You're listening to, you've got this episode 252. Welcome to you. You've got this, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic. I'm your host, Dr. Katie Linder. On this episode, I want to talk about the magic of making an intentional TB our list.

Now, if you're not familiar with this acronym, it means to be read list. And this is a list of books that you are kind of having. Uh, on your plate that you want to get through. Now, I think that as academics, many of us already have a TBR list. It is a running list. Um, I certainly have many of these lists. I have bookshelves of books.

I haven't read, I have books on my Kindle. I haven't read, I have books on my Amazon wishlist. I have books on my library wishlist, so I always have kind of these books waiting in the wings. But I have a lot of people ask me, how can I find time to read more? And I think that making an intentional TVR list might be the answer.

So I will start by saying I was inspired by a recent YouTube blogger that I came across, who makes monthly TBR lists for herself. And she kind of assigns herself reading each month. And then she has a video where she talks about what she's planning to read, and then she blogs about what she's actually able to.

I will link to this blogger in the show notes in case you're interested. And if you haven't discovered the world of YouTube book, floggers, I would definitely encourage you to go down that rabbit hole. If you're looking for something fun to read, there are a ton of people who are doing just incredible work in this space and really helping you to stay kind of up-to-date about what's coming out in a, in a ton of different genres.

You can find YouTube bloggers who really focus in on books that you read. So I was really inspired to think about kind of the benefit of making a plan when it comes to what I want to read. And as I was starting this new job a few weeks back, I decided that I wanted to make a bit of a professional development plan for myself when it came to my reading and to write down in click up, of course my, my tool of choice right now, what are the books that I'm wanting to get to?

Um, that would help me to feel like I. Kind of continuing to learn new information, continuing to evolve as a leader. And these are a lot of books that I've been wanting to get to for a long time. Some of them are on my Kindle. Some of them are on my bookshelf at work, but could I kind of make a log of what I wanted to.

Now, of course, when I was making that log, I thought, well, what if I actually put some of these on my to-do list of like, I kind of chose the ones that seem most relevant right now that I wanted to, um, add to my list. And so what I ended up doing is creating a, um, column in click up where I could assign each book a month.

And then of course, each book can have a due date. And then that kind of puts it into my to-do list of what I'm regularly focusing. Now I have talked about previously in a blog post about, um, kind of scheduling in reading into my to-do list. And I will link to that in the show notes, in case you want to do a deeper dive on that topic, but basically what this kind of forced me to think about or encouraged me to think about it did not feel like a difficult thing for me to do was what are the things that I really want to be learning right now that I can be kind of, um, collecting information or like assigning myself reading in a particular way.

So, let me give you a couple of examples of what this looks like in terms of the kinds of things that I'm choosing to read in the next month or so. And I will say I didn't assign this stuff too far in advance. I really just look through the list and decide, is there anything I want to read in this coming month?

So I'm not going much further than that. And what that allows me to do is keep it reasonable because I probably can only read maybe three. Professional books a month, maybe even less than that. Given the reading that I do for fun and also reading that I'm doing, that's not books because I do a lot of reading of reports and articles and things like that.

So it's allowing me to kind of just look in the really short term and decide what are the things that I want to have on my plate. So a couple of topics that I'm really choosing to do a deeper dive in in the month of September one is, um, developing Hispanic serving institutions. And what that means because the institution that I work for is becoming a Hispanic serving institution.

And I've never worked for an HSI before. And I don't really know what that means. And so I'm wanting to do a deeper dive on the literature in that area. And one of my columns. Um, gave me a book on this topic. I'll link to it in the show notes, in case you want to take a look at it. And, um, I want to make sure to read that book this month, um, because I'm going to be meeting with him again.

Um, at the end of the month, he's our chief diversity officer, and I want to be a little bit more literate in this particular area. So that is one thing that got kind of bumped up in my priorities. The other thing that got bumped up in my priority list is I had a, uh, meeting with the originator of the digital pedagogy lab.

Now some of you may know of this, I will link to it in the show notes. Um, but this is a, uh, kind of event that was started by a couple of people. One of whom works at my current institution. So he and I had a meeting because of course I'm kind of. Focused on all things related to online and digital learning right now in my job.

