You're listening to You've Got This, episode 348. Welcome to 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 life. I'm your host, Dr. Katie Linder. On this episode, I thought I would share my answers to what I consider to be eight controversial questions.

Now, this was inspired by when I see on social media partners kind of, um, having controversial opinions with each other and then having their audience vote on which one of them is right or wrong. And of course, by controversial here, I'm definitely being a little bit tongue in cheek because these are things that really like my partner and I don't always see eye to eye on, but I'm curious what you all think about some of these controversial questions and my responses.

So the first one is actually one that I've been using as an icebreaker in a bunch of my meetings lately, which is when does fall start for you? Because I feel like everybody has really different answers to this question. So some people have said obviously it is when the Starbucks menu switches over and you can start to get pumpkin flavored things at Starbucks.

Now that switched over I think on like August 28th, uh, this year, at least in my area. This is when it switched over. That is not how fall starts for me. So I will just say I'm not, I'm not a coffee drinker and I'm not really a Starbucks. Person in terms of like going there regularly. So that's not really a trigger for me.

I totally get why it could be a trigger for other people. Um, some people said it's a date. Like you have to kind of come into a certain time, you know, of the year. I've had some people say it is the weather. And I will say for me, it is the weather. So it is very hard for me to identify cognitively that it is fall when it's still like 90 degrees outside.

Um, that is not what I associate with fall. Now I will say the start of a new school year swings in the fall direction, for sure, in terms of just, like, how I feel about the season and the weather. But for the most part, fall for me starts when I get, like, either consistently crisp mornings, um, or some, like, good rainy days, and it's starting to get kind of cold, and maybe even, at least where I live, we're getting a hint of snow.

Um, this is gonna be the beginning of fall for me. Okay, the second question is, do you read and trust reviews of things? Now this is something that my partner and I fully disagree on. I love reviews. I find them so helpful. I read them all the time, mostly for things like books. I am totally into hearing other people's opinions.

I frequently go on like Goodreads and I read Amazon reviews to kind of find out what people think of particular books. And to help me decide, you know, should I spend my time reading a particular thing? Now I also read reviews for all kinds of other products. Like if I'm buying something and I'm trying to decide between two different brands or something like that.

And especially when I'm buying clothing online, I will definitely go look at the reviews. And one of the things I appreciate now about clothing is it will tell you someone's like height and weight and typical size. And so you can kind of get a sense of like, how does this fit, uh, without having to go into a store now, my partner.

Does not believe reviews at all. Like he completely hates reviews. He thinks that they're just like ridiculous Why would you listen to strangers about any their opinions about anything? So this is an area where he and I just completely disagree and I am always like being influenced by reviews And he just refuses to read them at all with one exception He loves the New York Times Wirecutter Now, I'm not sure if you're familiar with this resource.

It's a paid resource, I think, for the most part. Uh, maybe you can get a couple things on it free, but it is a, like, paid subscription service for when people are looking to buy a product and they do, like, really intensive research on a particular product. So, for example, if you're like, what's the best air fryer?

They will have done research on all the different air fryers, and they'll tell you, like, what's the bargain buy, what's the one that's, like, The one that um, they think is the best rated in terms of like all these different criteria and they go into all of this like rationale for why these things are the best things.

Typically my partner will not buy anything without going to Wirecutter first. This is like the thing that he loves to do. So he likes research based reviews I would say, but other than that he completely hates them. Okay third question is when do you decide to not finish a book? Now this is one that I feel like I have changed my mind on over time, because it used to be that I would do like 50 pages, and if I was not into it, I would set it aside.

Now, because I am so review driven in terms of what I'm reading, if other people are like, it's really good, I'll keep going. Like, if I feel like the majority of people feel like something is really good, I will push through. The thing that has really helped me with this... And I was just describing to my partner earlier today, like I, I'm trying to figure out what to call this, but I feel like there's a thing.

And the only other example I can think of is with a treadmill. When I'm on a treadmill, I am more likely to be consistent with my speed than if I'm just like walking outside. Um, because I will go up and down in my consistency, but the treadmill, like, gets you to keep going. I feel like audiobooks are kind of the same thing for me, because I read them, um, at a kind of a, a higher speed, um, than just kind of normal speed.

It keeps me, like, consistently engaged in a book, even if the book is not something that's my favorite. I know that I can get through it in a certain amount of time, and because I can tell how much time is left, um, and I can kind of calculate that, it kind of keeps me going in the same way that, like, a treadmill kind of keeps me going.

