Balancing the Holistic Experience of Being a Graduate Student in 2021

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https://ssir.org/breaking_through_barriers_to_racial_equityanford
Our Well Being: How are you feeling today?

http://www.buffalo.edu/content/dam/www/reporter/2020-photos/11/Comics-comp.jpg
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 forward

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 😊
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).
References

- Blommaert, J. (2020). Looking back: what was important in my academic life? https://alternative-democracy-research.org/2020/04/20/what-was-important/
