

Balancing the Holistic Experience of Being a Graduate Student in 2021

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Our Well Being: How are you feeling today?



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 😊*

Se Hace el Camino al Andar: Walking the Way

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

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<https://alternative-democracy-research.org/2020/04/20/what-was-important/>
- ▶ Ortega, L. (2005). For what and for whom is our research? The ethical as transformative lens in instructed SLA. *Modern Language Journal*, 89, 427-443.
- ▶ St. Pierre, E. A. (2011). Post qualitative research: The critique and the coming after. In N. K. Denzin & Y. S. Lincoln (Eds.), *SAGE handbook of qualitative inquiry* (4th ed., pp. 611-635). Los Angeles, CA: SAGE.