

Title of Session: WiAOC Striking a Balance

Moderator: Nina Liakos

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NinaTL: Please read the plan at <http://ninas1stblog.blogspot.com/2009/05/striking-balance.html>

NinaTL: So let's begin! I want to start off by saying webheads as a group do not complain a lot about not having time for everything

NinaTL: but I think many of us, if not most, struggle with this every day

MaruD: This conference is a must! I do need ideas to get organized

SasaSi: right, Nina

NinaTL: At the end of a 72-hour online marathon, here we are ready to talk about how it is hard to find time for this sort of thing :-)

RitaZ: uhhh, Nina, a very timely topic :-)))

TeresaD: we sure do, Nina. but I had to relax with crosswords for about 2 hours

NinaTL: 28 people have already filled out the survey (link in the Welcome page to my office)

SasaSi: it's so neat that there are all these recordings available soon after presentations

NinaTL: Those are the sorts of questions I want to talk about here today

NinaTL: and also maybe touch on the issue of internet (or computer) addiction

TeresaD: I think the topic of this get-together is very relevant, Nina. what a great idea! kudos to you!!!

NinaTL: In the second part of the hour I want us to brainstorm strategies for finding and maintaining that precious balance that will keep everybody happy (if it is possible)

DennisOl: I feel exactly the same way, Teresa.

TeresaD: so many dear friends here, Nina! :-)

RitaZ: Nina, VERY difficult hope

NinaTL: So let's begin by 'fessing up: What do you stress about concerning your online time? What do you feel guilty about, and why?

RitaZ: time time time, Nina!!!

DennisOl: I feel guilty that I can't be everywhere I want to be.

MariaD: I don't know if guilty is the word, I feel sorry I have to miss things I like

DennisOl: And that I can't be part of all the things I'd like to be part of.

TeresaD: I wouldn't say guilty, Dennis, I'd say unhappy

RitaZ: Webheads days should be 48 hs long!

RkilkenGst2: spending too much time online

BertaL: "Stealing time" from family and friends

DennisOl: You're right, Teresa.

MarisaGst1: Right, not enough hours in the day

NinaTL: I do feel guilty, often: believe it or not I feel guilty that I don't do more online. I should explore more tools, support others' projects, help out more than I do. But instead I play jigsaw puzzles (thanks to Daf)

NergizK: I don't think it is about the hours. If we had 48 a day, we would still complain. It's more how to manage information in the time we have.

LaineM: Now of my 6 courses per year, three are online, so I find that I am just on too much - with classes and everything I normally do online. What put me over was the online teaching.

TeresaD: I have to admit that I have sometimes not given enough attention to the family, but I've always admitted my faults and have tried to make up at other times

DennisOl: A 48-hour day STILL wouldn't be long enough!

BertaL: I wonder sometimes how my life was before the Internet

NinaTL: haha Berta

TeresaD: now that I'm retired :-)) I feel that it's much easier to get to most things

NinaTL: My life is pre-2006 and post-2006 (when I joined the webheads)

RitaZ: I also wonder that, Berta!!

MaruD: Agree Nergiz, could you tell us how do you manage the information to make use of the 24 hours we have?

SasaSi: I feel guilty about not responding as much as I would like to... I feel that I'm very slow concerning writing and posting things online

NergizK: Maru, I don't :-)

NinaTL: Yes, me, too, Sasa

MaruD: LOL

NergizK: I often get side-tracked

MariaD: I agree with Nina's pre and post comment

NinaTL: My husband thinks I spend entirely too much time online.

RitaZ: I'd love to be a better multitasker

MaruD: so, the issue would be how to avoid being sidetracked

NergizK: That's what I feel guilty about, following links on Twitter for example instead of doing my work (which is online). So, everything takes longer

SasaSi: well, my husband is way worse than me concerning that...

NinaTL: Just today he complained that I don't notice nature anymore because I am always thinking about webhead stuff

DennisOl: I feel that way, too--and consequently I just don't do a lot of the things I'd like to do.

NinaTL: LOL Sasa

NinaTL: Mine is not!

NergizK: I think so Maru. It is so easy to click on links and follow other links, and they lead yet to others

NinaTL: He uses the computer but not very much and not very expertly

LaineM: is it an addiction?

NergizK: It can easily become an addiction I think

MariaD: is it? I wonder

JoaoV joined the room.

MarisaGst1: haha getting link drunk

SasaSi: necessity I'd say...

NinaTL: Nergiz, I feel guilty because I don't click on those links, knowing that they would lead me down the garden path of webheadland

MariaD: lol

TeresaD: I'm kind of addicted to email

NinaTL: Welcome Joao!

DennisOl: João! Abraços!

MariaD: Hi Joao

BertaL: Hi Joao

TeresaD: and I'm enjoying SL more and more as I learn new things

JoaoV: hi everybody

NinaTL: Tell us: does Tere spend too much time on line? LOL

NinaTL: me too, Tere, and I avoided it (SL) for 2 years because I was afraid it would eat up more time

NergizK: Nina, I think that is a problem. Thinking one might miss out on something. But there will be more and more information and we will never be able to catch up

RitaZ: you know the best solution?? get a husband who spends as long as you at his pc! CONGRATS, Tere, you have managed!!! ;-))

MaruD: mmm... is anyone here with an strategy that has worked to avoid being sidetracked? I guess many of us have tried different things

BertaL: FOMS

NergizK: Also, I think besides getting side-tracked, I have to ask myself "do I really need that information"?

