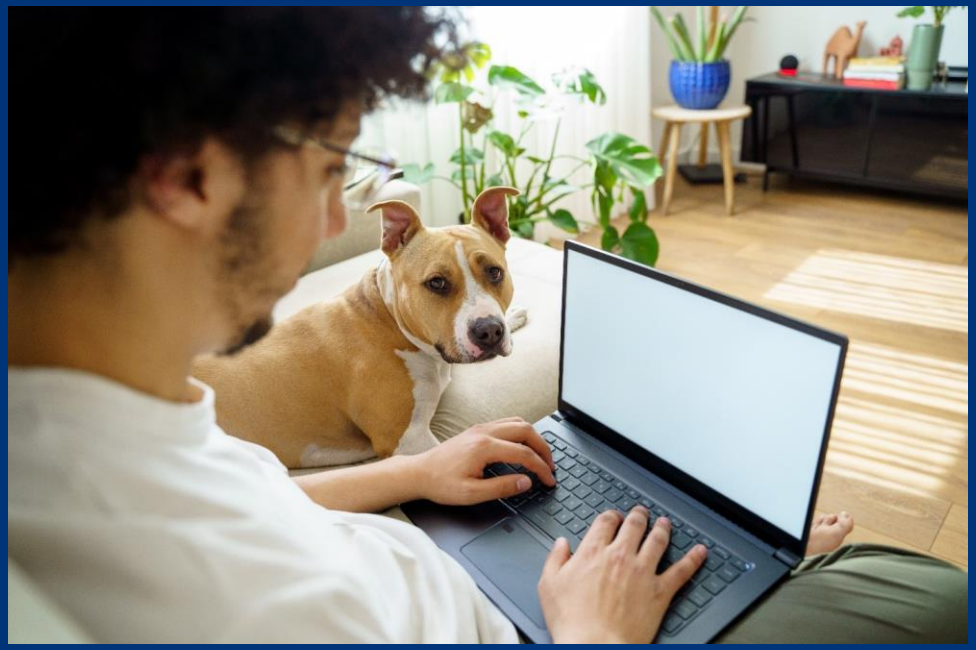
Rebecca Signore, McGonigal ARC
Julie Hang, Counseling Center

Work-Life Balance & Graduate Studies



Agenda

- Reflection of Priorities & Considerations
- Tools & Resources
- Networks of Support

Priorities:

- What are the different types of priorities & demands to which you need to dedicate time & attention?
- While it may not feel like it, not all roles & responsibilities are important all the time
- Where/when are there areas of flexibility?

Values:

Which of your values inform how you prioritize your time?

Dare to Lead | List of Values - Brené Brown

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Duke University's Wheel of Health Self-Assessment:



Perfectionism

- What is your idea of work-life balance?
  - How realistic is it?
  - "Balance" changes over time
  - How much is perfectionism getting in the way of starting or working towards your goals?
    - Giving yourself permission to rest & be/ do "good enough"

