Balancing the Holistic Experience of Being a Graduate Student in 2021

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Our Well Being: How are you feeling today?







Three-fold domains of our life as researchers

- ME (how are you doing emotionally, intellectually, physically? multicultural education starts with the ME)
- MESO Communities of research and teaching (how are your students, colleagues and families faring in current times in institutions of learning, surviving, living?)
- MACRO Societal issues that demand our attention and action (how can I support systemic change?)

ME: Issues that can arise?

- Gaps in institutional support
- Few to no opportunities for career progression. Lack of guidance about jobs outside the academe.
- Extreme competition for academic positions and feelings of low self worth on the too-long doctorate journey
- Stressors such as problems with partners, economic insecurity, bad advising can lead to burnout, mental health and physical problems

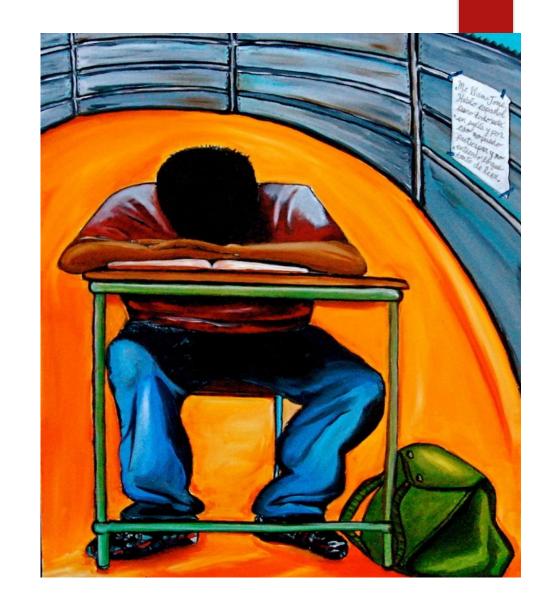
Humor, relationships, acceptance: My own case

- I belong to Theater Improv Group and Creative Writing Workshop; I bike/ walk/ do yoga
- At least one day at weekend is for family, friends and nature: NO WORK
- I am not publishing or working as much as I used to during COVID and it's OKAY; I am connecting to my colleagues around my research interests

Meso level:

Racial, Health and Economic Pandemics:

Schools
Communities
Local policies

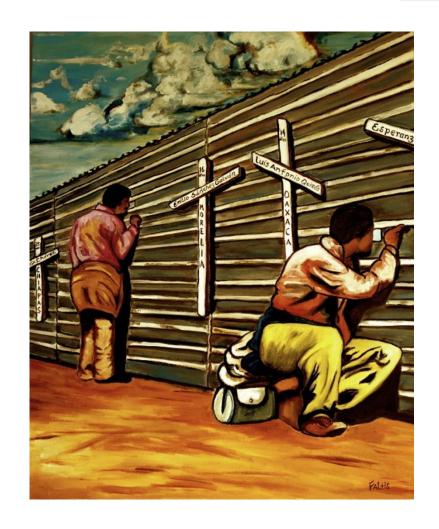


Me llamo Jorge. C. Faltis, 2009

Macro level:

Racial, Health and Economic Pandemics

Structural racism, state laws and policies



Border Crossing. C. Faltis, 2005

The three domains and my life as professor

- ME: Non-fiction literary memoir writing (ME)
- MESO: Collaborative Youth Participatory Action Research with multilingual youth and Teaching/ Mentoring doctoral students
- MACRO: Research and Social Action Collective interested in challenging treatment of families at the border

Most important elements to consider going foward

- The important things [in my life as academic] can be summarized in a few keywords: to give, to educate, to inspire (Blommaert, p. 3, 2020)
- It is not the methods or the epistemologies that justify the legitimacy and quality of human research, but the moral-political purposes that guide sustained research efforts (Ortega, 2005, p. 438)
- Cherish and nourish all three domains of your life as graduate student, family member, and community activist. And don't forget to laugh ©

Se Hace el Camino al Andar: Walking the Way

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Each researcher who puts the "posts" to work will create a different
                      articulation, remix, mash-up,
         assemblage, a becoming of inquiry that is not a priori,
                               inevitable,
                               necessary,
stable, or repeatable but is, rather, created spontaneously in the middle
                                 of the
                                  task
                                at hand,
                                which is
    always already and, and, and.... I argue that this has always been
                                the case
                           (St. Pierre, 2011).
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