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:
  o Quarter/Semester on a Page
  o Weekly Planner
  o Calendars

• Strategies:
  o Time Chunking
  o 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

**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

**THE ARC**
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! Academicsuccess@drexel.edu or IG @drexelclass
Questions?
References
