BEING A SCHOLAR AND A PARENT IN A REMOTE WORK ENVIRONMENT

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Following this presentation we will share a copy of the slides.
The Center for Faculty Diversity and Inclusion provides leadership and works collaboratively to cultivate an academic culture of inclusive excellence.

- Transformational change
- Cultivating faculty success and leadership
- Fostering civility in academia
- Recruiting and retaining diverse faculty
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
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

Break for discussion

How have you been managing your new work arrangement?
Effective Strategies for Remote Work
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’

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
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

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

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.

Use a tray or basket for supplies.

Make sure it is quiet so kids can focus.

Label one device for learning (if you can).

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.

Tip:
• Start with your teacher and parent community.

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.

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

SHAKE YOUR SILLIES OUT

LET GO OF THE PRESSURE
AND TAKE SOME DOWNTIME.
YOU MIGHT EVEN ENJOY IT.

Source: https://www.npr.org/2020/03/27/816575527/comic-how-to-turn-your-home-into-a-school-without-losing-your-sanity
Break for questions and discussion
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](https://psychiatry.ucsf.edu/coronavirus/coping#a)
THANK YOU!