

# Journal Club May 2023

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## SUMMARY KEYWORDS

resonated, katrina, piece, spencer, commitment, email, work, obligate, profession, onpoint, read, project, list, communication channels, blog post, pursuit, indispensable, worthy, assess, library information science

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Hello, welcome to my monthly blog post journal club with Jamia. This month I'll be talking about the piece written by Katrina Spencer, the comprehensive guide to resisting over commitment reclaim your agency in the workplace. This ties perfectly with the piece that I wrote about. Let's, let's talk about it blog post, the pursuit of joy. So I think this ties perfectly into that whole conversation. So the abstract reads LS, which stands for Library Information Science workers often say yes to library users, yes to colleagues, yes to supervisors, yes to administrators, and yes to community members, we find ourselves burnt out when showing up for everyone while leaving little for ourselves, for ourselves reaped from experience. Caterina, Spencer shares, lessons and strategies on how to evaluate service request to avoid overcommitment thoroughly. So this time around, I did put down some notes, so I could stay concise and onpoint and won't continue to repeat things over and over again. So here we go. So if you need help with over commitment, this piece is for you. I want to tell you, what spoke to me and how to apply this information. This article is divided into four sections. There's they're titled this identify, self audit, assess and respond. I love that Katrina provide us with three definitions of the word over commitment. The definition that resonated with me is to bind or obligate oneself, for example, beyond the capacity for realization, and this came from the free dictionary.com. And what resonated me what resonated with me about this definition, is to bind or obligate, right. Oftentimes, when we over commit ourselves, we feel like we're obligated to come through for people even though we know we are overextended. So that resonated with me the most. So why do we fall into the overcommitment trap? So I love that Katrina talks about capitalism, and capitalism is a way that is a way to extract labor from us at a cost and what does that cause it is our time, our bodies and our free will. So Spencer gives us 12 signs of overcommitment number three of the of the list really resonated again with me checking, work related communication channels, email, Slack, etc, when off the clock slash in one's free time. And this is why I took off outlook, the Outlook application off my phone, so you know it as Microsoft Outlook, and that's how it's an email application. And I took that off my phone because I no longer wanted to check work emails outside of my scheduled hours. And this took this took away the urge to look up real quick, like, what you know, that email or let me check real quick and No, no, take it off my I took it off my phone completely, almost two years ago now. And I'm glad I made that decision. I'm not in management, there's no need for me to, you know, check emails, I'm just a librarian, like, have fun live your life. So I'm glad about that. So the 12 signs are commitment definitely was falling into the trap of number three, I love that Katrina gives us green lights and red flags that signal whether we should commit to new projects, which will be referred to which I will refer to regularly. So this is one of the takeaways I'll definitely use going forward is using this list to assess whether I should add a new project onto my list or not. Also, I appreciate Katrina, acknowledging the nuance in this area, because everyone might not have the autonomy to choose

what projects they can be involved in. And she touches upon that, and I appreciate that in the piece. And then also, tokenism is alive and well in our profession. And oftentimes, we know like, why are we being chosen for a project, it looks good, you know, we reach we are that diversity number. So you know, realizing that sometimes you have no choice. And sometimes you do have a choice. And that choice is just dependent on what you want to do. In that situation. I will end with this quote, which perfectly ties into what I wrote about in my last piece, about the pursuit of joy. We attempt to prove that we are worthy of our place at the table, indispensable and super human. So I, I love that quote. So know that you are worthy. And you can go at your own pace because burnout is real. So this piece is amazing. Katrina, I took my hat off to you thank you for writing this. It is an on time piece and it resonated so much with me and I know it resonated with others as well in this profession, even outside of our profession. So continue to support Katrina Spencer's work she He does amazing work a wonderful writer, someone I truly admire in this profession. And I just wanted to bring this up and my journal club blog posts, PC blogs, I have blog post, the video blog blog post. So, yes, I think this is definitely one of those pieces that shouldn't be amplified. Even the more I know, people have read it or have not read it. And I, I started off reading it and I had to finish because it resonated with me so much. And it was so much good information in there that I had to continue, you know, not continue but to start applying it. So And with that, so I won't ramble on about it. So let me know how you think. Let me know your thoughts about the piece and have you read into Have you heard about it? And I look forward to reading your comments. Thank you. Bye