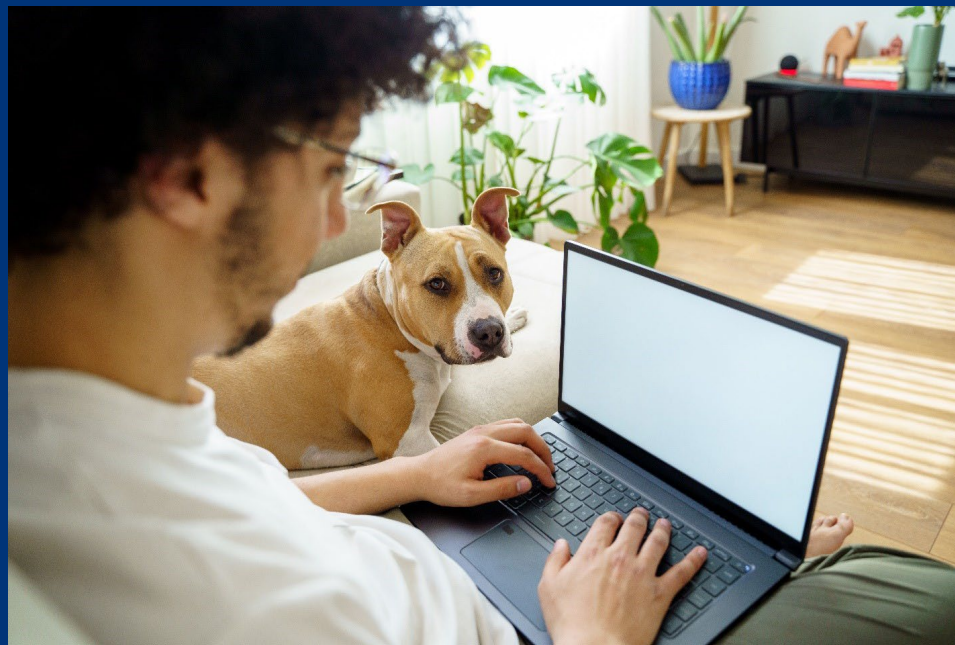


# Work-Life Balance & Graduate Studies



## **Agenda**

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

## **Priorities:**

Consider your roles and responsibilities. What are different types of priorities to which you need to dedicate time and attention?

## **Values:**

Which of your values inform how you prioritize your time?

