TIGHTROPE: THE ASSOCIATE DEANS’ GUIDE TO FINDING BALANCE

“DEVELOPING THE SKILL SETS OF THE ASSOCIATE DEAN”

ABA ASSOCIATE DEANS CONFERENCE
JUNE 25-28, 2019 – CHICAGO, IL
Presentation Goals

By the end of this session you will be able to:

- Identify those unique situations and triggers that cause you stress as an associate dean.
- Identify approaches for finding balance and focus.
- Identify at least one tool or strategy that you will explore to assist in managing your time more effectively.
- Identify strategies for both dealing with difficult people and exercising personal resilience.
- Identify a network of colleagues (or at least one colleague) either internal or external to create a community.
Does this look familiar?
Background: What is STRESS?

Stress is the body’s 911 system.

Stress in and of itself is neither positive nor negative.

It is our perception of that stimulus which determines whether a situation is stressful.

How our body responds to pressures, responsibilities, and threats (real or imagined).

Any kind of change that causes us to make adjustments.
As an associate dean, what is the hardest part of your job?

What unique stressors do you face as an associate dean (as opposed to a faculty member in a non-administrative position)?

What strategies have you utilized to attempt to find balance?
Balance & Focus
Effective Time Management, The Art of Delegating & Knowing When and How to Say “NO!”
Understanding Personal Resilience & Dealing with Difficult People
Community-Building Initiatives & the Value of Service in Finding Balance
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