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# Making Time to Think

— Peg Balachowski —

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**The resistance will begin in...**

**The resistance will begin in...**

**3**

**The resistance will begin in...**

**2**

**The resistance will begin in...**

**1**

**RESIST!**

**What are we resisting?**

# What are we resisting?

The culture of ***SPEED***



Step 3: Reporting - Cou x Course Modules: IDEA S x Inbox (2) - balachowski x Inbox (7) - mbalachowski x Presentations - Google x

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# The New York Times

Thursday, February 9, 2017

Today's Paper

Video



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# 11:34

Thursday, February 9

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Hey, we found something interesting along the trail. Check it out?

 FITBIT

10m ago

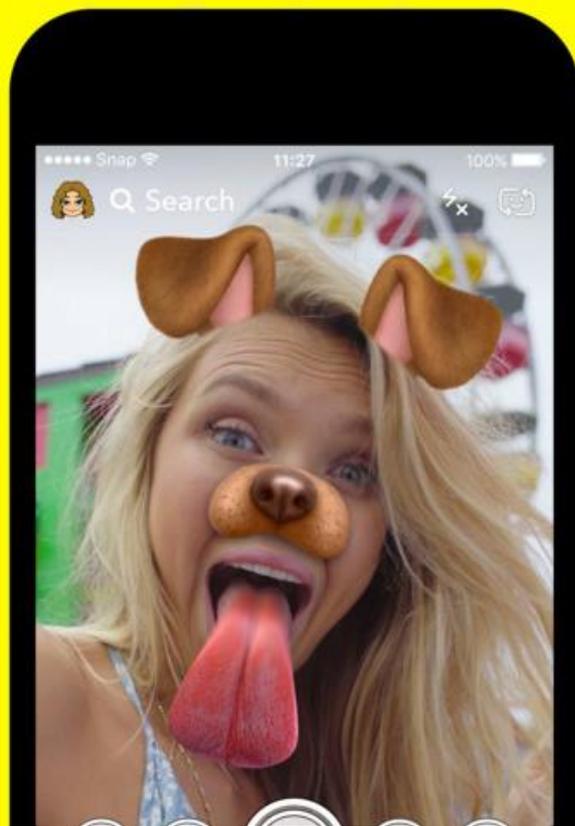
Impressive! You've already stepped your way to a Landmark.

