

## Writing Instruction Across the Disciplines

# Maintaining Work/Life Balance: Teaching Writing Across Disciplines, Professions, and Genders

This activities outlined below are intended to provide ideas for enacting strategies to support a health and productive work/life balance.

### Balancing personal and professional commitments

List personal and professional goals	Reflect on why this goal is valuable/important to you	List at least one strategy you can use to work toward this goal	On what date should you revisit this goal?

### Wearing a variety of personal and professional hats without feeling completely overwhelmed

List at least one enjoyable thing you plan to do tomorrow that doesn't connect directly to your work life	List one part of your personal life that could provide a positive/useful model of a healthy lifestyle for students

### Maintaining an effective workflow

Brainstorm at least two things you might do differently in your course design next semester to ease your work burden while simultaneously increasing (or holding steady) opportunities for student learning	

### “Turning off” at the end of the work day

List those things you absolutely must accomplish before the end of the day tomorrow	Create a hard rule (but an attainable one) to help you maintain boundaries around non-work time

### Being a lifelong learner without trying to do everything

You're already here. Activity complete! 😊