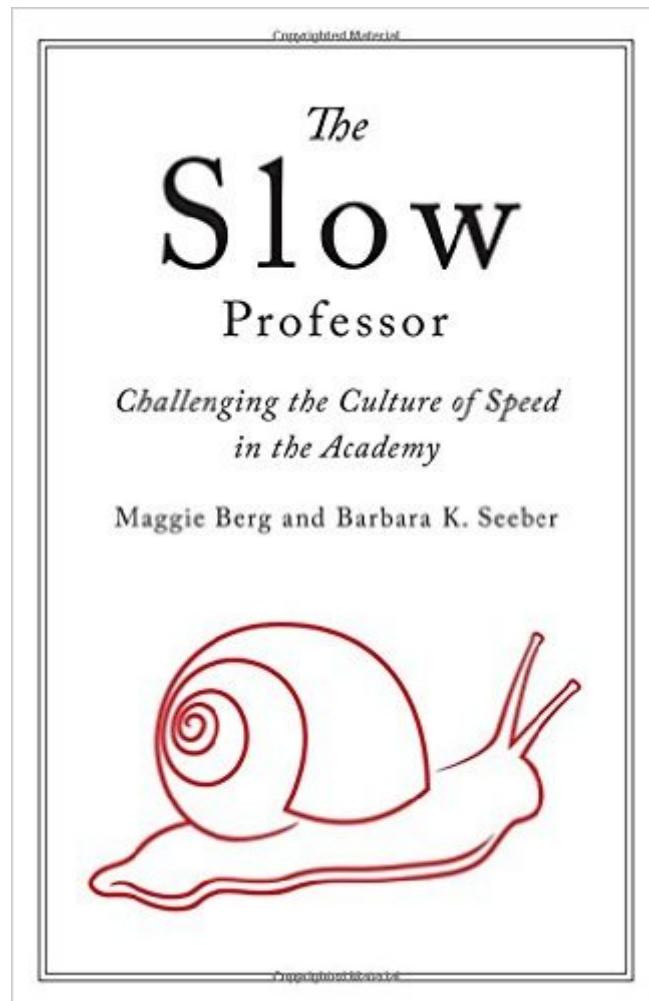


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# The Slow Professor: Challenging The Culture Of Speed In The Academy



## Synopsis

If there is one sector of society that should be cultivating deep thought in itself and others, it is academia. Yet the corporatisation of the contemporary university has sped up the clock, demanding increased speed and efficiency from faculty regardless of the consequences for education and scholarship. In *The Slow Professor*, Maggie Berg and Barbara K. Seeber discuss how adopting the principles of the Slow movement in academic life can counter this erosion of humanistic education. Focusing on the individual faculty member and his or her own professional practice, Berg and Seeber present both an analysis of the culture of speed in the academy and ways of alleviating stress while improving teaching, research, and collegiality. *The Slow Professor* will be a must-read for anyone in academia concerned about the frantic pace of contemporary university life.

## Book Information

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## Customer Reviews

*The Slow Professor: Challenging the Culture of Speed in the Academy* is an encouraging read. Coming in at only 90 pages, I imagine it will be one of those books I return to over and over again. It's not that Berg and Seeber are telling us anything new. Academics understand that universities, especially public institutions, are becoming increasingly corporatized: the language used to discuss just about everything (e.g. students as customers/consumers), the value of business faculty over all others (e.g. I make about \$40,000 less than accounting faculty at the same level; at UGA the difference is upwards of \$70,000), and a culture that rewards quantity, yet cares little for quality. What makes this book so helpful is the reminder that, though we may feel locked

into this corporate climate, there are things we can do (and some we can't) that will break down the corporatization of our work.[1]The book is divided into four chapters dealing with time, pedagogy, research, and collegiality. The chapter on time focuses on the divide between fast and slow and urges us to focus on creating a sense of timelessness. Citing Mihaly Csikszentmihalyi, they say that ideally, rather than time management, we would enter a state of "flow" (an optimal state of inner experience in which there is order in consciousness) • (26). In other words, our work would be so engrossing and pleasurable that the passage of time no longer becomes a concern. Instead, we forget about time and simply exist in an ideal mental environment. This may be a 10-minute conversation with a colleague or an hour and fifteen minute lecture/discussion. The point is that, in a state of flow, how long we spend at an activity does not concern our thoughts.

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