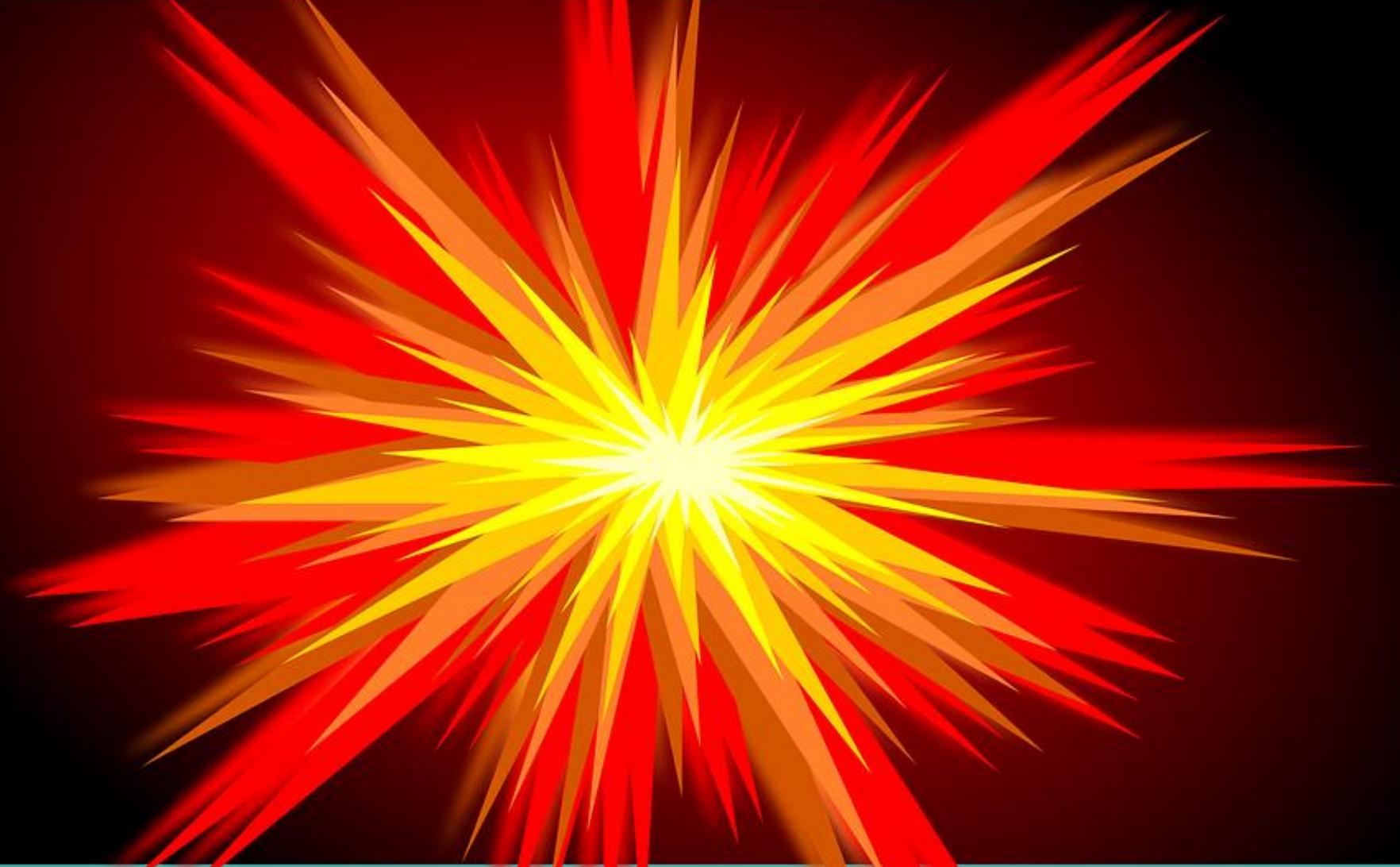
 FITBIT

10m ago

# Snap

Tap to take a Snap with fun filters,  
special effects, and more!





**This is your brain craving that extra stimulus.**



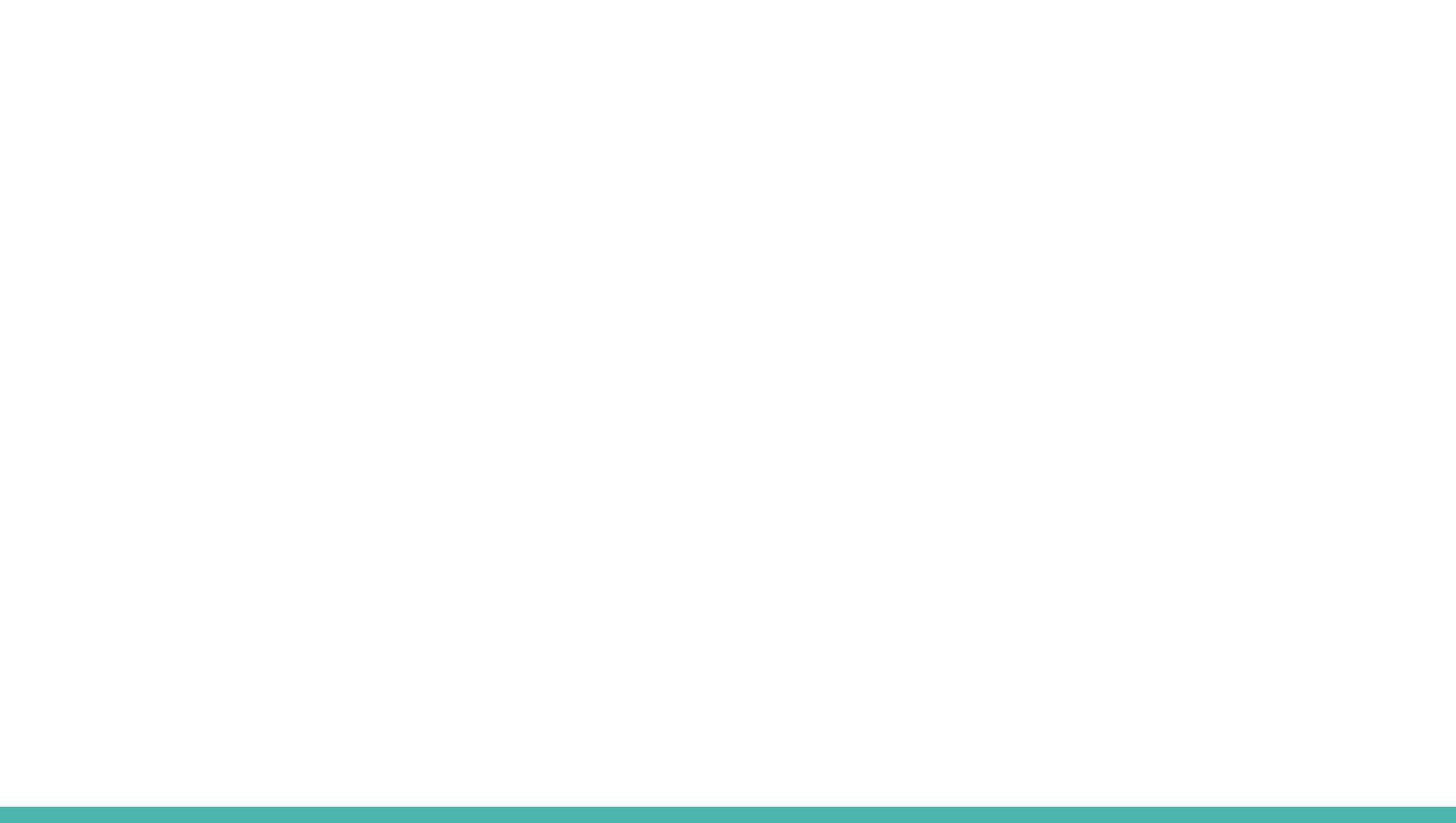
**What does it mean to make time to think?**