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Long-term goals



Everyday wins



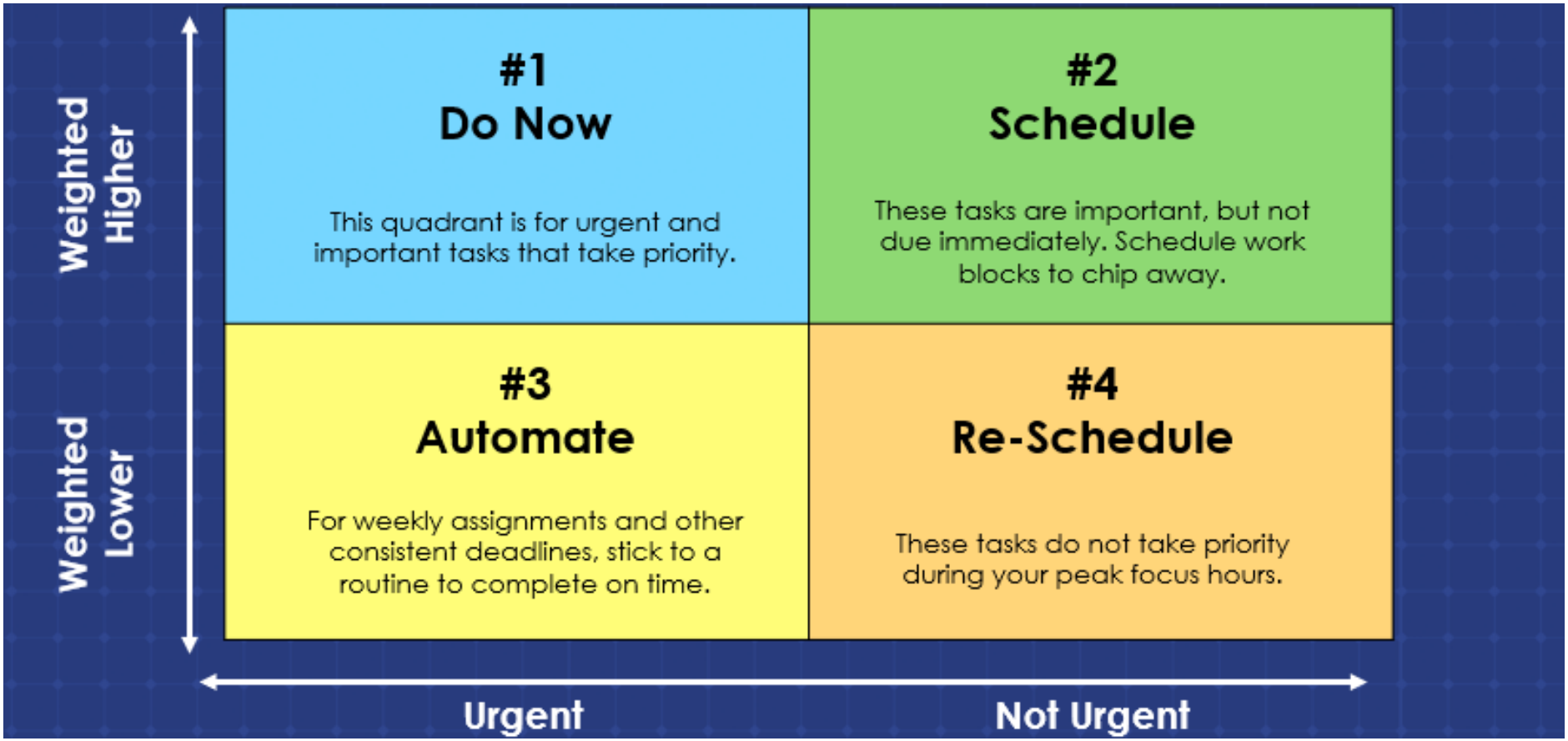
Be realistic & manage your expectations

How do we determine where to spend our time?

- Ask yourself these questions:
  - How does this priority reflect or support my goals?
  - What are the consequences of not completing this task/prioritizing this task?
  - Who can assist me with accomplishing this task/priority?
  - How long has this been on my to-do list?
  - Others?
- The Urgency/Importance Matrix

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The Urgency/Importance Matrix aka "The 4 Quadrant Method"



Time Management

What is available to support you while you work to achieve balance?

- Tools:
  - Quarter/Semester on a Page
  - Weekly Planner

- Strategies:
  - Time Chunking/Batching
  - Pomodoro Method
  - Reward yourself!

Networks of Support

Who is available to support you as you work to achieve balance?

- Peers
- Faculty
- Advisors
- Campus Resources
- Friends and Family
- Professional networks & organizations

Center for Learning and Academic Success Services (CLASS)

- Academic Coaching
- Learning Specialist (for students with learning or other disabilities)
- Tutoring (CNHP, Dornsife School of Public Health, GSBSPS)
- CLASS is in Session (Working sessions)
- Study Group Consultations

Stay in touch! Academicsuccess@drexel.edu or IG @drexelclass

The Drexel Writing Center

The Drexel Writing Center supports all members of our Drexel University community to develop as writers. We offer access to free, confidential consultations on writing projects, from interpreting assignments to planning to drafting and editing.

- Meet with:
  - Graduate Writing Consultants
  - Multilingual Specialists
- The Writing Center provides support for:
  - Class assignments and long-term projects
  - Personal statements
  - Scholarly articles for publication
  - … and more!

Schedule an appointment at:

dwc.MyWCOnline.com



Support Is Within Reach

Peer Counseling

if you want to talk to a fellow student aboutschoolstress, friend or roommate issues, adjusting to Philly and Drexel, or navigating the dating world, peer counselors get it and are available to provide active listening, non-crisis support, and campus resources.

→ **Schedule Online with a Peer Counselor** →

Individual Therapy | Couple's Therapy Group Therapy & Workshops

If you want to work with a trained therapist, DUCC offers free, confidential, LGBTQ+ friendly and culturally sensitive counseling services.

Same Day Appointments |Let's Talk Drop-Ins

Ifyou're want somedirection or just wanttotalk through an issue,youcan have a one-time appointment with a therapist on the same day you decide you want help. Minimal paperwork, no commitment, just a single-session to focus on the problem at hand.

→ **Schedule with a Therapist** →

counsel@drexel.edu

215-895-1415

On-Call Counselor | Walk-In Appointment

Ifyouorsomeoneyouknowisthinking about ending theirlife,threateningto hurt someone else, losing touch with reality, or having any other psychological emergency you can get help right away.

24/7 On-Call Counselor **215-416-3337**

→ **Get Help Now** →

Walk into the DUCC
3210 Chestnut St
2nd Floor

DREXEL UNIVERSITY
Counseling Center



Questions?

References

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