

Work-Life Balance in Academia: Myths, Realities and Strategies

Kathryn Sutherland

University of Victoria, Wellington

International research, promotions and tenure booklets, and handbooks for early career academics all indicate that success in academia is measured by productivity in research, the development and maintenance of well-established networks, a growing reputation in the discipline or community, and a solid record of winning competitive research grants. Meanwhile, the expectation of 40% research, 40% teaching, 20% service is widely expressed, but seldom measured. So, just how easy is it for early career academics to navigate the expectations of the university, their discipline, their peers and their students, while also maintaining a healthy and happy home life? This workshop will feature data from an international research project on the experiences of early career academics. We will discuss the institutional and personal processes and support that need to be in place to support all early career academics as they enter the academic profession and learn to be successful teachers, researchers, academic citizens, friends and family members.

You'll leave the workshop having confronted the myths, pondered the realities, and reflected on some strategies for supporting early career academics, and/or for finding some semblance of balance in your own life as an early career academic.