VIRTUAL
24HR NACADA CONFERENCE

There's No Such Thing as Balance

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NACADA

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There's No Such Thing as Balance

- Introduction: Who I am and what we're talking about
- Priority Based Decision Making
  - What is it
  - Four step process
    - What it means
    - Brief example
    - What it's not
- Examples

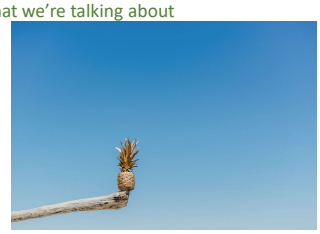

Photo by Pineapple Supply Co. on Unsplash

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Have you ever had a student like this?

https://i.ytimg.com/vi/LFhc9EVyZQI/maxresdefault.jpg

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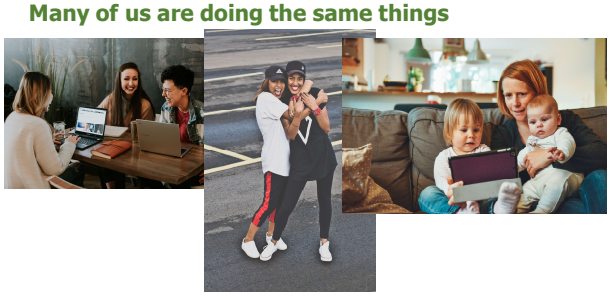
Many of us are doing the same things



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Balance is an Illusion

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I. Determine Your Priorities

-What is a Priority:

-Anything of value or importance to you at this time in your life.

-Motivates you to take action

-A Priority is NOT:

-One size fits all
-Everything
-Permanent

Temporary Season: Parenting a (fill in age) child
New Normal: Being a Parent

Photo by Sai De Silva on Unsplash

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II. Setting Boundaries

-What is a Boundary?

-Priorities in action

-A litmus test

-A Boundary is NOT:

-Right or wrong

-The same for everyone

Dog as running partner//Dog as Instagram model

Photo by Charles Pei on Unsplash

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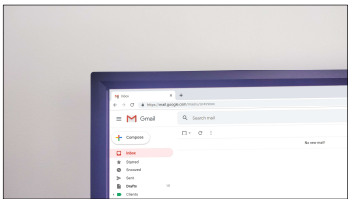
III. Identify Partners

-What is a Partner?

-Someone or something that will assist you in carrying out the boundaries you've put in place to protect the priorities you decided on.

-A Partner is NOT:

-Only a person who lives or works with you.



A partner isn't always a person!

Photo by Kristo Jevtic on Unsplash

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IV. Take Ownership

-Taking ownership is:

-Be responsible for the things we have decided are important.

-Taking ownership is NOT:

-Putting the responsibility of our values on other people.

Don't stress but…You have to pass classes to graduate.

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Example I

- Scenario: Working mom with kids at home. (Season)
  - PRIORITY: Quality time on weeknights and weekends
  - BOUNDARY: No checking email
  - SUPPORT: Supervisor, co-workers, students
  - OWNERSHIP: Knowing there may be fires to put out each morning

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Example II

- Scenario: Save money for fun trip (season)
  - PRIORITY: Limit eating out
  - BOUNDARY: 1 time to eat out per week
  - SUPPORT: Co-workers
  - OWNERSHIP: Saying no to lunch/dinner/drink invitations without pouting

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Example III

- Scenario: Improve overall health (new normal)
  - PRIORITY: Make wiser eating choices
  - BOUNDARY: Cut out dairy products & alcohol
  - SUPPORT: Online grocery shopping, the internet
  - OWNERSHIP: Don't get mad when someone brings cake to work.

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Example IV • Scenario: Student Wants to study abroad

Priorities:
-Are the looking to take classes for credit or is it about the experience?

-Length of trip vs. Cost of trip

-Are they interested in a specific country or language?

Boundaries:
-What classes do they need – could classes apply towards a minor?

-A full semester, few weeks, or trip over a break would be options with different pros & cons

-Country or language specific narrows options quite a bit – that's OK

Support:
-Would university scholarships cover these classes or not?

-What other avenues do they have to apply for funding if needed?

-Do they have a support system that understands and encourages them to be far away?

-Are there on-campus resource they can work with?

Ownership:
-Doing well in classes if that's a priority so they don't mess up their institutional GPA.

-Preparing to be gone for a semester might mean finding someone to sublease your apartment or being behind in your curriculum.

-Do a little homework about where you're going, and the experience of other students who have studied there.

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QUESTIONS

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Please take a minute to complete a session eval using the link or QR code below:
http://bit.ly/24hrEval

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