BertaL: Fear of missing something

MariaD: ahhh

LaineM: I took four days off recently - completely off - and it was difficult but very good for me. I needed a complete break to realize this is a choice.

TeresaD: lol Rita. I'm lucky because [he] also loves the online world

JoaoV: YES, she spends to much time online

NergizK: Maru, I'd be interested in that, too.

MarisaGst1: shut down those windows - forcibly!

NinaTL: Vance made a good point when he said that we don't worry about what we don't watch on TV, so why should we worry about what we don't see on twitter or whatever? If it's worthwhile, it will show up again and again anyway

TeresaD: we've even started teacher training f2f together :-)

MaruD: good focusing question Nergiz... do I really need that info?

RkilkenGst2: now I take vacations and leave the laptop at home

NergizK: Laine, I did that, too. Completely offline for a wee. It did me so good

TeresaD: I do that too, Rkilken

NinaTL: Maru, let's whine and complain for a while longer and then get to strategies

RkilkenGst2: Vance clearly is not a soap opera fiend

NinaTL: Venting is good!

BertaL: I have to admit that I self-restrict. I try not to check everything everyday (away from Facebook, Twitter, etc., for several days)

ElizabethA: I have to go off line to reconnect with my colleagues

NergizK: Somebody whose blog I was reading wrote his wife would always tell him

"You already have all the information you need to do your work"

SanjaB joined the room.

MaruD listening

MariaD: I miss the pc when I spend a few hours away

NinaTL: Yes, that brings up the question of addiction

TeresaD: I'm a regular email checker, Berta, but not with other things

NinaTL: Do you feel addicted to the internet?

SanjaB: hi all. Sorry I'm late

NinaTL: Welcome, Sanja! Join the fray here

MarisaGst1: yes

NinaTL: np

MariaD: I refuse to believe it's an addiction

DennisOl: Yes and no, Nina.

ElizabethA: Berta - it seems to me to become a bigger problem when you start not-checking everyday

TeresaD: it's too much. There isn't enough time, not even now that I'm retired :-)

SasaSi: not addicted, but perhaps distracted by the internet a bit too often...

RitaZ: to Webheadland more than to the Internet, Nina

ElizabethA: things build up beyond control

BertaL: Me too, Tere, emails and students' blog comments

NergizK: I am guilty of checking my email and Twitter stream too often during the day. I wanted to reduce that to three times a day or so but wasn't successful.

TeresaD: right, Berta

RkilkenGst2: not to the whole net, but to SL and e-mail

SanjaB: distracted by the Internet, Sasa? I like the term

NinaTL is reading previous posts

TeresaD: I don't feel it's addiction, Nina. I see the net as being in touch with friends daily and knowing what they're doing

NinaTL . o O (the conversation is going too fast for a non-touch-typist)

TeresaD: and I see it as sharing and collaboration.

BertaL: I am in the SL digital divide, ha, ha. No computer fast or with enough memory at home or work

SasaSi: thanks, Sanja

RkilkenGst2: now I include a line in my syllabi informing students that they will get a response to e-mails within two working days...usually it is same day but I "buy" myself some space

MariaD: I second Tere's words

NergizK: Tere, I think the limit is when we have less time for our friends, family, etc around us because we connect too much with online friends, or?

SasaSi: I keep out of sl too...for now

MariaD: for me it's exactly that, sharing, collaboration

RitaZ: do you happen to have as many friends online as offline? more, fewer?

SanjaB: I've decided to stop eating, and perhaps sleeping

NinaTL: @Tere, I tried to avoid the distinction between "online" or "virtual" life and "real" life for that reason

SanjaB: these two are so time-consuming

NinaTL: I think for most of us, it is not a question of virtual vs real

RitaZ agrees with Nina

MariaD: what a question Rita, let me count :-)

NinaTL: haha Sanja, and you lose weight too! (and then you die)

NergizK: One day it suddenly occurred to me that I reply and help my online friends always and often tell my family I don't have time. Now, I have started changing that.

TeresaD: I certainly have more friends online: all over the world! who can really boast of that in RL?!

BertaL: I do less exercise these days and have abandoned tennis altogether

BertaL: and my metabolism is not getting faster, ha, ha

RitaZ agrees with Tere!!!!

DennisOl: Good point, Teresa.

SasaSi: I have many friends offline... but I think fewer contacts with them than in my pre webhead era, Rita

MaruD: good to hear it Nergiz

NinaTL: Much of our online activity involves working (exploring, preparing...) or interacting with real people who happen to live far away from us

TeresaD: I just wish I would win a BIG lottery to start visiting my friends worldwide

NinaTL: That would be lovely!

