

ACADEMIC LIFE HACKS: GETTING IT ALL DONE (AND MORE), AND LIVING TO TELL THE TALE.

FACULTY AFFAIRS WORKSHOP SERIES
EMILY HO CHAIR



Oregon State
University

PANELISTS

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ERIKA WOOSLEY, FAMILY RESOURCE CENTER;
REGAN A. R. GURUNG, PSYCHOLOGICAL SCIENCE /CTL



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Office of Faculty Affairs » **Office of Work-Life**

RESOURCES & SERVICES EVENTS & WORKSHOPS CONTACT

Welcome to the Office of Work-Life!

The Office of Work-Life aims to support and promote the ongoing development of a workplace culture supportive of personal and family life. Our office offers a variety of resources and services available to faculty and staff which often extend to spouses/partners and dependents to help balance the many aspects of your life.




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Center for Teaching and Learning


HOME ABOUT TEACHING + TECH TALKS SPARKSHOPS NEW2OSU ILPS BLENDED LEARNING INCLUSIVE EXCELL
COURSE DESIGN INSTITUTE RESOURCES CELEBRATING QUALITY TEACHING

ADVANCING AND CELEBRATING QUALITY TEACHING




ABOUT
US

CENTER FOR TEACHING AND LEARNING




Tuesday
Teaching
+ Tech
Talks

Center for Teaching and Learning




Sparkshops

Center for Teaching and Learning




New2OSU

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Individualized
Learning
Pathways