You may be listening to this and say, like, that is horrible. Like, that is just not how you should read books. But I have found that when there's a book that I'm just, like, not super... connecting with. That is one of the things that keeps me going and sometimes I end up really enjoying it. So I like to give a book way more of a shot now than I used to give a book, uh, when I was younger.

I feel like that should be going the opposite direction in terms of my age, but it is what it is. Okay, fourth question. Do you get your haircut too early or too late? Now this is something that came up for me recently because I got a haircut in like I don't know, early September. And then they were, no, it wasn't early September because it's early September now, it was early August.

And they were like, we cannot fit you in again until like early October. And it was going to be like, you know, two and a half months. And the haircut I have now is shorter. I definitely would be kind of shaggy by the time I got to October. And so I was like, okay, put me on a waiting list. And let me know if you have anything that's like roughly in the middle.

So that I can do a cut every like six to eight weeks or so. So they called me and it had only been like five weeks, but I was like, okay I'm willing to go in now because I'm not sure I'll be able to go in later And I'd rather get my hair cut too early than get it cut too late when it's kind of driving me crazy And it's really hard to style so for me Getting my haircut too early is the choice even though it does feel a little bit like wasteful that I'm not getting like the full Haircut, you know of the first round in this particular case.

I was like, okay I'd rather go too early than too late now. I bet this completely depends on people's styles But I would say this is an area where my partner who has a shaved head Um, he goes into a barber and on a relatively regular basis will get his head shaved, um, for him. And it's kind of like a, a male facial experience too.

Like it's just a good like skin care and especially because we live in a place that's so dry. Um, this works really well for him. He's had a shaved head for like 20 years. He has started to, he used to kind of let his hair grow and grow and grow because, um, he just didn't care. And so it didn't really matter, you know, you can grow out a shaved head for a while before it starts to look, you know, like you're a mountain man or something like that.

Um, but lately he's gone in the same direction where he's like he'd rather go too early than go too late because it starts to really bother him. So I'm curious what you all feel about this one as well. Okay, the fifth question is, Believe the hype or reject the hype. Now, this is kind of close to the one on reviews.

In terms of like the theme of this question, but I feel like it's slightly different because sometimes people will hear hype about something and it makes them want to engage with the thing less versus like diving in and like enjoying all the hype with everyone else. So I will say that for me I feel like this is very dependent on what the thing is.

Book hype, I'm more interested in joining in on. Because I don't want any spoilers. And so if everyone is really hyping a book, and a good example of this is like Fourth Wing by Rebecca Yaros. I recently read this and talked about it on my YouTube channel. Everybody was reading this book. There's a twist at the end, and I was like, if I wait too long, somebody is going to spoil this for me, and I don't want to be spoiled.

So I'm going to like, go with the hype and read the thing. However, there are other things. And like a good example of this would be the Taylor Swift concert hype. I am just like completely uninterested in going to a very crowded venue. And as much as I have enjoyed re listening to Taylor Swift's albums this year, which was one of my annual goals, um, there is just like nothing attractive to me about like getting dressed up, making the friendship bracelets, going to these venues.

Like I, it is just like completely not what I'm interested in, no matter how. anyone hypes it, I just do not want to do it. So I think that it totally depends for me on like, what exactly is the thing. And if I feel like it would be like ruined if I don't engage, whereas if I'm just not interested, it doesn't really matter for me.

Now, it will not surprise you, based on the response to the review question, my partner never gives into the hype. Like, he could care less what other people think about things, um, which I find very refreshing actually, but, uh, he just does not give into hype at all. Okay, next question. No notifications showing on your phone.

Or all of the notifications showing on your phone. Now, of course, what I'm referring to here is like the little email notifications that tell you you have like a thousand unread emails or 35 unread texts or, you know, whatever it is you have notifications for on your phone. I cannot stand having any of these telling me I have outstanding things on my phone.

To the point where I have an assistant at work and she manages my calendar. And if things on my phone, like my, my work calendar shows up on my phone and sometimes she will pause, like, or she will delay answering a calendar request if she has to like move something around, like it's her way of understanding, like something is conflicting here.

And so I can't accept this until I like, you know, reshuffle these other things around, which is great. And I love her system and she's, she is wonderful, but it means that these things show up on my phone and they don't go away. And so I have these little notifications on my calendar. And I have been trained by her very well not to touch my calendar because she is like completely in charge of it.

So every once in a while, if we get to like the end of a week and I still have stuff there and I know it's gonna sit there all weekend long, I will like talk with her about what's on my calendar and like try to figure out how I can clear this notification so it is not showing up on my phone. Now you might be thinking, there's probably a way to turn this off, and you know what, now that I'm saying this out loud, I'm sure there is a way to turn this off, but it also helps me because I can check on my phone and see when things are updating on my calendar, so it's, it's good.