RkilkenGst2: I can drop in on my online friends, F2F friends I need to make an appointment

MaruD: yeyyyy! I like the idea Teresa

JoaoV: thank you Teresa

NergizK: I also often wish that, Teresa :-)

MarisaGst1: me 2

JoaoV: you think for me

MariaD: let's plan sth

RitaZ: and being in contact with them Nina, maybe more often than with f2f friends (not "real") ;-)

TeresaD: sure Joao

NinaTL: I don't feel I have a problem (so far) confusing my real self with my avatar

MaruD listening to MatiaD

NinaTL: Yes, Rita, sometimes I feel bad about that

NinaTL: I neglect my local friends

RkilkenGst2: my avatar is younger and thinner...there is no confusion, only envy

BertaL: I sometimes have to mail colleagues who work in my same department, to get a fast response from them

MaruD: I end up neglecting myself sometimes

MariaD: lol

NinaTL: but the truth is I was neglecting my local friends during the academic year pre-webhead also

NergizK: See, Nina, that's what I mean. neglecting local friends

SanjaB: it looks like we all have exactly the same problems

NinaTL: The problem is we are busy people

LaineM: push and pull forces

TeresaD: I don't really neglect my RL friends. we make a point to go out to dinner with friends almost every week. I love it

MariaD: I think it's a question of finding the right time for everything

TeresaD: I love the company, the good food and even better red wine ;-)

MaruD: the problem is that we are knowledge thirsty people

BertaL: I agree Nina, we keep busy all the time

RitaZ: is it possible, Mary???,

NergizK: I think this information overload and the feeling that one could miss something or hasn't followed up on everything makes one feel stressed, like running and running but never catching up. Not good for my health at all

MariaD: my local friends are busy people too

NinaTL: The people who have taken the survey so far (about 30) are mostly working fulltime (over 70%)

LaineM: my husband just poked his head in and thought I might be free since I am not wearing my headset ---

TeresaD: lol

TeresaD: rotfl Laine

NinaTL: The same % are married, and almost 1/2 have kids at home

RitaZ: lol Laine

MaruD o o O missed the survey (guilty) LOL

BertaL: lol Laine

NinaTL: That means before you take any time for online activities, you are a busy person

LaineM: my dog has gotten to know when there is audio - I can't play with him but when I am just typing, I may toss his toy!

NinaTL: LOL Laine

RkilkenGst2: smart pup

MariaD: so the same applies to pets and family Laine

NinaTL: I felt stressed out and busy before I became a webhead, and now I spend several hours a day doing this online stuff

BertaL: I am all alone at home, son playing basketball and husband tennis

TeresaD: Nergiz, I agree about the stress, but something great about the webheads is that we're always on track with what's going on, even if we don't participate, bec. we're always getting great feedback

NinaTL: Some of it is really worthwhile and some of it is just goofing around (like the jigsaw puzzles, which Daf insists keep her brain active)

RkilkenGst2: @Maria, hope we don't toss toys to the family as we type

NergizK: True, Teresa. A community like the webheads also helps filter information

MariaD: and I think we understand if sb doesn't get back to us soon

TeresaD: puzzles and crosswords for me, Nina

MaruD: I handle stress with meditation, before and after my contact with Webheads

BertaL: Ha ha, Nergiz

TeresaD: absolutely, Nergiz

NinaTL: Now there is a great idea, Maru

NinaTL: but how do you carve out the TIME?

BertaL: Great Maru

NinaTL: How long do you meditate?

RitaZ: I guess we should try to make the most when home on our own....., I love to get stuck to my pc with nobody looking at me!

NinaTL: I am almost never alone at home

BertaL: Neither am I

MariaD: good point Rita, that's what I meant

MaruD: The trick is to set aside that time for myself, defend that time fiercely

NergizK: It's true, Berta. Also my Twitter network. I have gotten used to not following some links immediately but waiting for them to be mentioned several times by different people in my network. That means it is worth following

TeresaD: when I was teaching, I used to have breakfast out every morning at 7:30. I'd have a whole half hour to myself. it felt great!

NinaTL: My husband doesn't work and my daughter (who competes for my computer) doesn't go out after school

NinaTL: That's a good idea, Nergiz

NinaTL: I guess one problem is that we are people who do not like to say "no"

TeresaD: and then I'd have time to be with friends at school for about 15 mins before classes and have some good laughs

MaruD: Yeah, if the info is worth or you need it ... it will come to you by different venues

NergizK: Yes, Nina. That is another issue

TeresaD: right, Nina

LaineM: each of us needs to set some parameters that make sense for us - to keep it reasonable - rather than just follow things along

NinaTL: I suspect that is as true in f2f life as it is online

SanjaB: do you think you gain some time that way, Nergiz?

RkilkenGst2: we say "know" not "no"

MariaD: For example, now all the members of my family are engaged in their own things

NinaTL: LOL R

RitaZ: lol R

TeresaD: I like that R

NergizK: Sanja, I don't know but at least it helps me not to stress out by trying to follow everything

BertaL: We are all at home at night but each in his/her own computer ... just get together for dinner

NinaTL: More often than not I just don't follow the links (and then I feel guilty)

MarisaGst1: I have started making time twice a week for fitness training - with great feelings of guilt I must say

RitaZ: so you feel free to be here, Mary, I understand!!!

SasaSi: Right, Laine

BertaL: and visiting each other once in a while

DennisOl: Berta: a typical 21st Century family!

