



UVU Women's Council October 2021 Newsletter



The Utah Women in Higher Education Network at Utah Valley University (UVU) is doing their semester book series on Brigid Schulte's book, *Overwhelmed: How to Work, Love, and Play When No One Has the Time*. During the book series, all involved will meet three times during the semester to discuss the reading and what they've learned. To join us, feel free to follow the link [here](#).

Overwhelmed: How to Work, Love, and Play When No One Has the Time by Brigid Schulte

Author Brigid Schulte, an award-winning journalist for *The Washington Post* and a stressed mother of two, humorously shares her journey and research in finding that elusive moment of peace called leisure, which the Greeks called "the point of living a good life." After a time-use researcher asserted that Schulte had 30 hours of leisure per week, like most American women, Schulte began an exploration that led her to understand:

- Feeling overwhelmed is not a unique problem. Many women throughout the world feel the same way.

- Workplaces define the ideal worker as one that arrives early, stays late, and never takes a vacation. For most of us, this ideal picture conflicts with what most of us desire and must be redefined.
- Cultural expectations and gender roles contribute to the feelings of being overwhelmed but also keep us from feeling that we have the energy to brainstorm new avenues. Shulte addresses the roles of mothers and fathers and the revolution that is occurring.
- Play is enjoyable, but it is also crucial to brain health. Being overwhelmed shrinks the brain, and play has the opposite effect. Specifically, play "sculpts the brain... creating new neural connections that fire together in new ways."

Schulte realizes, "[The] overwhelm, I was finding, was about so much more than just getting Mom a gift certificate to a spa to calm down, or telling her to breathe deeply at stoplights (the advice I got). This was about sustainable living, healthy populations, happy families, good business, sound economics, and living a good life.



Highlights

This month, we would like to recognize Suzy Cox, associate professor of secondary education, and her amazing work as the chair of the university's Retention, Tenure, Promotion, and Appeals Committee.

Suzy didn't quite know what she was getting into when she was elected chair of the Faculty Senate Retention, Tenure, Promotion, and Appeals Committee (RTP) in the spring of 2020. The committee had just completed a review of RTP criteria for the first time in over a decade and was in the midst of several policy revisions. As she dug into understanding the RTP policies and processes in more depth, she saw several areas that needed significant improvement. As a trained instructional designer and associate professor of education, her first impulse is always to improve clarity and communication, and this impulse has driven her work with RTP. Suzy has worked with her committee and Academic Affairs to build a new RTP website, create trainings, host RTP forums for faculty, revise policies, gather feedback and develop strategic plans, create examples of RTP documents, and develop consistent processes and communications for appeals. She is currently supporting faculty with digital portfolios and departments as they revise their RTP criteria, working with the Advancement of Teaching Committee and Academic Affairs on better mechanisms for evaluating teaching, revising two major RTP policies, and working with Faculty Development to create RTP training modules. While the workload can sometimes seem daunting, Suzy loves the opportunity to make a positive difference for faculty at UVU.

UPCOMING EVENTS



UVU

Utah Financial Empowerment Coalition

Women in the Money: Utah Financial Empowerment Conference

October 8, 2021

8:30 a.m. - 4 p.m.

Location: Hybrid, in-person, and virtual options

[Learn More & Register Here](#)

UWHEN - UVU Chapter

Female Faculty Forum: Research Group Discussion

October 21, 2021

1 p.m. - 2 p.m.

Location: UVU Orem's Campus, SC 213c

[Learn More & Register Here](#)

UWHEN - UVU Chapter

Fall Career Advancement Workshop: Professional Pathways

November 17, 2021

Noon - 1 p.m.

Location: UVU Orem's Campus, SC 213c

[Learn More & Register Here](#)

UVU Women's Council

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