

Successes – *we made it!!!!*

ATU ARKANSAS TECH UNIVERSITY WHERE STUDENTS SUCCEED, INNOVATION THRIVES, AND COMMUNITIES FLOURISH.

Welcome

7:00pm

- Barbara J. Johnson, Vice President for Academic Affairs
- Tara Malone, Adjunct Support Committee Chair

7:20pm

- College/Department Meetings
- Deans/Department Heads

8:00pm

- Organizational Meeting

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Preparations for Fall

- Mask Mandate
 - Student Expectations: Syllabus or Handout
- Health Screening for Campus Visits
<https://www.atu.edu/pandemicrecovery/russ-employee-screening.php>

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College Restructuring Phase I

Tracy Cole
 Accounting, Finance & Economics / Management & Marketing
 Marshall Swafford
 Agriculture / Parks, Recreation & Hospitality Administration
 John Krohn
 Electrical Engineering / Mechanical Engineering /
 Computer & Information Science
 Theresa Cullen
 Curriculum & Instruction / Center for Leadership & Learning
 Tim Carter
 Student Affairs Administration
 David Ward
 Behavioral Sciences / Emergency Management



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Gender Pronouns

Subjective	Objective	Possessive	Reflexive	Example
She	Her	Hers	Herself	She is speaking. I listened to her. The backpack is hers.
He	His	His	Himself	He is speaking. I listened to him. The backpack is his.
They	Their	Theirs	Themselves	They are speaking. I listened to them. The backpack is theirs.
Ze	His/Her	His/Her	Himself/ Herself	Ze is speaking. I listened to ze. The backpack is zirs.



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Gender Pronoun Resources

<https://www.mypronouns.org/>

<https://pronounsday.org/>

<https://transstudent.org/>



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Supporting Students

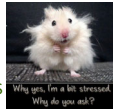
- Counselors – Health and Wellness Center (HWC)
- Relaxation Room – HWC (Doc Bryan)
- Counseling Associates
110 Skyline Drive; Russellville, AR
479-968-1298
www.cainc.org

Extend a little grace!



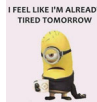
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Faculty/Staff Mental Health Effects of the Pandemic



Mental Health Effects of the Pandemic amongst Faculty/Staff (per poll of US faculty members focusing on the effects of the pandemic):

- Almost 70% reported feeling stressed in 2020, more than double the number in 2019
- More than two-thirds felt fatigued, compared to less than one-third in 2019
- 35% felt angry, compared to 12% in 2019
- Over half said they were seriously considering changing careers or retiring early
- Almost three-quarters of females reported their work-life balance deteriorated in 2020



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Burnout & Languishing

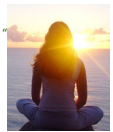


Burnout definition per World Health Organization: "syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed"

- Symptoms:
 - feelings of energy depletion or exhaustion
 - increased mental distance from one's job or feelings negative towards one's career
 - reduced professional productivity

Languishing definition per sociologist Corey Keyes: "the antithesis of flourishing"

- Symptoms:
 - apathy, dulled state of motivation
 - a sense of stagnation or emptiness
 - acute state of anguish
 - a sense of restlessness or feeling unsettled
 - disrupted ability to focus



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Self-Care Solutions

- No quick or easy solutions, but we can work on mitigating stress
- Don't internalize burnout as failure
- Create ways to detach from stress
- Prioritize and normalize conversations about mental health
- Fight the isolation by seeking support from others
- Give the opportunity to share your "COVID story"
- Offer resources and accommodations
- Thank others for their service
- Train everyone to help others (gatekeeper approach)



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Resources for Faculty/Staff

- <https://www.nytimes.com/2021/04/19/well/mind/covid-mental-health-languishing.html>
Grant, Adam. "There's a Name for the Blah You're Feeling: It's Called Languishing." *The New York Times*, The New York Times, 19 Apr. 2021, www.nytimes.com/2021/04/19/well/mind/covid-mental-health-languishing.html.
- <https://www.nature.com/articles/d41586-021-00663-2>
Gewin, Virginia. "Pandemic Burnout Is Rampant in Academia." *Nature News*, Nature Publishing Group, 15 Mar. 2021, www.nature.com/articles/d41586-021-00663-2.
- https://connect.chronicle.com/rs/931-EKA-218/images/Covid%26FacultyCareerPaths_Fidelity_ResearchBrief_v3%20%281%29.pdf
Covino, Nicholas. "It's on US: Improving Student Behavioral Health after the Year That Changed Everything." *Mary Christie Institute*, 23 July 2021, [mary-christie-quarterly/its-on-us-improving-student-behavioral-health-after-the-year-that-changed-everything/](https://marychristieinstitute.org/mary-christie-quarterly/its-on-us-improving-student-behavioral-health-after-the-year-that-changed-everything/).

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Resources

WebEx & Blackboard Training

Center for Excellence in Teaching & Learning (CETL) Workshops

Academic Affairs Faculty Resource Page
<https://www.atu.edu/academics/facultyresources.php>

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Stay Safe
Remember Self-Care
Laugh Often and Laugh Hard!



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Thank You!

- Better Together!
- We all need a little grace occasionally
- We value your contributions and you as human beings. We appreciate each of you!



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