

# How to survive (& thrive) in academia: a practical guide

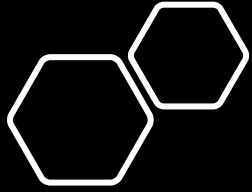
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Today's goals:

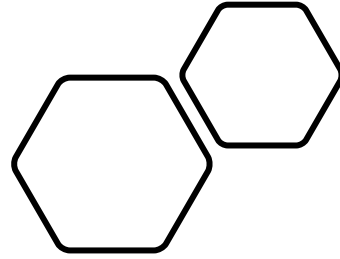
Convince you  
that:

You can succeed without being  
miserable

We can use our social science  
training to understand ourselves

There are practical tools for  
accountability and planning to  
help!

Academia is  
(often)  
miserable



Three reasons why:

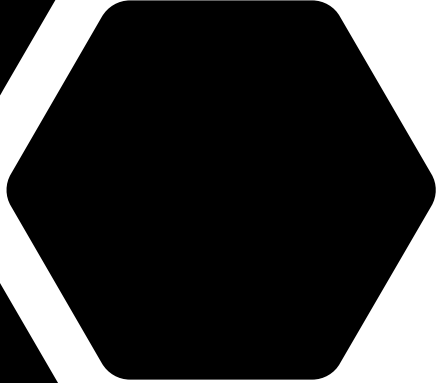
Our Accountability Structure is  
Skewed

The Work → Reward Link Is  
Tenuous (at best)

There is No Done



Step 1: Create better  
accountability structures



What can  
we do?

# Question 1 – place yourself on this scale

I like the idea of telling someone my writing goals (& if I met them!)				My goals aren't anyone's business but my own
1	2	3	4	5

## Question 2 – place yourself on this scale

Conferences are important because I have to give other people a paper & will be embarrassed if I don't have (a good) one				Conferences are important deadlines because I'll know when the paper needs to be done
1	2	3	4	5

# Question 3 – place yourself on this scale

I struggle with completing solo work; I prefer to work with other people				I struggle with completing work with other people; I prefer to work on my own
1	2	3	4	5

# Question 4 – place yourself on this scale

People might say that I do too much for other people and have a hard time saying no				People might say that I do what I want and have a hard time giving time to others
1	2	3	4	5



# Question 5 – which dog are you?



← #1



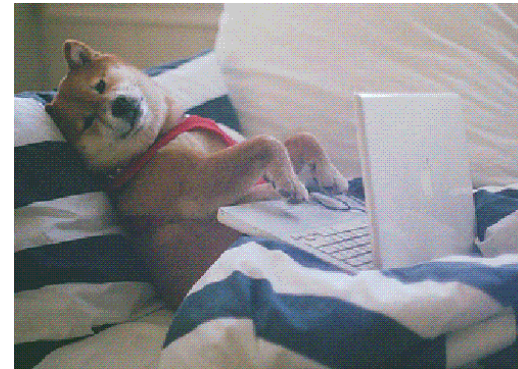
← #2



← #3



← #4



← #5

*Average your score*

you can ignore #5 if you want

why would you want to though?

Average your score

you can ignore #5 if you want

why would you want to though?

Score of 1-2:

You are highly motivated by **external accountability**. Coauthored work is probably easier for you than solo work. Collaborative and social environments are your jam.

Score of 3:

You might benefit from both external and internal accountability... or neither.

Score of 4-5:

You are motivated by **internal accountability**. Solo work is probably easier for you and you prefer working on your own.

# Accountability structures

## External accountability

- Swap work with other people
- Create a writing group
- Publicly state goals
- Use conference deadlines
- Promise your work to others

## Internal accountability

- Regularly check ins
- Visual reminders
- Clear goals
- Use internal deadlines
- Promise yourself work



Just not like  
this, okay?

# Accountability structures

## External accountability

- Swap work with other people
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## Internal accountability

- Regularly check ins
- Visual reminders
- Clear goals
- Use internal deadlines
- Promise yourself work



Step 1: Create better accountability structures

Step 2: Treat yourself

What can we do?

# Reward guidelines

Commiserate with what you are celebrating

Push you towards your goal

Be meaningful





← Lambeaux →

# Reward guidelines

Commiserate with what you are celebrating

Push you towards your goal

Be meaningful



Step 1: Create better accountability structures

Step 2: Treat yourself

Step 3: Get good at setting goals

What can  
we do?