Center for Teaching and Learning




Blended
Learning

Center for Teaching and Learning



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Inclusive
Excellence@
OSU



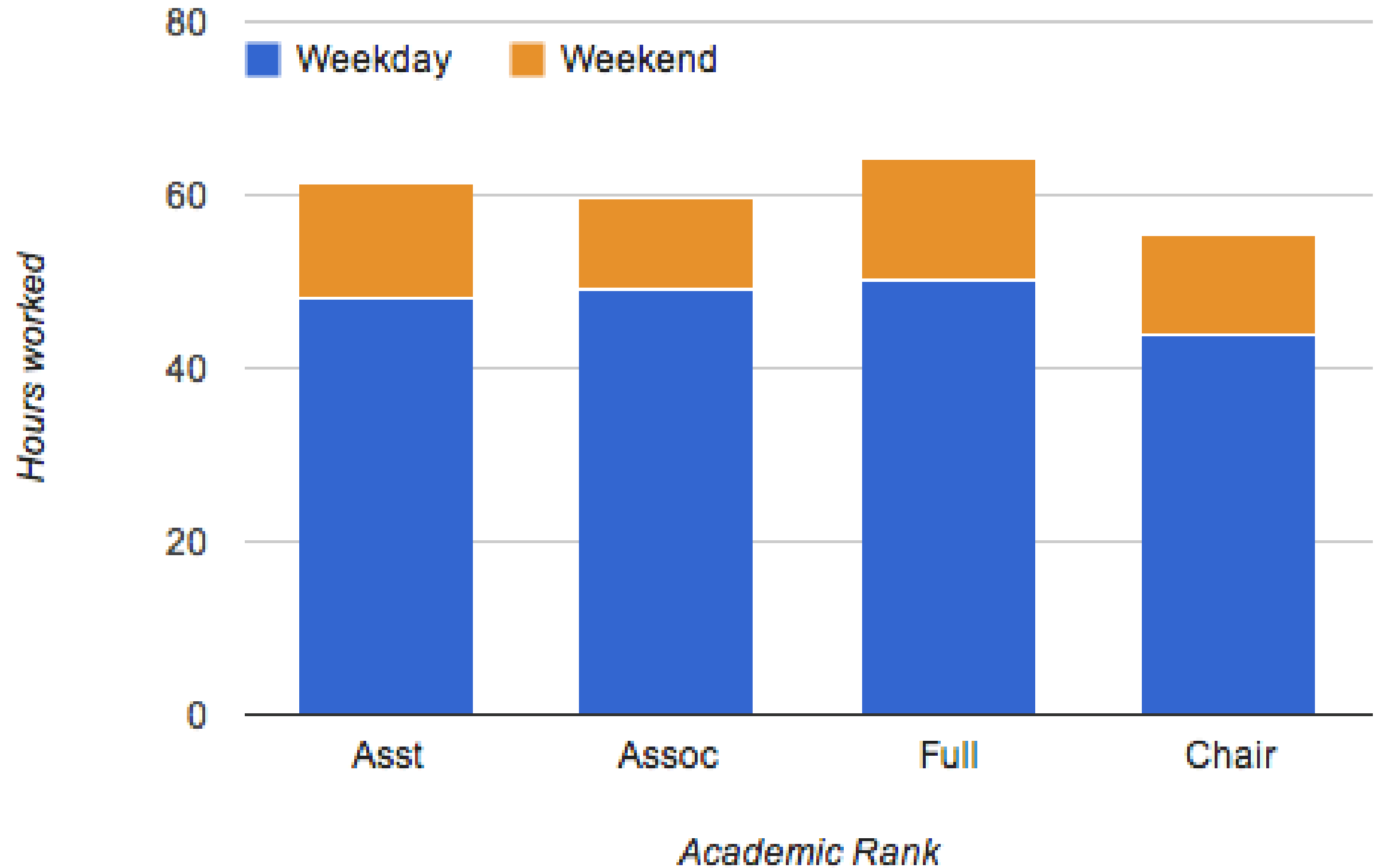
Igniters

Ignite your teaching & learning
in <20 minutes

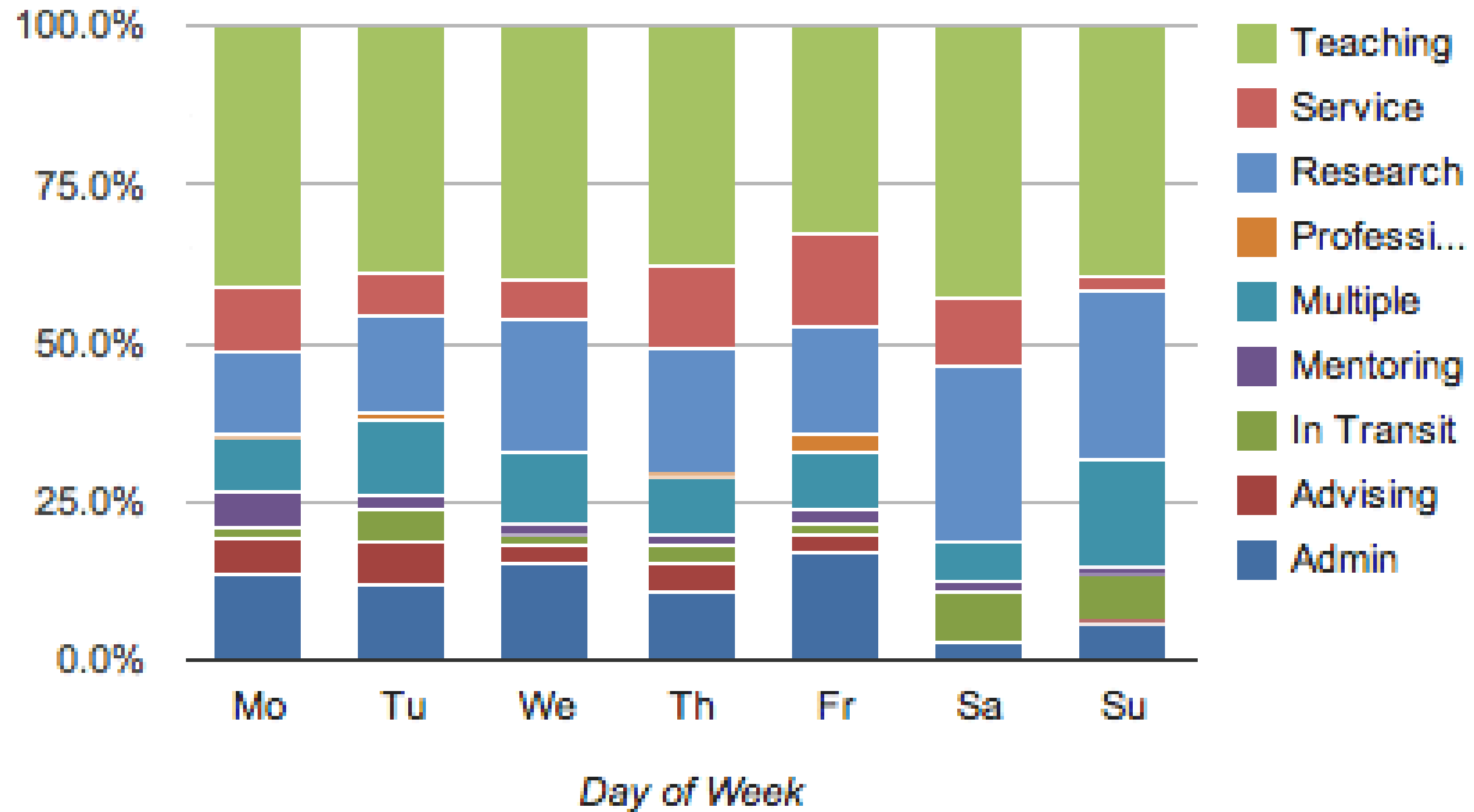
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What's The Problem?

