

Academic Burnout & Managing Stress

ARP: Focus Group 1.12.23



FOCUS GROUP ETIQUETTE:

1. Respectful Communication
2. Confidentiality and Privacy
3. Non-Judgmental Atmosphere
4. No Pressure to Share
5. Moderator's Role
6. Safe Exit Option
7. Follow-up Support

Academic Journey:

Reflecting on your academic journey, have you ever felt overwhelmed or stressed due to coursework, deadlines, or other academic pressures? Can you share an example or situation?

A hand-drawn speech bubble with a black outline and a white fill, set against a solid teal background. The bubble has a soft drop shadow and a small tail pointing towards the bottom left.

What is Burnout?

Emotional Spectrum:

Think about the emotional spectrum experienced during burnout. What emotions stand out most prominently?

Multisensory Reflection:

Reflect on the sensory experiences associated with burnout (sights, sounds, smells, textures). How do these sensations contribute to or alleviate the feeling of burnout?

Elemental Interpretation:

Assign elements of nature (fire, water, air, earth) to different aspects of burnout. How do these elements interact to shape your experience of burnout?

FREEE WRITING

Free writing or automatic writing requires the storyteller to sit with a story prompt and to write for 8-10 minutes without lifting the pen from the page. The goal is to write down everything that comes to mind without editing or judging.

If burnout were a chapter in your life story, How would you narrate this chapter to convey its emotional depth and impact? what would the title be?

Prompt: Tell the story of your most vivid experience related to burnout.

The following concepts are adapted from *Writing Down the Bones: Freeing the Writer Within*:

Keep your hand moving. (Don't pause to reread the line you have just written)

Don't cross anything out. (That is editing as you write, even if you write something you don't mean to write, keep it)

Don't worry about spelling, punctuation and grammar.

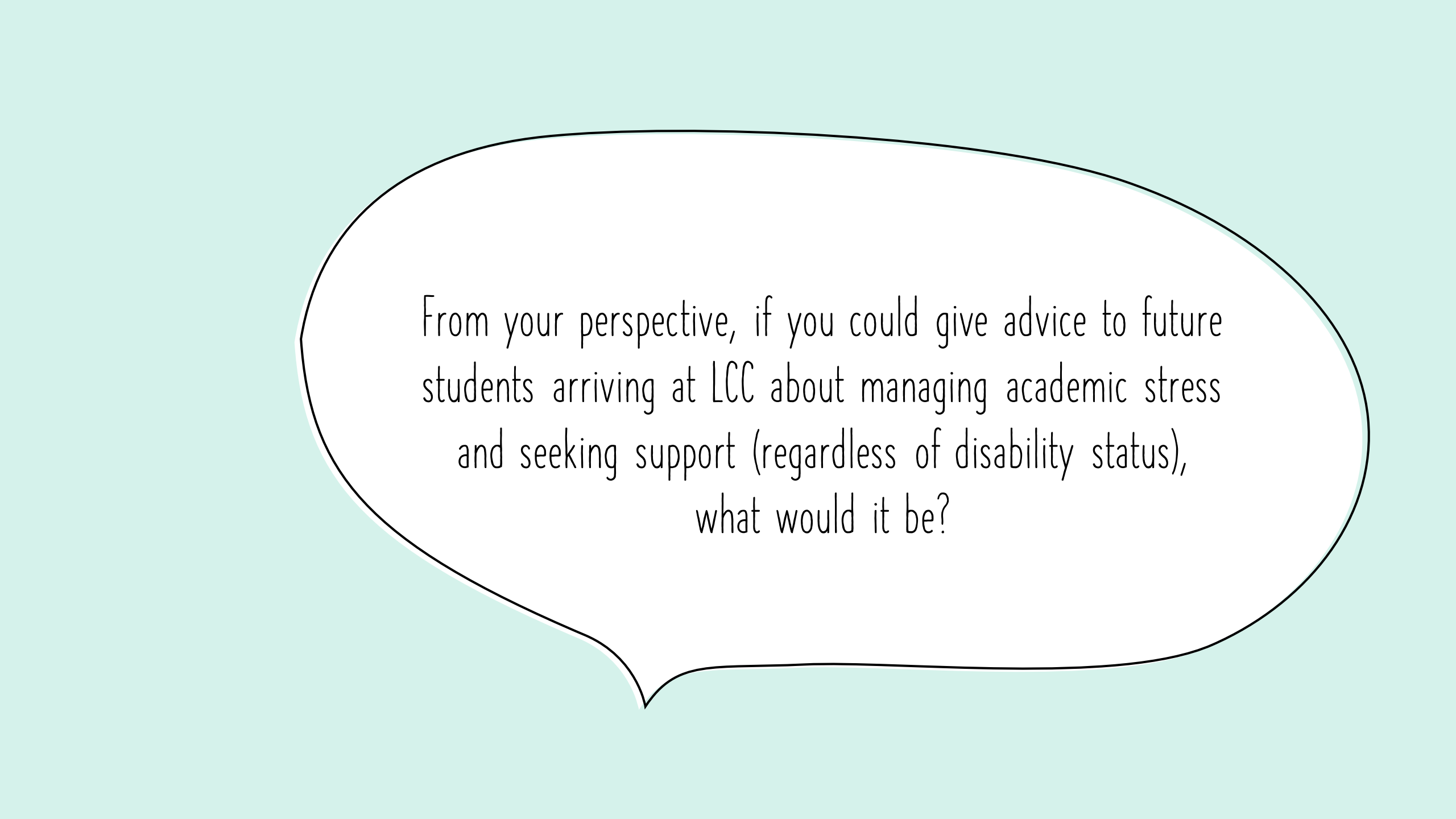
Try not to judge what you're writing.

Try to encounter that which makes you uncomfortable without deleting it.

Natalie Goldberg (2016)

METAPHORICAL JOURNEY

If burnout were a journey, what mode of transportation would represent it? (e.g., a rollercoaster, a marathon, a maze) How would different stages of the journey be depicted?



From your perspective, if you could give advice to future students arriving at LCC about managing academic stress and seeking support (regardless of disability status), what would it be?



WRAP-UP AND THANK YOU!