



## Friday @ the Center: June 15, 2007

### Don't Waste Your Summer!

I know, you collapse in a heap after finishing your grading and feel as if your brain will never function again. Take a week off and plant a garden, hike around Mt. Rainer, or organize your scrapbook, and then think about how you are going to use your summer. Be modest in your aspirations. Build in down-time. But do set one or two deliberate goals. In *Tomorrow's Professor*, an e-publication from Stanford University, academic coach Mary McKinney wisely notes, "When your summer deadline is only in your own mind, it is easy to shift your schedule and end up with a personal 'incomplete' in August." [Just change that to September to adjust for quarters.] McKinney advises asking the following questions:

#### **1) What is your number one priority for the summer?**

The first key to using your time wisely is setting goals. Therefore, stop scattering your efforts without a clear focus and make sure that you accomplish the most important tasks. If you are having trouble choosing your number one priority, there are two helpful questions to ask:

- What will make you feel the best when you complete it?
- What are you most anxious about?

Naming your goals will keep you from spending hours preparing the syllabus for your fall class when you should be writing an article for publication.

#### **2) How are you going to carve out time?**

To accomplish your top priority, you need to free up hours that may not be available during the rest of the year. Set some specific working hours for yourself to accomplish your number one project. Put less pressing projects or tasks on hold until September.

#### **3) How can you increase your motivation?**

McKinney tells the faculty and students she works with to "go public" to increase their sense of accountability. When you announce your goals and timeline to other people, you increase the likelihood that you'll follow through (if only to avoid embarrassment.) Who are you going to promise that you'll meet your goals?

Tell your spouse, mentor, department chair, or friend that you'll have a draft complete before fall quarter begins. You can even tell me.

### Faculty Mini-Courses: Register for September

Spots in the September faculty mini-courses are rapidly filling. Contact Jaclyn Stockton ([stockj1@spu.edu](mailto:stockj1@spu.edu)) to register. Registration will close when the course fills or, at the latest, on Monday, August 20. Each course is limited to 20 participants, who will receive a \$100 honorarium, a free book, and lunch. You may register for anywhere from one course to all four. Here's the schedule and openings:

Writing for Everyone	Sept. 17	6 openings
U Core 1000	Sept. 12	6 openings
U Core 2000	Sept. 13	9 openings
U Core 3000	Sept. 14	3 openings

### Still Grading?

### **STOP WRITING COMMENTS ON ESSAYS AND EXAMS!**

Have a wonderful summer, everyone. I will be in the office most of the summer, so feel free to contact me for any of your faculty development needs! *F @ the Center* will return in September.

*Susan*

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