Hours Worked by Academic Rank



Job Function by Day of Week



What is your life like?

What We Do

Office of Work Life

- Care.com
- Work Life consultations & presentations
- Dual Career Partner Assistance
- Flexible Work Arrangements

Family Resource Center

- Campus Early Care & Education
- Lactation Supports
- FRC Connections Series
- Special Events
- Family Friendly Campus
- Advocacy-we want to hear from you!



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for Teaching

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CTL at Oregon State

@osuteaching

Empowering teachers to Inspire learners. Driven by Research. Fostering systematic, intentional improvements to pedagogical practices and better assessment.

Key Psychological Issues: Stress Appraisals



**There is nothing either good
or bad but thinking makes it
so.**

William Shakespeare

Key Psychological Issues: Cognitive Load



Key Hack: Minimize subtle distractions



Key Psychological Issues: Health Behaviors

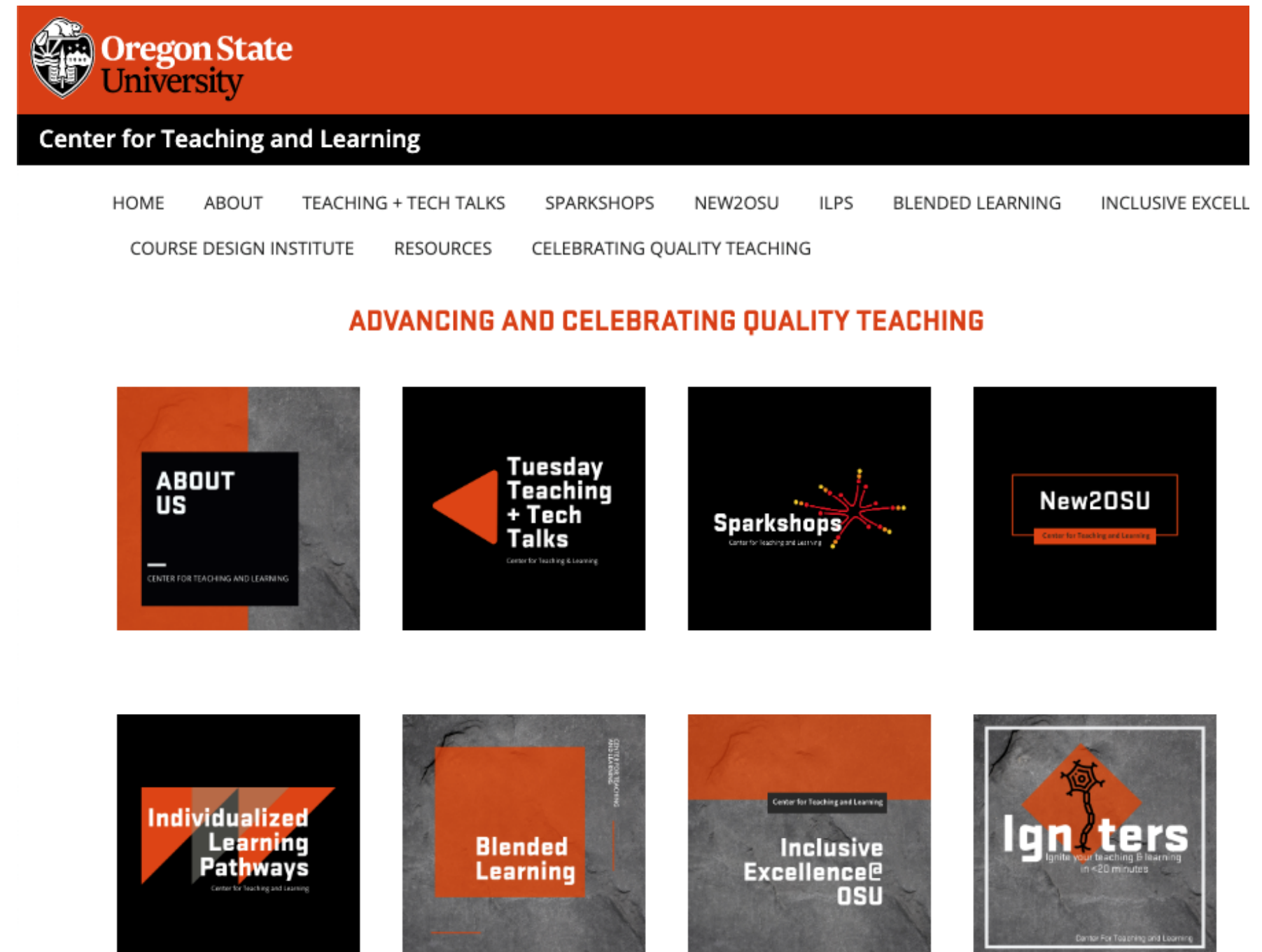


Key Hack: Optimize your sleep

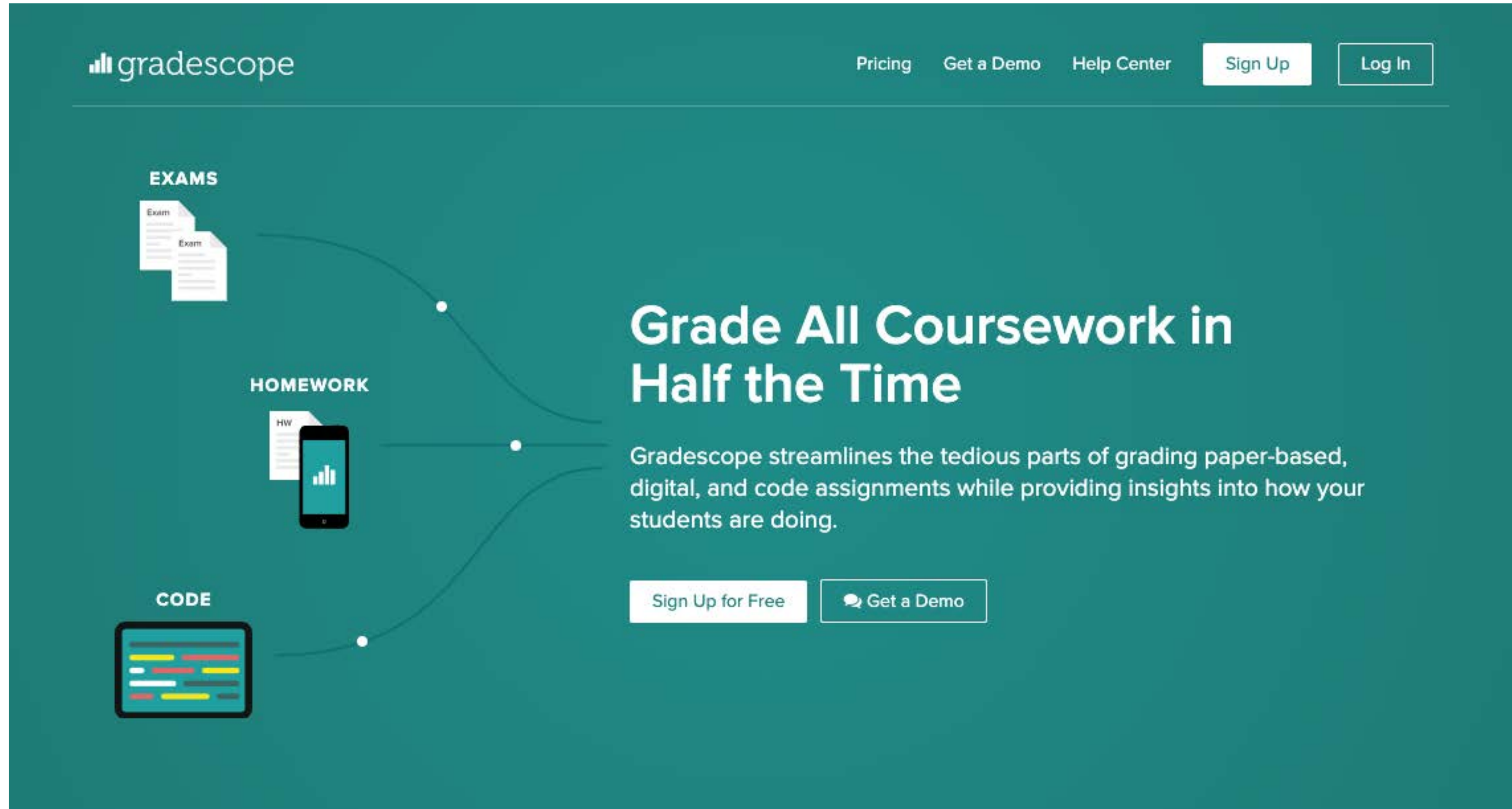


The Hack: Teach Efficiently

- Course Design
- Assessment
- Instructional Methods
- Blended Learning
- Inclusive teaching
- Portfolios & Peer Observation
- Theoretical basis of learning
- SoTL



The Hack: Grade Efficiently



The image shows the hero section of the Gradescope website. It features a teal background with a white navigation bar at the top. The navigation bar includes the Gradescope logo on the left and links for Pricing, Get a Demo, Help Center, Sign Up, and Log In on the right. The main content area is divided into three sections on the left, each with an icon and a label: 'EXAMS' with a document icon, 'HOMEWORK' with a smartphone icon, and 'CODE' with a code editor icon. A curved line connects these three sections to a large text block on the right. The text block contains the headline 'Grade All Coursework in Half the Time', a sub-headline 'Gradescope streamlines the tedious parts of grading paper-based, digital, and code assignments while providing insights into how your students are doing.', and two buttons: 'Sign Up for Free' and 'Get a Demo'.

gradescope

Pricing Get a Demo Help Center Sign Up Log In

EXAMS

HOMEWORK

CODE

Grade All Coursework in Half the Time

Gradescope streamlines the tedious parts of grading paper-based, digital, and code assignments while providing insights into how your students are doing.

