

Newsletter of The Faculty Club - December 2023 University of Utah

This Month:

The President's Message, upcoming activities, and campus news.

Connect with Us

More new activities are coming. Check them out...

Inform Us

Did you or a colleague get an award or grant? Let us know so we can celebrate with you or them!

Join Us

Head to our website facultyclub.utah.edu/join/

We want a vibrant club for you and your colleagues.

We want to grow!

Health Moment

How to relieve stress.



This is an Amazing Time on Our Planet!

We see opportunity, and we fear for where we are going. Our planet faces major challenges; and, the era of artificial intelligence could potentially "change everything". Education will not be as it has been.

Artificial intelligence is coming on like gangbusters. Some fear it. Some relish it. Some can't get enough of it. But we are all going to live with it. So, we best get on board and figure out how to make it work for us.

Your faculty club is here to help! We can provide some fun! We can help you with information. We can build collegiality. Join us in the adventure!

President's Message

It has been an amazing year, hasn't it! As we emerged from the main pressures of the Covid pandemic we have seen the amazing rise of AI. The fears of Covid, while not gone, are fading somewhat. Simultaneously, incredible opportunities of artificial intelligence are rising. And, along with those opportunities are also fears of artificial intelligence. These fears are even leading to earnest discussions by computer science experts and governments whether AI could lead to the demise of the human species. Can you imagine that we are even needing to have that discussion?! Most likely this is hype, fear, and hyperbole. But, there are serious discussions by heavy hitters in the artificial intelligence community about it. Our roles and our societies are going to change as AI changes the workforce. Education is very likely to change dramatically. In early forms it already is, with the rise of online alternatives, concerns about education costs, and whole programs of online certifications and even degrees.

So, this is the time we must engage with each other to help each other move forward successfully. Your Faculty Club can be a resource for you in that effort. And, let's not forget about having fun! We want to bring you opportunities for entertainment, social gathering, academic consilience, and connection to what is going on around campus, and with your colleagues.

Yet, we've run into a problem. We don't have enough human resources to develop and support activities all the activities that we have devised and would like to bring to you. What we need is intellectually youthful, vibrant, engaged people to help us support the Club's goal to be a place of fun, opportunity, and relevance. We want to support and invigorate. We want to support you and your mission as Faculty of this wonderful University. So please, step up, help us do all that we can do. To find out more contact John Barbuto, your President for this year, at john.barbuto@utah.edu.

It is going to be a wild ride in coming years. Let's succeed, live well, and go through it with enthusiasm! (Image by DALL-E AI from prompt).



Connect with Us

Opportunities to gather and socialize are on our [Faculty Club Calendar](#). Make plans to join us! Remember, faculty can typically bring a guest (adults only for some activities and children invited to children's activities). We'd love it if you brought a fellow faculty member, or encouraged one to join!

Save the Dates:

(more info to come in Faculty Club emails)

- It's The Holidays. So, no other major activities for the rest of this month. See the calendar for January!
- Have you noticed that Faculty Club members are hosting events in their home? Perhaps you've attended a potluck or a wine tasting and had a great time. We would love for you to host an event at your home - let us know!

Inform Us

Have you gotten an award, a grant, recognition; or has this happened to a University colleague? Let us know. We'd love to congratulate you and pass on your accomplishment.

We have a goal this year to expand our reach to more faculty and departments across campus. As such, we'd love your feedback about what kinds of activities your colleagues in your department would like to attend. We want to have appealing activities for our faculty. Please send feedback or suggestions, to current President John Barbuto, current President, or Shawn Steidinger, past President. Their emails are: john.barbuto@utah.edu and shawn.steidinger@utah.edu.

Join Your Leadership Team

We'd love to have you! And, we have a special need at this time: a new member for our Board of Directors and Social Director. Our fabulous Rebekah Shrader has needed to pull back. We need a Social Director who can fill this Board opening.

Health Moment

Stress: Let's Talk About It (This one is from your Club President)

I spent my career working with patients suffering stress biologies. During that time I used a complex, but accurate, definition of stress. It is this: "Stress is the sum of physical and mental consequences of an unacceptable disparity between real, or anticipated, experience and expectations." I know it's complicated. But, it also tells you how to reduce stress.

First, "physical and mental consequences". Stress is a biology that affects both our physical and mental selves. We all know that. Okay, moving on.

Second: "unacceptable". The wise have long known that the amount of stress we feel is directly related to what we consider acceptable, or not. Getting to acceptance can be a chore, but it is pivotal.

Third, when a situation is unacceptable then it is the "disparity" between our situation and our desired situation that determines the amount of stress. So, if we have too much stress then close the gap, don't just live with an unacceptable disparity.

Fourth, a lot of stress is fear of the future ("real or *anticipated* experience"). So, another approach helpful to stress is to live in the now, and not in the future. Yes, we can think about the future and form reasonable plans, but don't "live" there fretting about what "will" happen. It causes stress and may not be helpful.

Last, it is the disparity between experience and expectations that also causes a lot of stress. So, when stress is a problem adjust expectations. Don't waste a lot of energy thrashing over what "should" happen. Adjust expectations toward what is happening. This is not "giving up". It is managing stress, then looking appropriately for the future you want.

Happy Holidays!

(And hopes for less stress in the New Year!)