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No Fumes Left To Suck: Addressing Workforce Burnout in Higher Education

OACRAO Conference – Fall 2022

Kelly M Roberts, PhD, LMFT – Assoc. Professor and MSHS Grad Programs Director

OC.EDU

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What we described

New Gallup data (June, 2022) revealed that the collective American K-12 and higher education workforces have the "highest burnout rates per industry," ranking above healthcare or other professional services. How college and university administrators make sense of the present burnout status is important, but because the tipping point of entropy is in our rearview mirror, action now is essential. This workshop will address: (1) what we know; (2) new or systemic information to consider; and, (3) where/how we start adding fuel to the empty tank of higher education.

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What I'm covering

1. Something manageable and IRL as possible.
2. Something co-regulatory.
3. Something that attempts to affect change in a way that approaches like this presentation.

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**First topic:
Polyvagal Theory
and it's contribution
to burnout – or
health**

<https://www.youtube.com/watch?v=ZdIQRxwT1I0>



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Second Topic: Moral Injury and its Application To Burnout

[https://www.youtube.com/
watch?v=QX8_QkNUoy8
&t=76s](https://www.youtube.com/watch?v=QX8_QkNUoy8&t=76s)



Third Topic: Seriously... Screen Time

https://www.youtube.com/watch?v=0K5OO2ybu_eM&t=333s





***We need people IRL.**

***We've survived a wave of morally injurious contexts.**

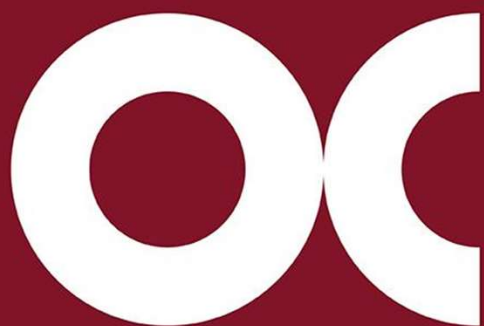
***Screen time melts our brains.**



Now...don't look to me for the answers.

**If I tell you the answers, I'm furthering the
burnout.**

**Create them yourself with the tools you have
and the people on your team.**



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