NergizK: Nina, you shouldn't feel guilty about that

MarisaGst1: And trying to keep in touch with people who are not so web involved

TeresaD: same here, Berta

NinaTL: If you took the survey you noticed that I asked whether you felt guilty about not doing enough online as well as doing too much online

MariaD: that's right, nobody is missing me. Maybe because my kids are grown ups

BertaL: Great Marisa. Exercise gives oxygen to your brain

NinaTL: So far the answers are pretty much yes to both questions!

RkilkenGst2: we have enough space now to both use our computers in the same room...that's brought us closer because we can comment to one another now between keystrokes

SasaSi: I think it's good to set your priorities clearly...

LaineM: a word sift on this would be fascinating -- "guilty" keeps coming up, for example!

RitaZ: good idea R

TeresaD: great idea, Laine

NinaTL: Less than 1/4 of us feel no guilt.

MariaD: let's use wordle or wordsift with this text chat

NinaTL: Are any of those guilt-free people here today?

NinaTL: Great idea, Mary!

RkilkenGst2: NO!

TeresaD: yes, Maria!

RitaZ: WORDLE would put GUILTY big! ;-)

MarisaGst1: yes

TeresaD: not 100%, Nina! at least in the recent past

MariaD: do you think "guilt" will be the winner word

TeresaD: YES

BertaL: 50% guilty

NinaTL: Haha

MaruD: agreed

SanjaB: I bet

NergizK: I once asked a somebody who was very critical about SL why he had decided to sign up then. He admitted it was social pressure and the fear of being left out or missing the train

NinaTL: What about STRESSED or STRESS

RitaZ: wow, Nergiz, terrible

NinaTL: We webheads are proud of being such a proactive, supportive community

TeresaD: but I don't know if I should feel a little guilty or not, bec. I've gained so much from this community...

MaruD: stress and guilt are usually pals, go together everywhere

NinaTL: That sense of ourselves makes it difficult to pull back during times of crisis

TeresaD: and I would have missed out on so much and so many great friendships had I not joined it

LaineM: sometimes I feel I get more than I give and try and give back to Webheads when I can

BertaL: I think it is all worth it. I am very proud when my husband or children mention me in their presentations about innovation or marketing

RitaZ: we have all gained SOOO much, look at this meeting, sharing feelings!

MaruD: congrats Berta

TeresaD: good for them, Berta!

NinaTL: Maru, do you remember when Gonzalo was so sick in January? You kept apologizing to us at Enhancing Lessons for "letting us down". It was nuts!

BertaL: He was the only one who knew what Twitter was at a plenary in Texas like a

year ago

TeresaD: and my family is VERY proud of my achievements and that makes me feel great!

MaruD: indeed!! I knew it was nuts but I couldn't help myself

MariaD: yes, Maru

NinaTL: Great, Berta!

RitaZ: that's the counterpart, Tere, yes! when your family feels proud of you :-)

NinaTL: We feel a tremendous sense of obligation to this community, which is both good and bad

LaineM: I am often the first in my family (including my kids!) to know about some new tool! :)

NinaTL: It's what makes us so cohesive despite being geographically separated

MariaD: I think it shows how happy we are here

LaineM: I taught them Skype!

NinaTL: I am sure you are, Laine!

BertaL: Me too Laine

TeresaD: yes, Nina

NergizK: I have stopped collecting tools as much as I did before. There is no end. Same with links.

MaruD: I've learned though, when someone tries to force me or requires me to do this or that without asking politely I solemnly refuse to comply

NinaTL: Happy yes, but I think it makes it hard for us to set limits

NinaTL: At least that is true for me

BertaL: Same for me Nergiz

LaineM: let's say parameters in place of limits

NergizK: I decided I will follow up or search relevant tools and information when I

really need it (like for a current project or class)

NinaTL: Yes, Nergiz, there is truly no end. I have been bookmarking them for years, but I don't go back and explore them because (guess why?) NO TIME

BertaL: Agree Nergiz

MariaD: good strategy Nergiz

NinaTL: Yes, that is a good strategy

TeresaD: can you all imagine this chat f2f? would anybody understand what was going on? this is great!

RitaZ: I've done that with SL, just left it aside for a while, cannot cope!

MaruD: What about blogs? Do you feel urged to blog?

TeresaD: we get so many more ideas this way...

NergizK: Exactly Nina. Bookmarking makes one feel good at times, like "I've dealt with that". But when de we go back. Rarely

ElizabethA: I have a delicious tag "tobeseen"

TeresaD: this doesn't mean I don't need f2f

NinaTL: Have you all had much experience using the search function in the YG if you are looking for something you vaguely remember reading about?

NergizK: Sometimes, Maru. I often blog in my head when doing other tings and wish I could record that :)

SasaSi: would like to blog more...

MaruD: When I go back to my bookmarks I don't find what I'm looking for, LOL

NinaTL: If I had a tobeseen tag, Eliz., it would have 1,000 items in it

NergizK: Maru, that happens to me, too and then I ask on Twitter :)

RitaZ: good, Eliz! I have sth similar, on my desktop!!!