And he gave me a amazing reading list on a kind of a bibliography on, um, critical digital pedagogy. Now, of course, this is right up my alley. I want to read all the things on this. Um, it's a lot to, to tackle, um, but I want to be kind of chipping away at that list. And there's a couple of, um, open source eBooks.

I will link to them in the show notes in case you want to take a look, um, if that's a topic that's of interest to you too, but that got kind of bumped up in my list as well, because we're doing a lot of work on kind of how we can, um, do a crossover between some of the digital strategy that we have, um, advanced detection and some of the strategy we have around diversity equity and include.

And, um, critical digital pedagogy is a perfect mix. So I've been able to kind of elevate a couple of things in my own mind about what I want to focus on in terms of own learning. And then that gets put into my to-do list. And I have a sense of kind of where I'm going with those. Now in the previous blog post, where I talked about this, I did talk about assigning myself reading and actually breaking down the chapters and assigning them by day.

I may end up doing that soon because I am pretty busy with meetings and things like that. And it really does hold me accountable to doing just a little bit of reading at a time, which is something that I think I really need to be building into my schedule. 'cause then I, I kind of look at my list and I'm like, well, it's halfway through the month.

I have four books on my list. I haven't gotten through what I want to get through. So I need to be kind of making a plan to break it down. And again, I'll link that post in the show notes, because I think it is a helpful way of thinking about how do we break down something like a full book into manageable pieces so that we are actually making progress on things like.

Now I will say the other thing that is very cool about making an intentional, um, to be read list is you get this feeling of anticipation because you know that you have these books that are kind of waiting in the wings. And if they're based on things that you care about and that you want to be learning about.

You want to get to these things, you want to be reading them. And it gives you that feeling of kind of delicious anticipation, where you're looking for opportunities of where you can read those things. Now, as I record this, um, this is going to be coming into labor day week. For many of us, we get that Monday off and I have got to say, I've already earmarked part of Monday to do a little bit of reading, because I want to be able to have some uninterrupted time to move some of the books I'm reading forward.

Now, of course you might be thinking, okay, Can you also do this for fun books. Um, and of course the answer is yes. And so this is also actually something that I think really helps me to, um, not feel overwhelmed by the amount of books that I have in my, to be read pile when I break them down. And I say, you know, these are the books that I want to read in a particular period of time.

Now, of course my default mode for that is I check out a lot of books, audio books, and eBooks from the library. And so they have done. They have due dates. And so sometimes my default mode is just to look at what to do next and kind of go in that direction, but that's not quite as intentional as I want to be.

And so I think that something else to consider is, do you want to, with your fun books also think about how you want to move a certain category of reading forward, or if you're trying to read more of a certain type of author or something like that, getting kind of intentional about how you're reading, even stuff.

Now, I know that some of you are probably thinking if you start to do all this planning and assigning and to do listing around your reading, does it still remain fun? Well, I think you all know me well enough to know that I do find all of these things fun. For me, this is actually a way to just make sure that I'm balancing my time and building in kind of these kinds of activities that are fun for me to do, and they don't get lost in the mix because I think part of the challenge is when you start a new job, when you move to a new place or just when your schedule is really busy, these things will tend to fall off.

And if you really care about them, I think that scheduling them in is a time to make it. Now you can think about this for all kinds of other things in your life that you might schedule in like exercise or a date night or family time, where you're trying to make sure that the things that you really care about and want to prioritize are, um, finding time and space within your schedule.

And so for me, this is the same kind of thing I can make. Um, a lot of intentional choices about my reading time. And reading for me is tied to so many other things like learning and growth and professional development. And it really kind of gets tied in with a lot of the areas where I am goal setting and wanting to kind of make progress and move things.

So I would love to hear if you are making intentional TVR lists in your own life, either professionally or personally, and you can always email me at hello at Dr. Katie linder.com to tell me about it. And, um, we'd love to hear more, always love to see what's on your list as well. You can always follow me at good reads to find out what I'm reading, and I'm always kind of updating that on a regular basis with my current reads.

You can also look back to see what I've read over time. Um, and we'd love to connect with you then. Thanks for listening. Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Dr. Katie linder.com/podcast. If you found this episode helpful, please also consider rating and or reviewing the show.

Thanks for listening.