New Faculty Life Hacks:
So you're at a PUI...

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Teaching

How can I meet the teaching expectations of a PUI while simultaneously producing publishable research?

Be thoughtful about how you spend time preparing for class and grading

Professor Destressor eNews

Combining productive work lives and balanced personal lives

Winter 2010

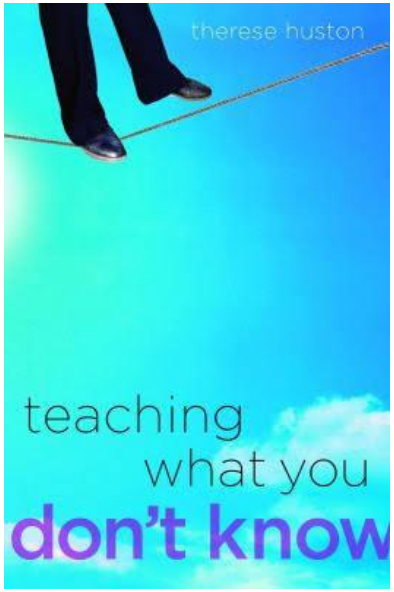
Our goal is to bring you news, insights, and information about leading a balanced and productive life while making a difference.

by Susan Robinson

In this issue, you'll find:

1. Class Preparation in One Hour or Less
2. Professor Destressor coaching
3. Up and coming workshops

1. Class Preparation in One Hour or Less



Research

How can I meet the teaching expectations of a PUI while simultaneously producing publishable research?

Schedule your experiments

	M	T	W	R	F
8:00 AM					
8:30 AM					
9:00 AM		Research			
9:30 AM					
10:00 AM	111		111		111
10:30 AM					
11:00 AM	Office Hour		Research Meeting		
11:30 AM					
12:00 PM		Cmn Hr		Cmn Hr	
12:30 PM					
1:00 PM	FYSM		FYSM		Seminar/ CTL
1:30 PM					
2:00 PM				Research	
2:30 PM			Office Hour		Chem Dept Mtg
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM		Monthly Faculty Meeting			
5:00 PM					
5:30 PM					
6:00 PM					

- Start with a clear plan
- Be cautious about pursuing too many projects
- Consider whether part of your research could be integrated with your teaching
- Consider the realities of undergraduate schedules
- Plan so you can use summers and sabbaticals effectively

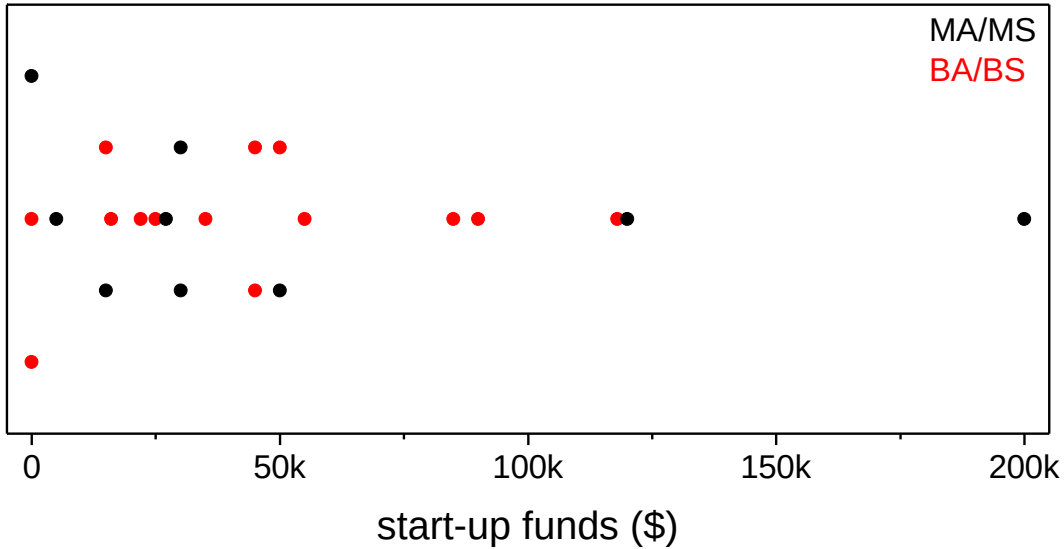
Money

How can I produce results with a fraction of the budget at a research-intensive institution?

Be strategic about start-up
Come ready to spend

Recent start-up funding levels at liberal arts colleges and comprehensive universities (biology departments, *n* = 23)

median = $30k



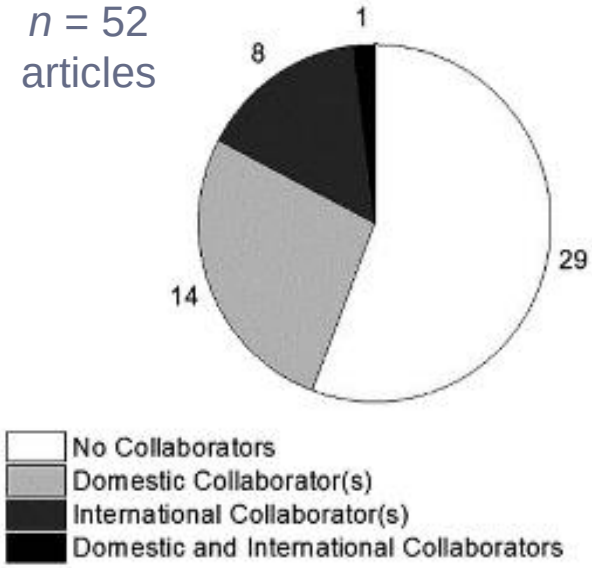
Data source: Academic Jobs Wiki, Biology Negotiations, accessed August 18, 2014.

Intellectual Support

How can I solve problems when I'm the only expert in my field on campus?

Identify collaborators & attend conferences

n = 52 articles



Kovarik, *Analytical Methods*, **2015**, *7*, 6960.

Service

How can I do all these things while still being a good colleague and having time for myself?

Learn to say "no"

(1) Do I want to do this?

(2) Do I need to do this?

(3) Will it benefit me or contribute to my long-term goals to do this?

(4) Could someone else do this better/faster/more easily than me?

(5) Could I commit to part of this but not all of it?