TeresaD: that sure happens, Maru ;-)

MarisaGst1: bookmark trouble seems to be universal

MariaD: yeah, I'd also like to blog more

BertaL: Yes, Nina. I usually find most things in Google anyway, so why bother bookmarking

NergizK: Berta, so true :)

NinaTL: I am not there yet Berta

SanjaB: It's a bit easier to slow down after a few years in webheads. When you are new...

NinaTL: I even started a wiki to sort out tools and collect webheads' annotations

SasaSi: true, Berta

MariaD: I find mine and others bookmarks very useful when looking for sth in particular

NergizK: But I know people who have a very good tagging system and always refer people to it when they are asked for something. I'm a chaotic tagger

MaruD: Now I'm feeling compelled to use Diigo, when I use delicious and don't find the link

NinaTL: I think most people tag chaotically

MariaD: me for sure

NinaTL: Yes, that's another thing: we feel compelled to try everything that comes down the pike

MaruD: I do tag chaotically so I'd do the same at Diigo, right?

MariaD: but we are learning on the way

ElizabethA: I'm saving Diigo for when I'm organized:-)

NinaTL: so everything ends up scattered and disorganized

RitaZ: but maybe you do find what you need in your chaos, Mary...

SasaSi: I don't feel compelled to try everything anymore...

TeresaD: always learning, Maria. that's what's so fascinating about the webheads!

MaruD: I'm kind of thinking about that too Liz

NinaTL: some in MyBookmarks, some in delicious, some in diigo, probably some old ones in your browser favorites...

MariaD: then I go to the search window in delicious

RitaZ: lol, Nina

TeresaD: I've never learned so much in my life in such little time

NergizK: Sometimes I have the feeling we inform ourselves for the sake of being informed not because we need that information

BertaL: Same chaos with my photos. All scattered everywhere

SanjaB: Could you imagine how different your experience with all these tools would be without the group to help?

MaruD: How did you get there Sasa? I'd love not to feel compelled to do things

NinaTL: Good, Sasa, how did you reach that point? I certainly don't try everything, but I feel like I should

MariaD: yesssssss Teresa, exactly

MariaD: I have the same feeling of having learned in a few years what i hadn't in dozens

TeresaD: absolutely!

MaruD: same boat here

TeresaD: and such fascinating stuff

BertaL: I am afraid to say that I lurk more and participate just when I feel I will definitely help.

NinaTL: Yes, me too--I started presenting at WATESOL after barren years of having nothing to share

NinaTL: Now all of a sudden the ideas overflow

NinaTL: It's easy, thanks to webheads

SasaSi: just can't afford to - so i only explore what really attracts my attention...

MariaD: THAT's what makes me feel guilty, lurking

ElizabethA: lurk, lurk, lurk,

NinaTL: but my husband thinks at my age I should be slowing down. "Let the young teachers do that" is his advice

TeresaD: no problem in lurking. nobody should feel guilty about that, Elizabeth

NergizK: Age has nothing to do with being old or young

BertaL: I feel guilty for lurking in main groups but do help with comments in blogs, for example, when needed

MaruD: my advice Nina... don't follow your husband's advice LOL

SasaSi: no way, Nina - I strongly disagree with your husband here

TeresaD: we can only go so far. let's not stretch our limits.

BertaL: ha, ha Maru

RitaZ: he he hem, on the contrary, Nina! the older one gets the more experience we get and need to share!!!

NergizK: Ah, that's another thing.... how many groups do you belong to?

NinaTL: Excuse me for shouting. LET'S FOCUS ON SUCCESSFUL STRATEGIES FOR FINDING THAT BALANCE.

TeresaD: I did that once and ended up with a breakdown and depression

NinaTL . o O (silence)

NergizK: Teresa, so true

MaruD: summary: so far... To wait at twitter to show the link several times before following it

MaruD: to learn to say no

NinaTL: We've already heard a few: Maru meditates. Nergiz limits explorations of new tools.

TeresaD: have breakfast out and a half hour all to yourself at the beginning of the day

BertaL: Why don't we just do what we really want without no guilt, pressure, etc.

MariaD: I second that Berta

TeresaD: I "third" that Berta

NinaTL: Well, Berta, we live in a family, a community, and we are part of the webheads and want to do it all

MariaD: lol

SasaSi: I think I was heading that way too, Teresa, so whenever I feel it may happen again, I stop...

LaineM: How about take one day off the computer each week?

BertaL: ha ha performance error "without no guilty", ha, ha

DennisOI: I also agree, Berta, but that's much easier said than done, at least for some of us.

NinaTL: but 24 hours a day may not be enough to do it all

BJB2 . o O (here's to Flower Power! No responsibilities!!!)

NinaTL: LOL BJ

BJB2: we are products of our culture and our communities

MaruD: to define what you want

NinaTL: Horros, Laine! Is it possible? A day without even checking email???

NergizK: Laine, good idea. Thought about that

TeresaD: Laine, I could only do that if there was a blackout!!! ;-)

BertaL: I loooovveeee movies and that Saturdays away from all with my husband to see one, for example

MaruD: I take one day or two off the computer now

NinaTL: If I were an Orthodox Jew, I would have a 24-hour period (the Sabbath) with no computer (no electricity)

BJB2: set priorities

NinaTL: It would be peaceful. I would have a chance to recharge

NergizK: You know, Teresa, when there a power cut, first I get angry, stress out. Then, I relax and enjoy the time off and get so much other things done

LaineM: Let's do it! 24-hours a week off!