PHASE 1      PHASE 2      PHASE 3

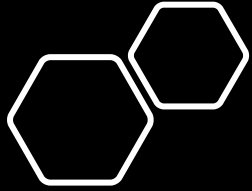
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Collect  
underpants



Profit





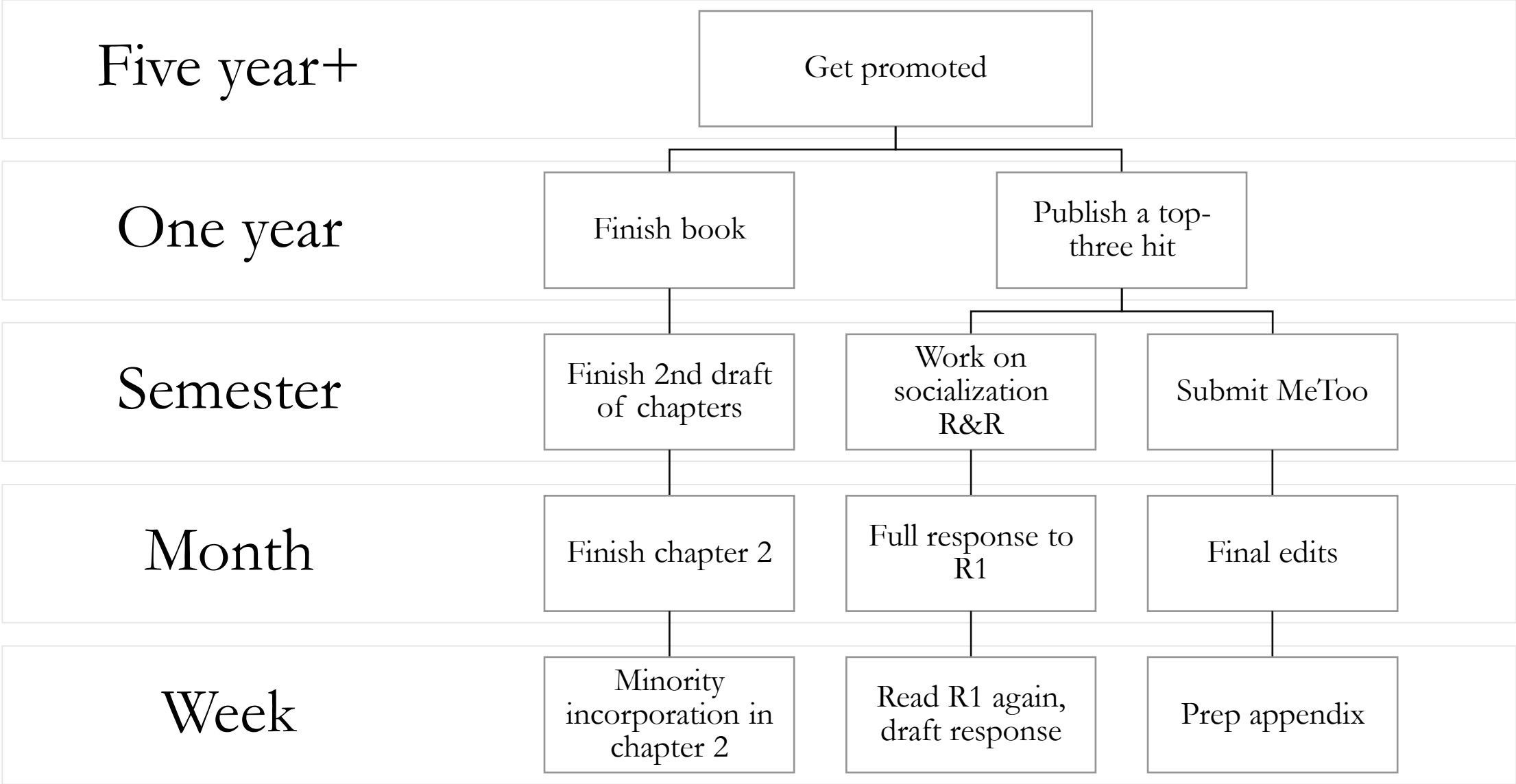
Good goal  
setting  
behavior

Copycat is okay, copy and adapt is better

Vary goal setting by temporality

Revisit your goals

Adjust your processes



<b>5 years / promotion</b>	<b>1 year</b>	<b>Summer / Semester</b>	<b>Monthly</b>	<b>Weekly</b>
Counts of publications, placement	Counts of submissions, rejections	Movement of projects through stages	Focus on project progress	Blocked time and check lists
Goals = personal development	Major goals and deadlines	Smaller goals and deadlines	Time or word count goals	Concrete tasks as goals
Can be moving goalposts	Be very willing to adapt	Flexible	Less flexible	Inflexible (don't change goals midweek)






A goal without a plan is just a wish






Dates:    /    to    /   






The future is gunning for you. Kick ass.






