

# BEING A SCHOLAR AND A PARENT IN A REMOTE WORK ENVIRONMENT

**Frances Contreras, Ph.D.**

Associate Vice Chancellor  
Faculty Equity, Diversity, and Inclusion  
Professor, Education Studies

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## This Session will Cover

- Challenges of working from home while caring for family
- Effective strategies for remote work
- Juggling work and family
- Offer Resources
- Self-care, self-compassion, and mindfulness

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# Challenges of Working from Home

## **Covid-19 Erases Line Between Work and Home Article in The Chronicle of Higher Education (3/27/20)**

- Blurred lines between work and home
- Learning new skills/transitioning to online teaching while watching kids and homeschooling
- Sometimes the bathroom is only place for peace and quiet to think
- Mental and emotional exhaustion
- Allowing for imperfection and a lot of Netflix

Source: <https://www.chronicle.com/article/As-Covid-19-Erases-Line/248370>

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Break for discussion

How have you been managing your new  
work arrangement?

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# Effective Strategies for Remote Work

## Coronavirus: How to work from home, the right way BBC Article (3/12/20)

Whether you're a newbie or veteran, here's what experts say about you need to do to stay productive while working from home

- Crank up the communication
- 'Treat it like a real job'
- Avoid feeling isolated
- 'Keep spirits up'

Source: <https://www.bbc.com/worklife/article/20200312-coronavirus-covid-19-update-work-from-home-in-a-pandemic>

## Advice for Faculty Members in a Turbulent Time

- Create boundaries around your consumption of media, social media, email and text messages.
- Stay active and prioritize your physical and mental health.
- Maintain connections with others.
- Exercise patience, kindness and compassion toward yourself and others.
- Pay attention to your feelings and thoughts, and know when to reach out for help.
- Create structures to allow you to focus on select responsibilities and goals.

Source: <https://www.insidehighered.com/advice/2020/03/19/how-faculty-members-can-best-cope-stresses-covid-19-opinion>

# Learn When to Say NO



## The Art of Saying No (NCFDD Webinar)

- The biggest mistakes faculty make in responding to requests
- How to identify and disrupt problematic patterns
- Our favorite strategies that you can implement immediately so you can add "no" to your vocabulary

Source: <https://www.facultydiversity.org/webinars/artofno18>

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# Juggling Work & Family

# Coping with Coronavirus Stress: Tips

- Seeing 'stay at home' as an act of love, solidarity
- Practice self-care: healthy eating, restful sleep and exercise
- Meditation and breathing exercises
- Keeping kids learning and emotionally healthy



Source: <https://bit.ly/2yJdL1d>

# 7 Strategies for Working from Home During COVID-19

## Article in Psychology Today (3/16/20)



How to successfully juggle work and kids without dropping any balls.

1. Structure and boundaries
2. Social interaction
3. Ask for help
4. Flexibility
5. Staying focused
6. Take breaks
7. Wind down

Source: <https://www.psychologytoday.com/us/blog/biofeedback-and-mindfulness-in-everyday-life/202003/77-strategies-working-home-during-covid-19>

# Useful Tips from NPR “How to Turn your home into a school without losing your sanity”

## SET UP YOUR TIME

But realize it's a relaxed  
schedule. Check in at the  
end of the day and adjust.

