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**A Mentor’s Comments**

University teaching is a Big Job, forget the balance. A professor is by definition, unbalanced--you are an authority in only one ideology that you love thinking about. You have a consuming focus (subject) and curiosity to know more (research). You talk to everyone who shows interest (publish) and your enthusiasm spills over into helping others (students, colleagues, community) with your knowledge.

How does one sustain this flow of idea to action for decades? Your love of subject propels you ahead but most need to discover resources that provide equanimity for great ideas don’t come when you are stressed or burnt out. These secondary pursuits vary among people. This woman found her solace in a satisfying home life but it meant that I wasn’t the mother who had freshly made buns ready for children after school or who homeschooled a difficult child. What works for you? Carpentry? Friendship? Noisy children? Pets? Sports?

If you want to approach a balanced life you need to be supremely organized, so much can be done in the “cracks” between the recognized blocks of time. This makes life interesting because there is always something to think about while standing in line, driving, and especially exercise-walking. Some of my best thought-work was done while the children were sleeping. This has carried on to my days as a grandmother: a successful book was written mostly during evening babysitting.

That’s the joy of university life, you carry everything that matters in your head and if you stay happy it is always available to you.