GETTING IN A SABBATICAL MINDSET

Thinking big about your upcoming leave

Congratulations on your upcoming leave! While it may still seem very far off, now is the time to start planning. Your sabbatical or junior leave is a time to catch your breath, finish up some existing projects, and get started on new ones. It is also a time to revisit or create your 5-year professional development plan. Below are some suggestions and resources to get you in a sabbatical mindset.

1. JUNIOR LEAVE – An opportunity to refocus energy on your research/creative agenda.
   1. Consult with your chair, mentors, or the Provost about how to best use your junior leave to position your self for your tenure review.
   2. Get articles from your dissertation into the publication pipeline.
   3. If your pre-tenure project is finishing a book, consider applying for a fellowship for a full year of leave.
2. FIRST SABBATICAL
   1. You got tenure! Take a breath and enjoy your success!
   2. Review your letter from TPC. Are there areas you need to work on before your next review? If so, be sure to build those into your sabbatical plan. (See Whitaker 2017)
   3. Finish up any of the dissertation work in the pipeline and plan your next project.
   4. Create or revisit your 5-year strategic plan – what projects will constitute your portfolio for promotion to full?
   5. Think big! What new lines of inquiry are you interested in? Do you want to develop new methodological or pedagogical skills? Are there leadership opportunities you want to explore? What professional goals do you hope to accomplish in the next 5-7 years? What do you want your “posttenure pathway” to be? (See Lundquist and Misra 2017; Rockquemore 2016)
   6. Catch up on your sleep, spend time with friends and family, build in time during your sabbatical to rest and rejuvenate! Learn to “be differently.” (See Furtek 2014; Pang 2016; Tobin McClain 2005)
3. 2+ SABBATICALS
   1. If your stragetic plan worked out, your second sabbatical will be a time to celebrate achieving the rank of full professor! Take a break and enjoy your success!
   2. If you opted for a Faculty Performance Review, your focus should be on finishing up your portfolio to stand for promotion at the next opportunity. You may want to set up a meeting with the Provost to discuss your plan.
   3. After full, there are no more promotions, so it is especially important to spend time thinking about what you will do in the next 5-7 years to continue to grow professionally. What is your “sweet spot” or your “zone of genius” (Rockquemore)? How can you continue to develop and capitalize on those skills and interests?
   4. Now is a great time to think about how you might re-invent your teaching or scholarly/creative work. Are you interested in learning a new subfield in your discipline? Have you been preparing for a senior leadership role? Would you like to focus on an interdisciplinary area? Does developing a team-taught course with someone in another department sound exciting?
   5. If this your last sabbatical, what one last project do you want to do before you retire? Have you always wanted to apply for a Fulbright? Teach in another country? Consider what you want your legacy to be. Start planning now to use your last sabbatical to achieve your remaining goals.
   6. And catch up on sleep, spend time with family and friends, rest and rejuvenate!

HOW CAN I GET STARTED?

Contact Jami Peelle and William Billiter to discuss your grant proposal ideas.

ATTEND THESE EVENTS:

SUMMER WRITING GROUP -beginning May 30

Wednesdays 9am-noon in ASC 230 (Nu Pi Kappa room)

SEMESTER TO SUMMER – STRATEGIES FOR WORK AND RELAXATION

May 24 from 1:30-3:30pm

Cheever Seminar Room, Finn House

THE ESSENTIALS OF GRANT AND FELLOWSHIP PROPOSAL DEVELOPMENT

with Amy K. Linder, Executive Director of Government, Corporate and Foundation Relations, Utica College

June 5 from 9am-3:00pm

Cheever Seminar Room, Finn House

CHECK OUT THESE RESOURCES TO HELP YOU START THINKING BIG:

Christina Fitzgerald (2017) - How I got my groove back after getting tenure (<https://www.chronicle.com/article/How-I-Got-My-Groove-Back-After/240012>)

Jennifer Lundquist and Joya Misra (2017) - How to sabbatical (<https://www.insidehighered.com/advice/2017/05/11/making-most-your-sabbatical-year-essay>

Erin Marie Furtak (2014) - Sabbatical planning (<https://www.insidehighered.com/advice/2014/08/22/essay-how-plan-sabbatical>)

Lee Tobin McClain (2005) – Mom on Sabbatical (<https://www.chronicle.com/article/Mom-on-Sabbatical/45040>)

Q&A: with Alex Soojung-Kim Pang (2016) - Why a rested brain is more creative (<https://www.scientificamerican.com/article/q-a-why-a-rested-brain-is-more-creative/>).

Kerry Ann Rockequemore (2016) - Advice for the newly tenured (https://www.insidehighered.com/advice/2016/06/08/mistakes-newly-tenured-professors-can-make-essay)

Kevin Sauter (2017) - The Bold Sabbatical (<https://www.chronicle.com/article/The-Bold-Sabbatical/240019>)

Manya Whitaker (2017) - The early career academic: Your first sabbatical (<https://chroniclevitae.com/news/1850-the-early-career-academic-your-first-sabbatical>)

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