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Keeping the Light On: Academic Librarians & Burnout (Conference Presentation)

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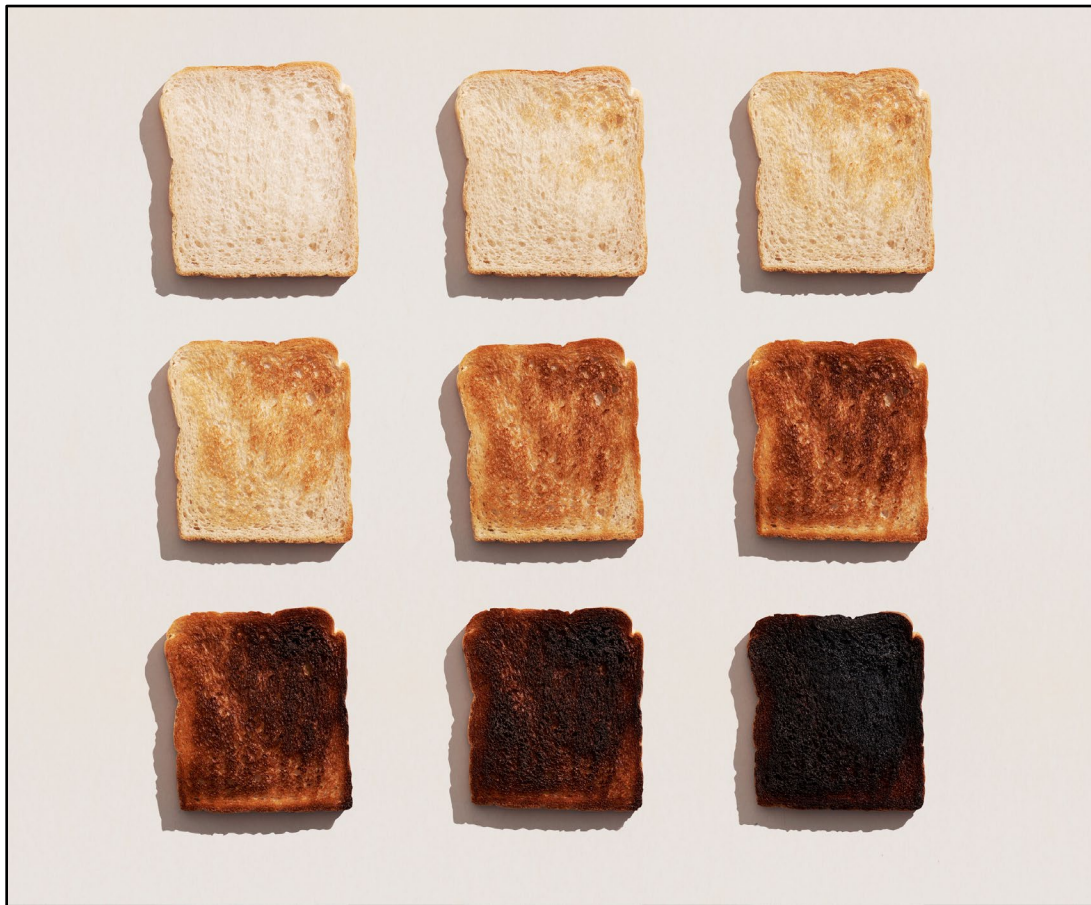


Keeping the Light On: Academic Librarians & Burnout

ARLA/SELA Annual Conference

October 14, 2023

How are you feeling?





Today's Presenters

- **Jason Phillips**
 - Social Sciences Librarian, University of Central Florida
- **Laura Pitts**
 - English/Literature/General Works Librarian, Jacksonville State University, Alabama
- **Jessica Riedmueller**
 - User Experience Librarian, University of Central Arkansas



The profession seems on the verge of a precipice. Burn-out, the pandemic, and the political environment are all contributing to feelings of quiet quitting, leaving for new employment opportunities, or people leaving the profession.

Have you experienced feelings or the desire to quiet quit, seek new employment, or leave the profession altogether?

What role did the pandemic play in your feelings of burnout?

Were you experiencing burnout before the pandemic, and what was the source of that burnout?



What factors external to the library (institutional, political environment, etc.) are a source of your burn-out?



Do you have any strategies for managing burnout?

What would you like your institution to do to help manage burnout?

Are there any resources you recommend for managing burnout?





Time for Audience Participation!



Thank you!

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