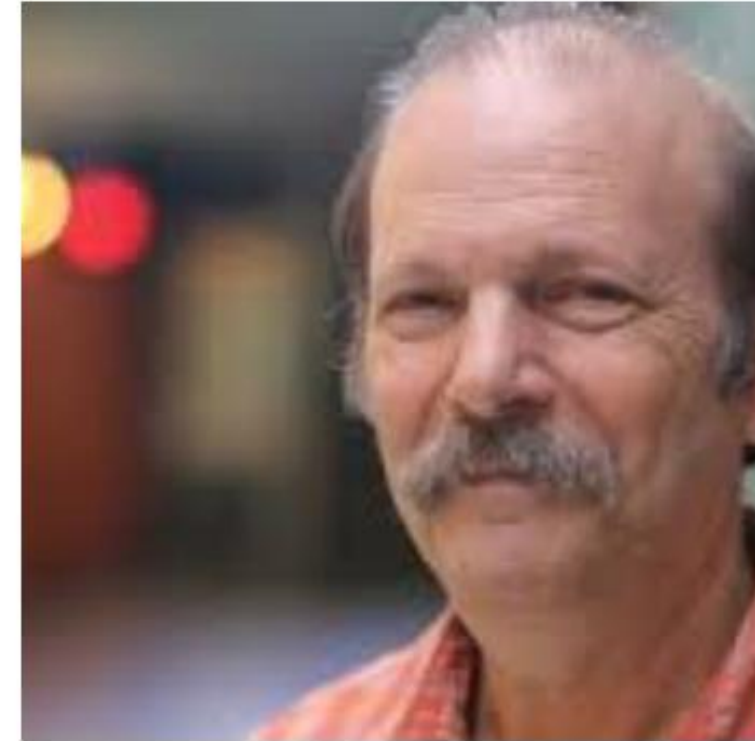
Apr 23, 2019



Moshe Vardi on publication pressures, student stress, mid-career mentoring & societal obligations

[Read More →](#)

Apr 1, 2019



Moshe Vardi on social implications of technology & our responsibility as academics

[Read More →](#)

Mar 19, 2019

<https://www.manager-tools.com/>

## Podcast

- ☐ Career Tools (20)
- ☐ Manager Tools (7)

## Document Type

- ☐ Forums (152)
- ☐ Podcast (3)
- ☐ Book Review (1)
- ☐ Documents (24)

## Categories

- ☐ Professional Success (2)
- ☐ Communication (1)

## Date Published

- ☐ 2019 (2)
- ☐ 2018 (5)
- ☐ 2017 (4)

Title	Type
<a href="#">Work Life Balance- difference in interpretation of meaning</a>	Forum topic
<a href="#">High C- Work/life balance</a>	Forum topic
<a href="#">work-life kids balance... keeping it real</a>	Forum topic
<a href="#">Work Family Balance- An Aunt Sally as a yellow chocolate peanut</a>	Forum topic
<a href="#">Work / Family Balance, Chapter 3- Leave On Time</a>	Podcast
<a href="#">Work Family Balance Chapter 2- The Acid Test- Advanced Edition Shownotes</a>	Shownotes
<a href="#">Work / Family Balance Chapter 3- Leave On Time Shownotes</a>	Shownotes
<a href="#">Suggestion: Burnout Podcast</a>	Forum topic
<a href="#">Working Away From Home</a>	Forum topic
<a href="#">Disciplinary when someone's personal life is a mess</a>	Forum topic
<a href="#">Comp time for extra work</a>	Forum topic

THE NO.1 *NEW YORK TIMES* BESTSELLER

# THE 4-HOUR WORK WEEK



ESCAPE THE 9-5,  
LIVE ANYWHERE AND  
JOIN THE NEW RICH

TIMOTHY FERRISS


EXPANDED &  
UPDATED







# Growth mindset

**TED** Ideas worth spreading

WATCHDISCOVERATTENDPARTICIPATEABOUTLOG IN



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Add to list  
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Carol Dweck | TEDxNorrkoping  
**The power of believing that you can improve**  
10:20

DetailsAbout the talk

Transcript41 languages

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Nature

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Design

Collaboration

Personal growth

Science

Innovation

A sense of I

ter

Child development

Activism


Communication

Technology

Watch next


Your list

What do babies think?  
3.6M views



18:29

Your body language may shape who you are  
52.5M views



21:02



## Take away #5

Get help (there's lots out there)  
But make sure it fits *you*