Let's take one minute...



**Let's take one minute...**

**Let's take one minute to compose ourselves, to set aside other thoughts that aren't related to the retreat so you can better focus and learn, and to think about what you want to accomplish today.**



**What does it mean to make time to think?**

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***And why is this important?***

**What does it mean to make time to think?**

***And why is this important?***

***How do you know whether you're caring for yourself or being selfish?***

# Inside Higher Ed - Least Stressful Job? Really?

In 2013, the jobs website **CareerCast** named university professor the **No. 1 least stressful job**, unleashing a torrent of criticism that only grew after *Forbes* picked up the ranking.





# The Ten Least Stressful Jobs of 2013

*By Kyle Kensing*

**University professor tops the CareerCast.com Jobs Rated report for least stressful jobs of 2013. The field's high growth opportunities, low health risks and substantial pay provide a low-stress environment that's the envy of many career professionals.**

## Inside Higher Ed - Least Stressful Job? Really?

Professors -- those with tenure and without -- said the study ignored the **changing dynamics** of the university, namely the increasingly administrative nature of academic work, the emerging student-as-customer model... and 24-7 contact with colleagues and students via email. Non-tenure-track professors also pointed out that they in many cases lack all job security.

Look at the **Slow Food** movement - they embrace **SLOW**, reducing stress: “Let us rediscover the flavors and savors of regional cooking and banish the degrading effects of *Fast Food*.”



**Practice being bored!!!**



# Conversation Prompts

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# Conversation Prompts

- A. If there was one more hour in the day, how would you spend it?**
- B. If there was one thing about your job that you could jettison, what would it be and why?**
- C. A year from now, what do you wish you had done in your job this week?**
- D. How do you maximize satisfaction in your work life?**

**Ultimately, how are students affected when we slow down?**

**“Our students live in cacophony. Clamor, chatter and din fill their ears, and may even injure them. To many, a moment of silence is unendurable. I cannot ask them to put their heads down on their desk and be quiet, as Mrs. Morgan commanded me to do in Grade 2. But we can educate ourselves to be models of intellectuals who trust and value silence, who practice what we have always known; when no one is speaking, someone is learning. We can create oases of silence where cool springs of insight trickle and flow.”**

– Ron Marken, in *Silences*, 2008

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How do we advocate for reflective thought as a definition of our role as academics?

**What is the role of creativity?**