

Burned Out But Still Grading: How I Handle End-of-Semester Burnout (Without Quitting!)



www.youtube.com/@AcademiaAdventur

*Written by Marcia Prince-Cuffe
academiaadventur@gmail.com*



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Marcia





About Me

With over a decade of teaching experience across multiple institutions, including a university, and community colleges I have navigated the multifaceted world of adjunct instruction in both English and Computer Information Systems. Holding dual M.Ed. degrees along with specialized certifications in online teaching and quality course design, I bring a well-rounded, practical perspective to the often unpredictable landscape of adjunct life.

My accomplishments include curriculum development, departmental service, conference presentations, and mentoring undergraduate students—demonstrating a deep commitment to academic excellence and student success.

Drawing on a unique blend of classroom experience, instructional design expertise, and industry training, I am well-positioned to offer honest, actionable insights to aspiring adjuncts. This book is not just a guide—it's a toolkit informed by real challenges, real victories, and the lessons I wish someone had shared with me before stepping into the adjunct role.

Marcia





Welcome

End-of-semester burnout is real — and as an adjunct, it hits differently.

You're likely teaching at multiple institutions, managing stacks of grading, dealing with unclear department communication, and doing it all without job security or paid downtime.

This guide is my honest account of what burnout looks like for me, and more importantly, how I survive it. If you're an adjunct — or thinking about becoming one — I hope it gives you practical tools, validation, and a reminder that you're not alone.

Adjunct Instructor, Educator, and Creator of
“Academia Adventures.”

Marcia



BURNOUT SIGNS TO WATCH OUT FOR

PHYSICAL

- Constant fatigue, even after sleep
- Headaches, back pain, or tension
- Restlessness or insomnia

EMOTIONAL

- Dreading logging into LMS Platforms or to Email
- Feeling detached from students
- Short temper or irritability

PROFESSIONAL

- Procrastinating on grading
- Ignoring emails
- Starting to question if I'm any good at this

MY GO-TO BURNOUT SURVIVAL STRATEGY

My Go-To Burnout Survival Strategies

These aren't magical fixes. They're real tactics I've tested through many semesters — often with coffee in one hand and a red pen in the other.

1. “Do the Minimum Well”

- Let go of perfection. Students need clarity and fairness — not 12-page comments on every paper.

2. Batch Grading in Short Bursts

- I use 25-minute grading blocks with a 5-minute break. It keeps me moving without crashing.

3. Digital Detox Hours

- No emails after 6 PM. No LMS on weekends (unless I choose to). Boundaries = survival.

4. The One-Day Timeout

- I take one full mental health day during finals week. No grading, no school talk. Just rest.

5. Say “No” to Extras

- I stop volunteering, skip unnecessary meetings, and remind myself: “I don't owe free labor.”

6. Find a Safe Vent Space

- A private group chat with other adjuncts or trusted colleagues lets me rant, laugh, and decompress.

How I Reset After the Chaos

Once grades are submitted and the caffeine crash fades, here's how I come back to myself:

- I journal the highs & lows of the semester — the wins and the mistakes
- I make a “What I’m Proud Of” list — because I always did something right
- I plan a reward — even something small like a good meal or a solo walk
- I take a no-academia week — no articles, no syllabi, just rest
- I reflect forward — “What boundary will I set next time?”





Your Burnout Reflection

Use these prompts to start building your own end-of-semester care plan:

1. What are 3 early signs I'm burning out?
→ Example: I start resenting emails, skipping meals, doom-scrolling at 2AM.
2. What boundary do I need to set next time?
→ Example: No weekend grading. Ever.
3. What's one support system I can lean on more?
→ Example: A friend, a therapist, or even a group chat with other adjuncts.



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YOUR JOURNAL SPACE
YOUR THOUGHTS



NEED MORE INSIGHT & SUPPORT?

NEXT STEPS

- Take advantage of a special offer to get my ebook: **12 Things I Wish I'd Known Before Adjuncting** **Just \$14**

Burnout is real-- but you don't have to go through it in silence.
For more honesty, insight, and support:

Lets Stay Connected

- Click [here](#) to view my You Tube channel where I have more videos about my academia adventures.

- or via email:
academiaadventur@gmail.com