SCREEN	CHORES	PLAY	CHORES
SCHOOL	SCREEN	SCHOOL	SCREEN
PLAY	SCREEN	SCHOOL	PLAY

YOU ONLY NEED 2-4 hrs  
OF STRUCTURED  
ACADEMIC LEARNING



WATCH OUT  
FOR SCREEN  
OVERLOAD



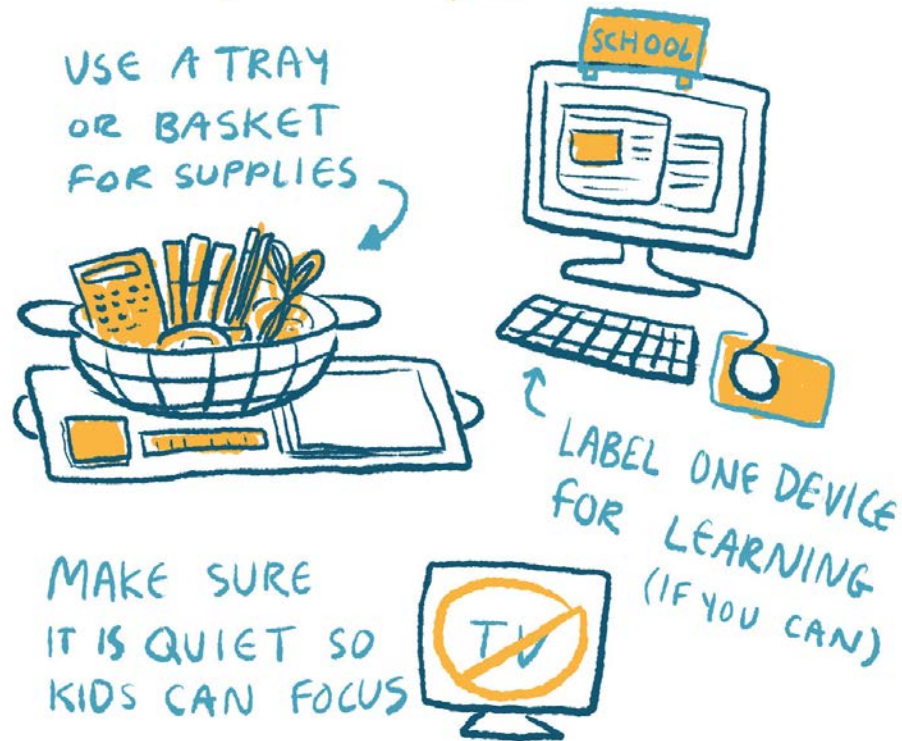
TAKE A HIKE

Source: <https://www.npr.org/2020/03/27/816575527/comic-how-to-turn-your-home-into-a-school-without-losing-your-sanity>

# SET UP YOUR SPACE

"DESIGNATE AN AREA (OR TWO) FOR  
LEARNING AND KEEP IT NEAT,"

Homayoun says.



Source: <https://www.npr.org/2020/03/27/816575527/comic-how-to-turn-your-home-into-a-school-without-losing-your-sanity>

# BE REALISTIC

"YOU DON'T HAVE TO  
HOME-SCHOOL YOUR KIDS,"

Ana Homayoun, an educational  
coach for students  
in the San Francisco  
Bay Area, says, "if  
it's going to cause  
severe  
emotional  
distress."



Source: <https://www.npr.org/2020/03/27/816575527/comic-how-to-turn-your-home-into-a-school-without-losing-your-sanity>

# ONLINE ≠ BETTER

The amount of free online resources can be overwhelming.



Source: <https://www.npr.org/2020/03/27/816575527/comic-how-to-turn-your-home-into-a-school-without-losing-your-sanity>

# KNOW YOUR KID(S)

Online learning is harder,  
according to Justin Reich,  
an education researcher  
at MIT.



SOME KIDS ↗  
do really well  
independently

↖ SOME KIDS  
need extra help

Source: <https://www.npr.org/2020/03/27/816575527/comic-how-to-turn-your-home-into-a-school-without-losing-your-sanity>

# DO PASSION PROJECTS

"ASK YOUR CHILDREN WHAT THEY  
WANT TO LEARN," says Homayoun.



When they do something they care  
about, you don't have to nudge them.

BONUS: YOU GET TIME TO YOURSELF.

AND REMEMBER TO  
**SHAKE YOUR SILLIES OUT**



LET GO OF THE PRESSURE  
AND TAKE SOME DOWNTIME.  
YOU MIGHT EVEN ENJOY IT. 4<sup>20</sup>/<sub>20</sub>

Source: <https://www.npr.org/2020/03/27/816575527/comic-how-to-turn-your-home-into-a-school-without-losing-your-sanity>

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Break for questions and discussion

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**FINALLY: TAKE CARE OF YOURSELF!**

**Self-care, Self-compassion  
& Mindfulness**

## Emotional Well-Being and Coping During COVID-19

- Stay physically safe from the virus
- Limit media to reduce anxiety
- Receive/provide comforting, social support by video or phone
- Find ways of expressing kindness, patience, and compassion
- Create new routines and keep practicing health behaviors
- Eat well
- Work well enough from home

Source: <https://psychiatry.ucsf.edu/coronavirus/coping#a>

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**THANK YOU!**