

Work-Life Satisfaction

Group: Tenured Mid-Career

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Vivian Moody  
Melanie Autin  
Hope Marchionda

| Strategies  | Challenges                                 |
|---|--|
| - schedule e-mail time + turn of e-mail notification<br>- syllabus policy | e/mail + discussion board maintenance      |
| - expand time in office so you don't have to work from home as much       | flexible scheduling<br>+ working from home |
| - accept that you always have something to do                             | never-ending list of things to do          |
| - leave door ajar, rather than fully open                                 | Office disruptions                         |
|   |  |
|   |  |
|   |  |

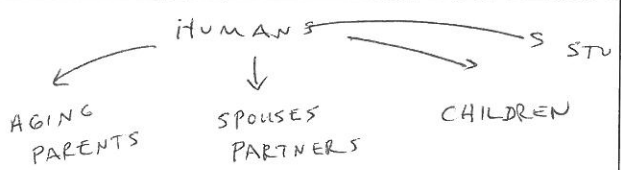
# Work-Life Satisfaction

Group: Samangi Mulasingham  
Kanita K. DuCloux  
Diane Lidrenbrock  
Amber Schroeder  
Kong Yang

| Strategies   | Challenges                    |
|--|-------------------------------|
| Overcome guilt about not working   | Separate work from home life. |
| Finding personal happiness/contentment to be a more effective <del>at</del> work |                               |
| Avoid answering emails when writing  |                               |
| Allocate time for writing, research, ...   |                               |
| Stress-relieving activities<br>-read<br>-walk<br>-exercise                       |                               |
|  |                               |
|  |                               |

# Work-Life Satisfaction

Group: INSTRUCTORS AND NON-TENURE TRACK

| Strategies  | Challenges  |
|---|---|
| INSTRUCTOR RANKS<br>UNIVERSITY RECOGNITION OF DEGREE + YRS EXPERIENCE<br>PEDAGOGICAL LINES FOR INSTRUCTORS                    | INCOME  |
| ON-CAMPUS CHILDCARE   | CHILDREN-DAYCARE  |
| ASK FOR HELP FROM EACH OTHER  |  |
| MENTORSHIP PROGRAM<br>PROFESSIONAL DEV. (\$ TO ATTEND)  | PROFESSIONAL GROWTH   |
| RECOGNITION OF INSTRUCTORS<br>OPPORTUNITIES TO APPLY FOR WKU PROGRAMS (LEADERSHIP)<br>SUPPORT OF ADJUNCT/PARTTIME INSTRUCTORS | RESPECT   |
| RELEASE TIME  | EXTRA DUTIES  |
|   |   |

Work-Life Satisfaction

Group: Professors

Liz Lemerise

Julie Ellis

CLS

Becky Giffullen

Uta Ziegler

Ferhand Atici

Kelly Madole

| Strategies   | Challenges   |
|--|--|
| create an activity that requires you to remove yourself from work                      | work creeps into the rest of life                      |
| having pets that need attention  | work related distractions that effect ability to focus |
| block of time that is dedicated to work -  | less tolerant of chaos                                 |
| let the less important stuff go  |  |
| hire people to help free up time for personal stuff -                                  |  |
| Track time used for various work activities<br>Use to schedule work + personal rewards |  |
| Moderate expectations<br>Plan for tomorrow   |  |

Develop a perspective