BertaL: I looovveeeee visiting my mom on Sundays, so I have never participated in Tappedin webhead sessions, ever

SasaSi: yes, bjb

RitaZ: why should it be a day it could be a couple of hs a day

NergizK: Good for you, Maru

TeresaD: love that Nina. why don't you convert??!! ;-)

LaineM: Better to have a real break, I think

NinaTL: Well there's the little problem of belief, Tere

TeresaD: I'm rotf laughing

MaruD: define real break Laine please

NinaTL: But I really enjoy the chats at TI so my day off would have to be Saturday

TeresaD: I can imagine, Nina. just joking. no offense, I hope

LaineM: a few hours I do all the time when I have meetings or visit student teachers - that's a few hours but it doesn't feel like a real break from the computer

NinaTL: And then there is the issue of if you are teaching online, you probably don't have any choice

SanjaB: Saturday is a good choice for a day off computer

NinaTL: Of course not Tere

TeresaD -)

LaineM: even teaching online, we can tell our students we are there every day except X

TeresaD: teaching online is yet another problem!

RitaZ: aha, my day off is Saturday...., so I get glued to the pc!!!!

ElizabethA: lol

TeresaD: it seems that we're expected to be 24/7

NinaTL: Actually I don't think Jews have to believe anything (beyond one God),; but they have to do a lot of stuff (rituals)

MaruD: Mondays and Tuesdays are my days off the computer, I've arranged my routine that way

TeresaD: lol Rita

BertaL: Online teaching will have to have some sort of schedule then

NinaTL: Really, Maru? You really stay away for 48 hours?

NergizK: Great, Maru.

MaruD: yes Nina

LaineM: Maru - you meditate and now we hear you are two days away from it -- you are my new role model :)

MariaD: Good for you Maru

MaruD: lol

TeresaD: love that, Laine

MariaD: lol

NergizK: Maru, tell us more

BertaL: lol

MaruD: Gonzalo's illness was a hard call for me to do it

TeresaD: you're all making my day!

SasaSi: I wouldn't want to be Maru on a Wednesday morning ;-)

NinaTL: Yes, sometimes a real crisis forces us to rethink our priorities

NergizK: So, do we need "catastrophes" to change our lives?

BertaL: True, when something serious happens in your life, you have a different perspective about everything

TeresaD: Nina, this is the "grand finale" of wiaoc09 for me :-)

MaruD: I pictured myself as a widow in those days

NinaTL: Yeah, her email inbox must be stuffed

NinaTL: It's pretty late in Portugal, right Tere?

NergizK: Oh my God. I'm glad he is feeling better and that it helped you to change your life

BertaL: Oh, my

TeresaD: nooo. almost 22:00, Nina. it's fine

BertaL: He was at your presentation yesterday enjoying it all

MaruD: it was indeed a turn point

NergizK: Nina, see, I wanted to be in bed by 11pm but I didn't want to miss your session. It's almost midnight here

NinaTL: The problem is that when I sit down to 'check my email' 5 minutes turns into 2 hours without my even being aware of it

NinaTL smiles at Nergiz

NergizK: Nina, same here

SasaSi: such events do change your life and perspective on life... but as time passes... the effect diminishes too I think

MaruD: yes, Nina, same here

TeresaD: same here, Nina

BertaL: Me too, Nina

TeresaD: we all share the same problems

NinaTL: That is a sign of "internet addiction" according to one article I read (link to it in the ning blog)

MariaD: yes, that happens to all of us , I think

LaineM: I think this has been very therapeutic - Nina - merci!

TeresaD: but they're not really when we're helping others and sharing...

NinaTL: Yes, Sasa, how true.

MaruD: You're right Sasa, that's why I have arranged my schedule, to avoid getting trapped again in my old routine

RitaZ: definitely, Tere, we share problems as well!!!! ;-)

NergizK: I have gotten used to checking my email first thing in the morning. By the time I have finished dealing with it, I am too tired for the "real work"

MariaD: Nina that article was too harsh

ElizabethA: It's not like my students internet addiction

NinaTL: When my daughter was born premature and was hospitalized for 4 months, my job stress suddenly melted away--like magic!

ElizabethA: they are only consumers

RitaZ: lol Nergiz

NergizK: Sasa, true

NinaTL: I guess you can stress out about only so many things

TeresaD: I can imagine, Nina

NinaTL: Yes, Nergiz, same here

LaineM: TI archives chats, so we can also gain a lot when we re-read this later on...

NinaTL: And if I don't stay on top of it before I know it I have 150 emails in my inbox

MariaD: same here

MaruD: yes Laine, great idea to hold your session here Nina

NinaTL: We should all (except guests) be receiving a chatlog by email

MaruD: a familiar and cosy place

BertaL: Sorry, I was trying to kill a mosquito that had been biting me

DennisOl: Yes, this was an excellent idea.

NinaTL: unless you have opted out of that feature

NergizK: Laine, that's another thing. We can record everything like the conference, this chat, etc. Is that a bit like bookmarking but never going back to it?