Fan letter?  Goals for the week:  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  
 \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

Weekly Affirmation: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
RESEARCH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	#DoItForTheBook 	#DoItForTheBook 	#DoItForTheBook 	#DoItForTheBook 	#DoItForTheBook 
Teaching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Service	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Event	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Veggies  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

Distance  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

Water  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_



Rewards: \_\_\_\_\_



MON

13

TUE

14

WED

15

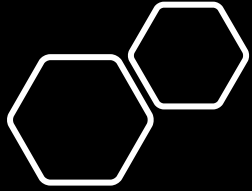
THU

16

FRI

17

MON 13	TUE 14	WED 15	THU 16	FRI 17
🕒 7:09 Easter Monday	🕒 4:47	🕒 5:50	🕒 4:51	French quarter fest 🕒 8:13
German faces 7 - 9am Online Writing Retreat 7 - 9am	Run 7 - 8am	MeToo 7 - 9am Online Writing Retreat 7 - 9am	Run 7 - 8am	Metoo 7 - 9am Online Writing Retreat 7 - 9am
Walk, 9am Meet w Business & CC group, 9:30am	Outline memo for JOP 9 - 10am	Walk 9 - 10am	Call with socialization team 9 - 10am	Order topbox, 9am SPSA Governing council meeting 8:30 - 11:30
Climate change pre 10am - 12pm Scope and method 10 - 10:50am	Call with Celeste 10 - 11am Salil and Mirya 10am, <a href="https://tulane">https://tulane</a>	Scope and methods 10 - 10:50am	Local data 10 - 11am	Scope and methods 10 - 10:50am
Office hours 11am - 12pm	Book poms 11am - 12pm	Office hours 11am - 12pm booked: Lexi Henry	UK data and lit 11am - 12pm	Lunch and walk 11:30am - 1pm
Lunch and walk 12 - 1pm	Lunch and walk 12 - 1pm	Lunch and walk 12 - 1pm	Lunch and walk 12 - 1pm	Lunch and walk 11:30am - 1pm
Book poms 1 - 2:45pm Office hours 2 - 2:45pm	Call w Salil 1 - 2pm Rob and Mirya Call 2 - 4pm <a href="https://tulane.zoom.us/j/99583746551">https://tulane.zoom.us/j/99583746551</a>	Book pom 1 - 2pm booked: Jared Gou Book pom 2 - 3pm Office hours 2 - 2:45pm booked: Nat	Book work 1 - 3:30pm	Metoo 1 - 5pm Writing retreat 2 - 5pm
Reviews 3 - 5pm Climate change politics 3 - 4:15pm	Book poms 3 - 4pm Role congruity 4 - 5pm	Role congru 3 - 4:30pm Climate cha politics 3 - 4:15pm Meet with tr Climate change grading 4:30 - 6pm	Climate change grading 3:30 - 6pm	



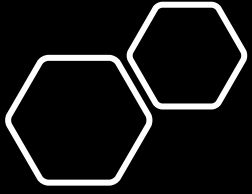
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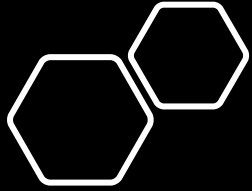
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Adjust your processes



# Good Goal Setting Lets You Feel Done





# So What?

Why does it matter that you structure your life with accountability, rewards, and goals?

My hope is that you can use this to:

- Help with work-life balance
- Gain mental clarity about what matters (not this, not really)
- Be less miserable
- Be more productive

# Resources

Robert Boyce *Professors as Writers*

Stephen King *On Writing*

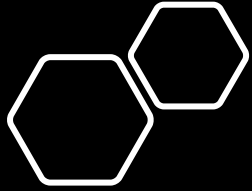
Anne Lamott *Bird By Bird*

Gretchen Rubin *Better Than Before* & *The 4 Tendencies* (take the quiz if you haven't already!)

Cal Newport *Deep Work*

Raul Pacheco-Vega's blog on academic work

The National Center for Faculty Development and Diversity



# Recap of Today's Goals

You can succeed without being miserable

We can use our social science training to understand ourselves

There are practical tools for accountability and planning to help!

Questions?



Now get  
to work!

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