## Duke University's Wheel of Health Self-Assessment:



## Long-term goals



## Everyday wins

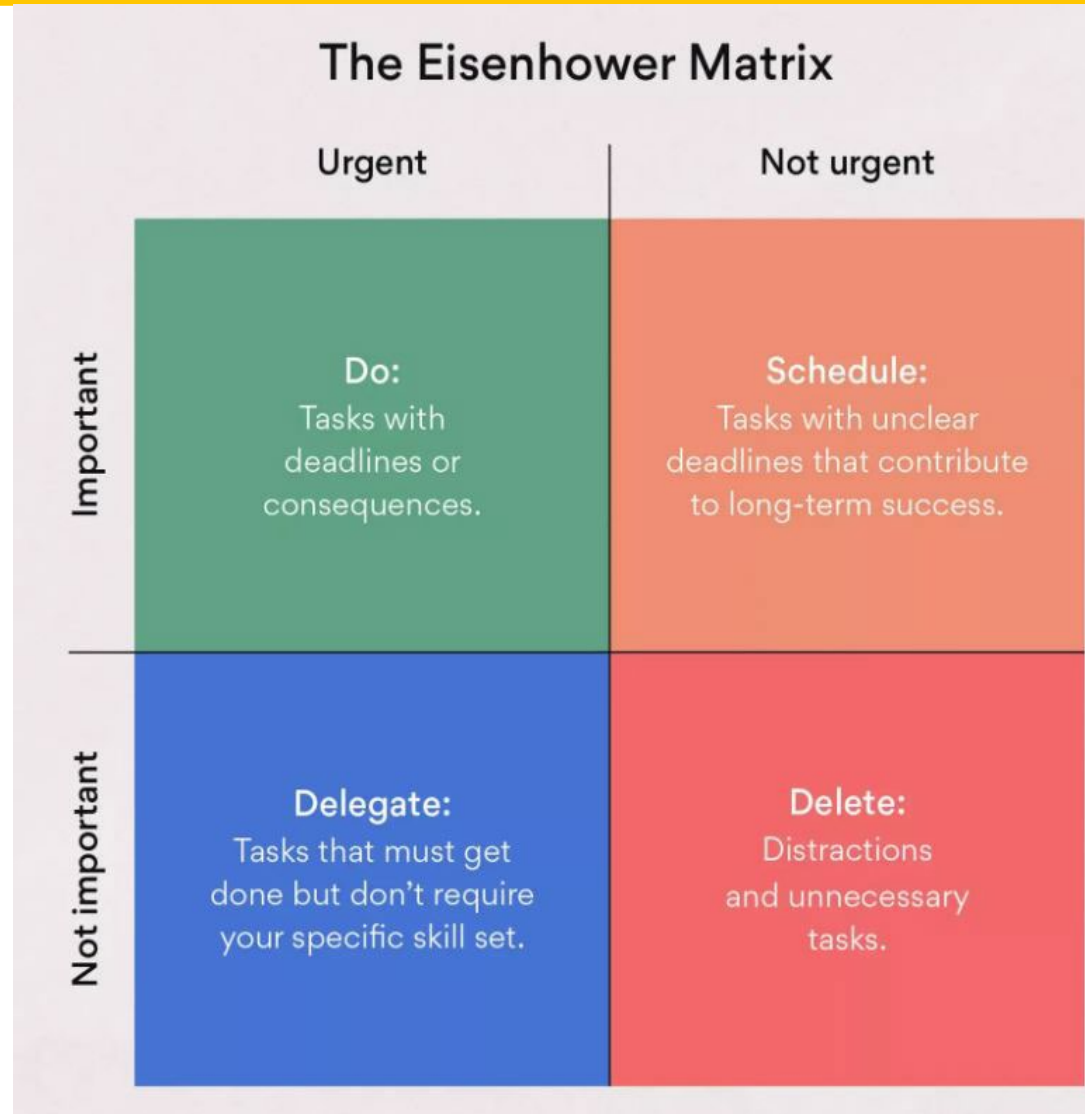


## How do we determine where to spend our time?

- The Urgency/Importance Matrix
- 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? Please share!

## The Urgency/ Importance Matrix

aka "The Eisenhower  
Matrix"



## **Time Management**

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

- Tools:
  - Quarter/Semester on a Page
  - Weekly Planner
  - Calendars
- Strategies:
  - Time Chunking
  - Pomodoro Method



## **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

## ACADEMIC SUPPORT AT DREXEL

### In Residence

Academic Center for Engineers  
Biology Tutoring  
Center for Learning & Academic  
Success Services\*  
Chemistry Tutoring  
Drexel Writing Center  
Inter-College Advising\*  
Louis Stokes Alliance for Minority  
Participation & Bridge to the  
Doctorate\*  
Math Resource Center  
Physics Help! Center

\*coming in 2024

## THE ARC

### In Sync

ACHIEVE Center (Athletics)  
Business Tutoring  
Center for Autism & Neurodiversity  
Center for Inclusive Education & Scholarship  
Center for Military & Veteran Services  
College of Medicine Academic Support  
Counseling Center  
Cyber Learning Center  
First-Year Exploratory Studies  
Living Learning Communities  
Office of Disability Resources  
Philosophy Tutoring  
University Libraries  
Undergraduate Research &  
Enrichment Programs



## **Center for Learning and Academic Success Services** (available in-person and online)

- Academic Coaching
- Learning Specialist (for students with learning or other disabilities)
- Tutoring (CNHP, Dornsife School of Public Health, GSBSPS)
- Workshops
- Study Group Consultations

Stay in touch! [Academicssuccess@drexel.edu](mailto:Academicssuccess@drexel.edu) or IG @drexelclass



Questions?



## References

Allen, Hannah K. et al. "Stress and Burnout Among Graduate Students: Moderation by Sleep Duration and Quality." *International Journal of Behavioral Medicine* Vol. 28,1 (2021): 21-28. [doi:10.1007/s12529-020-09867-8](https://doi.org/10.1007/s12529-020-09867-8)

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