TeresaD: Nina, this is a great reflecting session. what an idea you had!

SasaSi: and different from all the others...

TeresaD: we never really get to share these things

NinaTL: Jane Petring and I are going to propose a discussion on the same topic for TESOL 2010

LaineM: at first I thought why TI but look at our chat - this is rolling rolling rolling along - I can barely keep up here !!

NinaTL: Thank you, dear Tere

BertaL: Great Nina

NinaTL: I chose TI for 2 reasons:

MaruD: great idea Nina

TeresaD -)

NergizK: The problem with dealing with email and having an empty inbox is, that you get replies to your emails and end up with lots of new email again

NinaTL: 1) Elluminate stresses me out because I don't feel competent, and

ElizabethA: and and

NinaTL: 2) I wanted everyone to have an equal voice without talking on top of one another (since I did not have a "presentation" in the usual sense)

NergizK: Nina, as you can see, we are chatting away, it seems this session was badly needed

NinaTL :-)

MaruD: yes Nina, I agree with Nergiz

BertaL: This is such a friendly community that we are allowed to make tons of mistakes (like the ones I will make in an hour, ha, ha)

LaineM: equal voice is what TI does very well - good choice Nina

ElizabethA: Good point 2) Nina

NergizK: But do you realize that we are a majority of women here

SasaSi: I too think this session is a great idea... sharing recipes...

TeresaD: and this is not only reflection. It's also venting out things, so it's therapeutic :-)

BertaL: I was thinking about that Nergiz

NinaTL: Maybe we need to be a little more open as a community to sharing the occasional negative feeling (like "I am feeling overwhelmed, so I will be lurking only/not participating for a while)

MaruD: yes I observed the same Nergiz

MariaD: Berta, I'm so sorry I'll miss your presentation. Have to visit an uncle in hospital

RitaZ: true, Nergiz, why so, do you think?

SasaSi: webheads have a million ways of doing things... it's good to bring them together, tie them to a topic like this

NinaTL: Yes, I think Dennis is the only man here

DennisOl: and João

NinaTL: No, I see Jeff and Joao

MaruD: Maria, send regards to your uncle

LaineM: men are more action item oriented and this is not that kind of session

MariaD: thanks Maru

DennisOl: Jeff?

NergizK: Maybe the "usual" thing that men don't talk about such problems (which doesn't mean they don't have the same issues)

BertaL: No problem, Maria. It will be recorded anyway

NinaTL: Sorry I was looking at the online tab--Jeff is in Reception

BJB2 . o O (73% of TI members are female/27% male)

NergizK: wow

NinaTL: So we have ten more minutes

NinaTL: Do you want me to share the survey results so far?

RitaZ: men are more reluctant to voice their feelings, do you think?

MarisaGst1: So can someone please summarise the strategies ?

BertaL: yes, Nina

MariaD: what a great idea these recordings. That's one advantage of online life: it can usually wait. Offline life can't

SanjaB: I'd love to hear more about the survey

TeresaD: time out for your self every day

NergizK: Rita, I guess so. Maybe not so much feelings but talking about problems like not being able to cope with something

TeresaD: my suggestion, Marisa

LaineM: where will you post the results, Nina?

DennisOl: I'm not afraid to voice my feelings, but the fact is that I'm feeling very reflective today.

NinaTL: I will send you the chatlog

RitaZ: ha ha Dennis!!!!

NinaTL: I don't know, Laine, probably in the Yahoo Group, and on the Ning

MarisaGst1: apart from facing death.....

TeresaD: we can all continue reflecting in Nina's blog

NinaTL: So, THE SURVEY

TeresaD: <http://ninas1stblog.blogspot.com/2009/05/striking-balance.html>

BertaL: Good idea Tere

RitaZ Dennis is always a reflective gentleman, no doubt

NinaTL: 29 people have responded so far

NergizK: These are very personal things we have shared... that reminds me of privacy issues that we talked about in one session. Would everybody feel OK seeing this chat online publicly?

MaruD: Yes, let's do that

TeresaD: I'm in there, Nina

MariaD: or in the forum in wiaoc09. Will that stay open?

BertaL: I have no problem

NinaTL: 69% frequently find it hard to find time for everything in their lives (no surprise there)

MarisaGst1: no problems

TeresaD: no problem at all, Nergiz

MaruD: no probs here either

SasaSi: no problems

SanjaB: no problem

NergizK: me neither

RitaZ: no pr

NinaTL: 55% frequently feel stressed or guilty about spending too much time online (28% "sometimes")

MariaD: no pr

MarisaGst1: me

LaineM: I am no so sure about the personal info about my puppy! just joking

MarisaGst1: ha ha

NergizK: ha ha

BertaL: lol Laine

NinaTL: 59% frequently think about being online when away from their computer

MarisaGst1: yes

NinaTL: 21% "sometimes"

MariaD: I'm there

MarisaGst1: is that addiction or is that addiction

NinaTL: 79% frequently lose track of time while online

SanjaB: altogether 80%

MariaD: ummmm will have to admit it

RitaZ: lol Marisa

BertaL: definitely

NergizK: It doesn't need to be addiction. If you miss your family when you are away, is that addiction?

