

CREATING A TAKE BACK YOUR TIME DAY TEACH-IN ON YOUR CAMPUS

It isn't hard to set up a teach-in for TAKE BACK YOUR TIME DAY even if you have less than a month to prepare for it. A wide variety of approaches are possible. Here are some simple ideas that can help you put together events on your campus.

PREPARATION

Set a time for your event—say 1-5 pm. We know your event may be much shorter.

- Reserve a large auditorium on campus—by partnering with a student or faculty organization you may be able to get this without charge
- Reserve a couple of large classrooms (with moveable seats) near the auditorium to use as breakout rooms

- **PUBLICIZE THE EVENT BY:**
 - Downloading posters from the Take Back Your Time Web site and putting them up on campus
 - Emailing to all departments, encouraging faculty to tell students about the event
 - Getting a story in your college newspaper
 - Seeking announcements and pre-teach in interviews on your campus radio station
 - Encouraging your campus bookstore to display the handbook prominently with a poster about the teach-in
 - Asking to speak to relevant student organization meetings in the week prior to the event.

- Encourage professors to bring their classes to the teach-in if it's appropriate to their subjects, and to discuss the issue in class the following week
- Encourage campus reporters to cover the event for the university paper. Do the same with reporters for local daily newspapers.
- Encourage local TV and radio to attend

THE TEACH-IN ITSELF

Panel discussions are a great way to introduce Take Back Your Time topics and to provide a jumping off point for small-group conversations. Here's one approach to organizing the discussions.

- Plan on having two short panels of speakers with plenty of time for small-group discussions
- Send an email to faculty (A sample email is available on the Plan An Event web page) inviting them to be on one of the panels. Examples of departments to approach follow here, but you may think of others. Be creative.
- MEDICAL SCHOOL OR SCHOOL OF PUBLIC HEALTH –including occupational and physical therapy—ask doctors to talk about the health impacts of overwork and time urgency
- SOCIOLOGY—for a discussion of cultural underpinnings of our time-poverty and cross-cultural comparisons
- ECONOMICS, BUSINESS AND MANAGEMENT—can shorter work-time be good for business and the economy? You may get a response from defenders of the status quo—encourage them to participate; the best discussion includes all viewpoints
- ENVIRONMENTAL STUDIES/SCIENCES—the connection between overwork and environmental behaviors, ecological footprint, etc.
- PSYCHOLOGY AND FAMILY STUDIES—mental health impacts of stress, family impacts of overwork and over-scheduling of children, etc.
- POLITICAL SCIENCE—is it feasible to pass shorter work-time legislation like that in Europe?
- HISTORY—history of work-time, shorter-hours movements, etc.
- LABOR STUDIES—collective bargaining for shorter work-time etc.
- RELIGIOUS STUDIES—Sabbath teachings, etc.

Encourage panelists to read the TAKE BACK YOUR TIME handbook if they so choose, to become more familiar with the overall issue.

- Organize the panels so that there are four speakers or so on each. Ask them to speak for 5-7 minutes. Take 10 minutes of questions from the audience.
- Encourage small group discussions—4-6 people in breakout rooms. Allow 30 minutes for these discussions after each panel. Encourage small groups to make sure everyone has a chance to speak. Encourage them to talk about how they are personally affected by the issue.

SAMPLE SCHEDULE

- 1 pm: Panel 1;
- 1:25 pm: audience questions;
- 1:35 pm: short break;
- 1:45 pm: breakout discussions;
- 2:15 pm: short break;
- 2:25 pm: Panel 2;
- 2:55 pm: audience questions;
- 3:05 pm: break:
- 3:15 pm: breakout sessions;
- 3:50 pm: reassemble in auditorium and ask for final comments from audience;
- 4 pm: Music, skits, entertainment
- 5 pm: end of teach-in

Example: Draft Schedule for University of Iowa Teach-In, 2003

1. OVERWORK: Defining the problem, understanding the symptoms. (Panel)
2. History--How did we get where we are today?
3. Overwork and the family
4. Overwork and the Community—impact on civic engagement
5. Overwork and the Environment
6. Philosophical and Cultural issues
7. Solutions
 - a. Invite political leaders to talk about issue and offer solutions.
 - b. Education for the worthy use of leisure

**YOU CAN FIND ADDITIONAL IDEAS FOR
CREATING YOUR TEACH IN AT OUR WEB SITE:
www.timeday.org . JUST CLICK ON “HANDBOOK
EXCERPTS.”**

- Be sure to get all the names, phone numbers and emails of participants and use them to create an on-going TAKE BACK YOUR TIME organization to plan for following years.
- Sell the TAKE BACK YOUR TIME handbook and t-shirts at your teach-in to raise money for your campus group.