

## From the Editor

---

# Roles and routines

I write this *From the Editor* in my apartment at one of the Boston University dormitories where I am in the role of a faculty-in-residence (FIR). Although the FIR program started in 1974, I have been a FIR for 17 years. For those of you unfamiliar with this role, here are some more details:

“The FIR program expands the Boston University classroom by providing a residential experience that is connected, interdisciplinary, innovative, and meaningful. Toward this end, FIRs are in place to:

- Serve as role models, resources, and advocates for the students with whom they live and learn;
- Cultivate interactions with undergraduates that empower students to grow, develop, and refine their values;
- Integrate curricular and co-curricular activities across the University’s schools and programs; and
- Blaze trails toward the synthesis of knowledge and experience—trails that are provocative, innovative, collaborative, and emblematic of ‘One BU.’” (<https://www.bu.edu/reslife/residential-experience/4845-2/>)

All FIR host three-hour weekly activities. I thoroughly enjoy the routine of hosting the weekly Sargent Choice Test Kitchen, a collaboration with the Sargent College Nutrition Center where we make healthy vegetarian recipes with the students. The hosting of the SCTK is a co-occupation that I routinely do with a Sargent Choice Student Ambassador who is studying nutrition. The Student Ambassador shares nutritional facts while I demonstrate basic food preparation skills. I’ve shared a favorite recipe at the bottom of this *From the Editor* for you to enjoy too. Besides enjoying these recipes, our time together fosters sharing current perspectives and reminiscing.

For me, being a FIR is another meaningful role as faculty member of the Boston University community. What roles and routines do you have that provide structure, bring meaning and supports occupational balance in your life?

This issue of *WORK* contains 28 articles. It contains topics such as: safety and health risks for workers exposed to cold thermal environment, job satisfaction, occupational self-efficacy & work engagement, and the impact of praise and recognition from supervisors.

We continue to include articles on COVID-19 which are free-to-read such as in this issue a paper titled, *Factors Influencing Job Satisfaction among Dentists during the New Normal of the COVID-19 Pandemic in Indonesia: A Structural Equation Modeling Approach*.

Our first 2022 *Learn at WORK* webinar is on Wednesday, January 26, 2022, at 1pm-2pmEST by Dr. Bhibha M. Das on her article published in *WORK* titled, Nurses’ physical activity exploratory study: Caring for you so you can care for others. You can register at: <https://attendee.gotowebinar.com/register/2817144919007435277>

Please stay up-to-date on our **Learn at WORK** webinars, blogs and news by going to our website at [workjournal.org](http://workjournal.org)

With kind regards,



Karen Jacobs  
Founding Editor, **WORK**  
Occupational therapist & ergonomist  
[Kjacobs@bu.edu](mailto:Kjacobs@bu.edu)  
[workjournal.org](http://workjournal.org)  
[blogs.bu.edu/kjacobs/](http://blogs.bu.edu/kjacobs/)

**Recipe: Versatile summer orzo salad  
(4–6 servings)****Ingredients:**

- 1 cup uncooked whole wheat orzo
- 1 tablespoons turmeric
- 1 bunch of scallions (4-5 scallions)
- 1/2 cup feta cheese (crumbled)

**Dressing:**

- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- 1 tablespoon Dijon mustard
- salt & pepper to taste
- Lemon juice and honey optional to taste

Other seasonal ingredient ideas: summer squash, zucchini, eggplant, diced tomatoes, diced cucumbers, lemon juice & zest, spinach, dill, parsley

**Crispy chickpeas:**

- 1 can chickpeas
- olive oil
- 1/2 tsp paprika
- 1/2 tsp oregano
- 1/2 tsp onion powder
- salt and pepper to taste

**Directions**

1. Dressing: Mix vinegar, Dijon mustard, and olive oil in large bowl.
2. Orzo: In a large saucepan, bring water and turmeric to a boil. Add the orzo and cook on low boil for 7-8 minutes until al dente, or according to package directions. Drain and transfer to bowl with dressing – mix well.
3. While orzo is cooking, grill the scallions on a pan lightly coated with olive oil until the bulbs are tender and the greens and bulbs are browned, about 8 minutes. Chop scallions once cooled. Use similar method with any seasonal vegetables.
4. Add feta and scallions to bowl with orzo, mix. If you have other seasonal veggies or herbs, mix in at this step.
5. Set aside at room temperature for 1 hour to allow the flavors to blend or refrigerate. If refrigerated, taste again for seasonings and bring back to room temperature before serving.
6. Heat chickpeas (rinsed and dried) on skillet for 6-8 minutes, stirring occasionally to prevent burning. Once browned, add seasonings and cook for another 2 minutes to warm and distribute flavors. Add to orzo salad or save for a snack!