BertaL: definitely

NinaTL: Spouses of 48% and children of 41% complain that they spend too much time onle

MariaD: good point Nergiz!

MarisaGst1: no way Nergik

MaruD: I have to leave. I need to grab a bite before Berta's presentation. I'll lurk to get the chat log complete

SanjaB: it is, Nergiz

NinaTL: 35% friends

NinaTL: 17% parents

BertaL: I meant definitely not, ha, ha

LaineM: Thanks, Maru, for your great contribution to this chat!

NergizK: Bye Maru. Thanks for sharing!

SasaSi: bye Maru

BertaL: Thanks Maru

MariaD: have to leave too. c.u. around

NinaTL: The next 2 questions are harder because the answers are evenly distributed

MarisaGst1: bye

SanjaB: bye

MaruD: CU , thanks

DennisOl: Take care, Maru!

NinaTL: I will announce those later if that is okay

MaruD: I will Dennis, thanks

DennisOl smiles.

NinaTL: It is almost time for the next session in SL

MaruD off to the kitchen

MariaD left the room.

RitaZ: don't you feel that after this session you're going to feel "less guilty" about being online...?

SasaSi: ok, thanks Nina very much - great session

NinaTL: I will just say that like me, many of us feel as guilty about not spending enough time online as we do about spending too much

ElizabethA: bye - hope to be back - thanks to all

MarisaGst1: am sorry my lil laptop at home can't take SL

BertaL: This has been wonderful, Nina. Thanks for giving us this opportunity and all for sharing SO MUCH

LaineM: I feel so connected now - this was wonderful !!!

NinaTL: I will share the open-ended questions later

SasaSi: great, Nina

RitaZ: thank you Nina it's been a success!!

NinaTL: Demographics: 72% teach English

DennisOl: I'm not sure, Rita, but this session was wonderful for helping me put things in perspective.

NinaTL: 72% work FT

SanjaB: This was a great session, Nina

NinaTL: 21% work PT

MarisaGst1: thank u all

TeresaD: what a session, Nina!

NinaTL: 17% retired

TeresaD: I've left a comment in your blog

DennisOl: Definitely: What a session!

JoaoV: thanks Nina

NinaTL: 72% married

NinaTL: 45% kids at home

DennisOl: Thanks very much, Ninotchka.

NergizK: Rita, I don't think whether we will feel less guilty but it's good to know that

others feel the same

NinaTL: 93% belong to webheads YG

SanjaB: I agreee with Nergiz

RitaZ: Nina, now to feel still better, I'll join hubby for some tea...;-))

NinaTL: 79% consider themselves webheads

LaineM: It's great to see the data after taking the survey to see what others put - thanks for listing the percents here, Nina.

BertaL: Great empathy and understanding. Webheads rule!!!!

NinaTL: I was surprised about those last 2

NergizK: Why, Nina?

NinaTL: I figured everyone on the YG would consider themselves webheads but apparently not everybody does

SanjaB: Why?

BertaL: Bye everyone

MarisaGst1: well I am not one

NinaTL: I thought some people think of themselves as webheads but are not on the YG

TeresaD: hurrah for webheads!!!! :-)))))

NinaTL: Live and learn

NinaTL: Webheads rule!

DennisOl: I look forward to your presentation, Berta!

RitaZ: bye all , hugs!

NinaTL: Thank you all for coming and participating today

MarisaGst1: lol

TeresaD: good luck, Berta! I won't make it to your session

NergizK: Well, I think simply joining the group doesn't mean you feel like a Webheads. That's a development

SanjaB: thank you, Nina

LaineM: bye all, online buddies! :)

NinaTL: It went so fast I didn't have time to read what everybody said

JoaoV: I am drunk with so many words running in front of me

NergizK: ha ha

JoaoV: I must rest

NinaTL: I am looking forward to looking at the chatlog at my leisure

SasaSi: bye all, I'm calling it a day here, time to go to bed...

TeresaD: you'll have time for that, Nina

RitaZ: ;hugs all and leaves

NinaTL: Me too Joao

NergizK: Bye all

JoaoV: thank you to all

NinaTL: But now it is time for Second Life!

NinaTL: LOL

DennisOl: Bye, everyone. Thanks for your wonderful gift of perspective!

MarisaGst1: thx for ur welcome here

NergizK: Thanks so much everybody and especially to Nina!

SasaSi: thanks again for all your ideas here

NinaTL: You are welcome, Marisa!

SanjaB: Good night

DennisOl: Hear, hear!

NinaTL: Thank you all

NergizK: Bed time for me

NinaTL: You are my dear friends

NinaTL: Nergiz, sleep tight

TeresaD: bye, everyone! have a great week!!!

DennisOI gives Ninotchka a standing ovation.

NergizK: Thanks!

NinaTL blushes and bows

TeresaD: bye, dear Nina. thanks for a great session :-)

NinaTL hugs Dennis

MarisaGst1: good night and please tell me where do I find out more abt your events and meetings

DennisOI and then vanishes into cybersphyere.

NinaTL hugs Tere

TeresaD: Marisa, join our yahoo group http://groups.yahoo.com/group/evonline2002_webheads/

NinaTL: www.webheadsinaction.org