Notifications are fine. But I, I don't think I have to tell you, no email notifications, no texting notifications, like, I don't want any of this stuff just like sitting there. I am horrified whenever I look at my partner's phone because he has like hundreds of unread emails and every once in a while he'll just like sit on the couch and like sort through these things and there are a lot of like newsletters and things that he's leaving unread because he wants to engage in like very meaningful content that he is subscribed to and I just would never be able to stand it.

I have seen other people do this and I just, I don't know how. I don't know how you have all these notifications on your devices. I just can't. So I'm curious. Notifications. or no notifications. Okay, just a couple more questions. The next one is send an agenda in advance or wing it when it comes to a meeting.

Now this is something that I feel like people fall typically on one side or the other. They're either very consistent with like sending agendas or they just like come into a meeting and even if they're like hosting or facilitating the meeting, they don't really come with necessarily like a plan. They might have like a verbal description, you know, of what they're hoping to get out of it, but there's not like a written document.

I would say I kind of fall in the middle of this. It depends on who the meeting is with. So, for the people that I report to, uh, which right now is the chancellor and the provost, they are very busy individuals. And, when at all possible, I try to send agendas in advance. And this typically means, like, documents that I need them to review, a list of what I'm hoping to get to.

And then, of course, I bring that list with me, and I'm, like, very efficient because I get a limited amount of time with them. I want to make sure I hit the important stuff. And the other reason I would say is I often bring things to these individuals from other people, like on my team. Like, they need something approved, you know, or they need something reviewed.

And, um, I need to remember, you know, what all of those things are, not just for me, but for other people as well. So I'm pretty organized when it comes to that. I will say, though, for a lot of other meetings I have, And partially this is just because of the amount of meetings I have and I, I talked about on an episode, I don't know, like, I think maybe around this time last year, um, about how I do like 40, 45 to 50 meetings a week.

It is just not humanly possible for me to create agendas for all of those meetings. Like, I think it would kill me. So, for things that involve, like, very formalized projects, lots of people in a room, Projects that involve, you know, a lot of people that have like limited amounts of time, you know, I might try to pull something together, but for the most part, I'm kind of, it's not that I'm not prepping, but I'm definitely not bringing an agenda to these meetings.

Okay, last question. Do you prefer to be too hot or too cold? Now, I feel like this is something that sometimes runs along gender lines, not entirely sure why, other than just, you know, body chemistry and how things work, um, in male and female bodies. But I would definitely prefer to be too hot than to be too cold.

Uh, to the point of, I have so many blankets on my bed. I have, like, whenever I'm just in my house, I have a blanket, a heating pad, I have a heating pad at work that I have on my lap because my office gets cold, I drink tea all the time, like, my uniform at home is like hooded sweatshirts and sweatpants, um, I am very into cozy and feeling warm, um, versus being too cold.

Now, my partner, uh, gets overheated and loves to be cooler rather than warmer. So this is partially why, you know, I have all the blankets on my side of the bed. He does not have them on his side so that he can be nice and cool. We have a fan running. We keep the house pretty cool. Um, and so I just get to layer to my heart's content.

And, uh, I would definitely be too hot than to be too cold. I have also found that when I am too cold, it stays, like, and if you've ever lived in a place that's a colder climate, and this is something I don't look forward to in the winter, it gets so cold that it, like, gets into your bones, and it's really hard to warm up.

Like, you have to have, like, Heat and like drinking something hot and just like trying to taking a hot shower, you know, something like that. And when I'm too, um, when I'm too hot, it's way easier for me to cool off than it is for me to warm up. And so I think this is also part of it is it's just way easier for me to regulate my body temperature going one direction versus the other.

And so it just makes it, um, so where I just prefer to be too hot than too cold. So, I would love to know your answers to what I consider to be these controversial questions. You can always email me at hello at drkatylynder. com. I always love to hear from you, and if you have other controversial questions that you want me to address on the podcast, you can also let me know those as well.

I'm happy to collect them and do a follow up episode, um, but I hope this gave you a little something to think about and maybe even something to smile or laugh about as we're heading into this new academic year. I know it's very busy for a lot of us. Um, and this is just a nice reminder, I think, that it's okay to, um, I don't know, have a little fun, even in the midst of everything that is very busy and maybe even very stressful.

So thanks so much for listening. Thanks for listening to this episode of You've Got This. You can access show notes and transcripts for each episode at drkatylynder. com slash podcasts. If you found this episode helpful, please also consider rating and or reviewing the show through Apple podcasts.