Sign Up for Free Get a Demo

Writing Hacks: Pomodoro

THE **POMODORO** TECHNIQUE



DECIDE
ON THE
TASK TO
BE DONE



**SET THE
TIMER** TO
25 MINUTES



WORK ON
THE TASK
UNTIL THE
TIMER RINGS

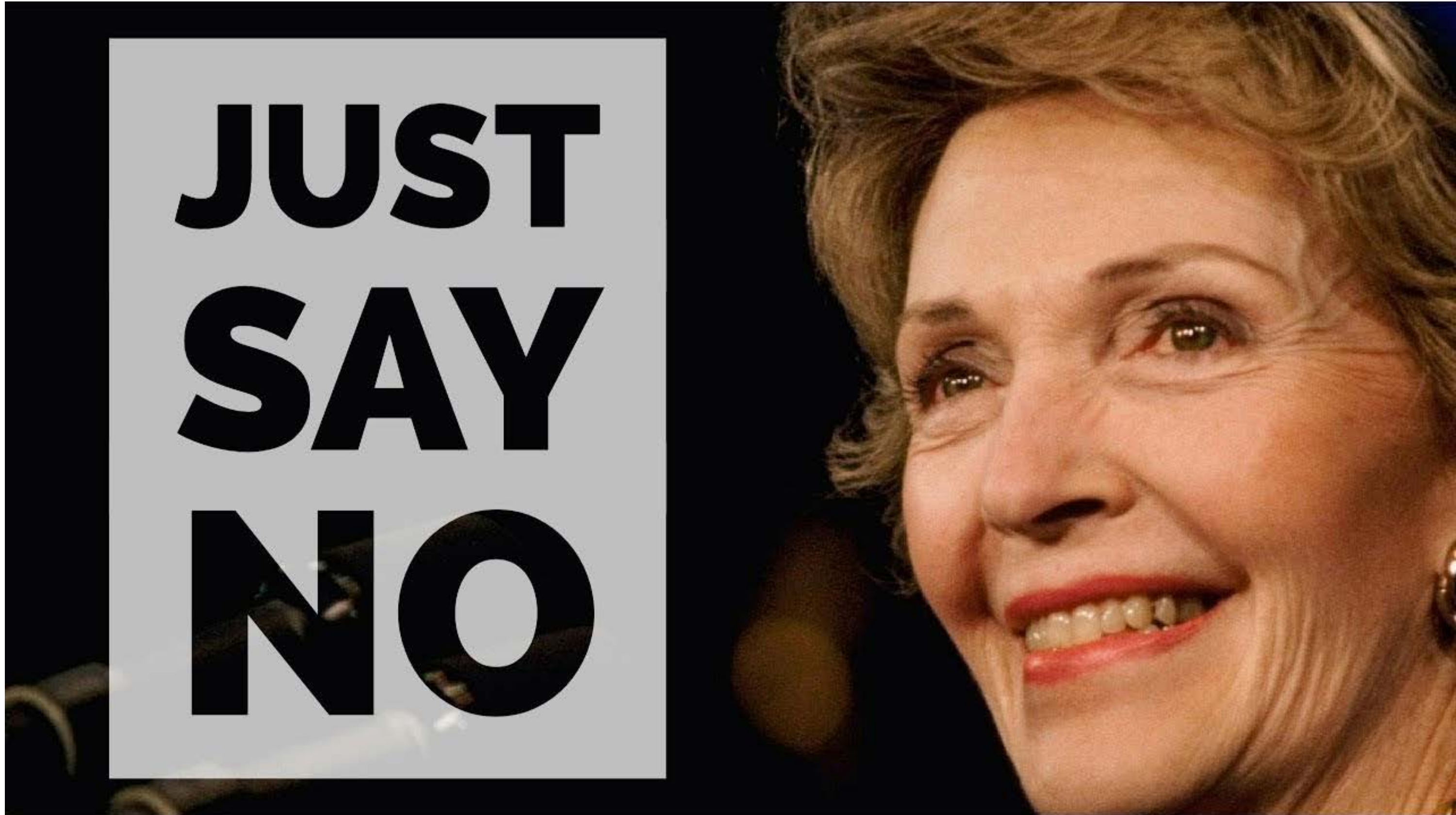


TAKE A
SHORT
**5 MINUTE
BREAK**



TAKE A
**15-30
MINUTE
BREAK**

Key Hack: The NO Folder/Committee



More Faculty Hacks: FacultyDiversity.org

1

SKILL #1: Every Semester Needs a Plan

[Watch Now](#)

2

SKILL #2: How to Align Your Time with Your Priorities

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3

SKILL #3: How to Develop a Daily Writing Practice

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4

SKILL #4: Mastering Academic Time Management

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SKILL #5: Moving from Resistance to Writing

[Watch Now](#)

6

SKILL #6: The Art of Saying No

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7

SKILL #7: Cultivating Your Network of Mentors, Sponsors & Collaborators

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8

SKILL #8: Overcoming Academic Perfectionism

[Watch Now](#)

9

SKILL #9: How to Engage in Healthy Conflict

[Watch Now](#)

10

SKILL #10: How to Manage Stress, Rejection & the Haters in Your Midst

[Watch Now](#)

Key Hack: Find Your Champion



Key Hack: Introduce Frequent Breaks



Your Hacks; Your Challenges

