



# **NAILING TIME MANAGEMENT & KEEPING LIFE CHILL**

*A Guide for the Cool Cats at HSIs, HBCUs, TCUs, Liberal Arts, and Undergrad Schools*

# About Me



- Random guy who works @ CRA (CRA-WP Director)

Previously:

Howard University, Associate Professor 7.5 years

Google LLC, Research Scientist (Faculty-in-Residence)

Howard West, Professor (SwE)

External Grants & Contracts ~ \$18M (Google, Gates Foundation, NSF, NSA, ONR/DOD)

Research Areas: BPC & HCC

# Why We're Here

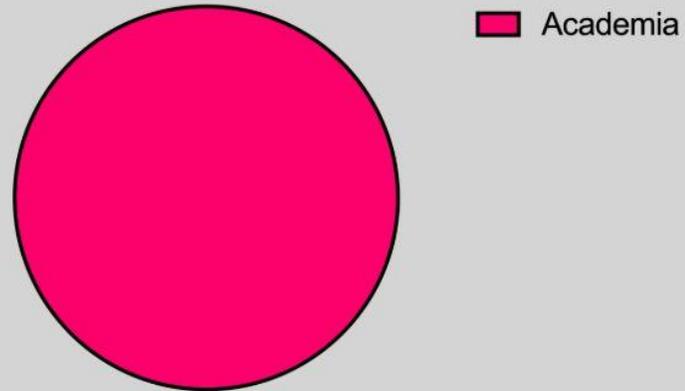


- Ever feel like juggling teaching, research, and life is a circus act?

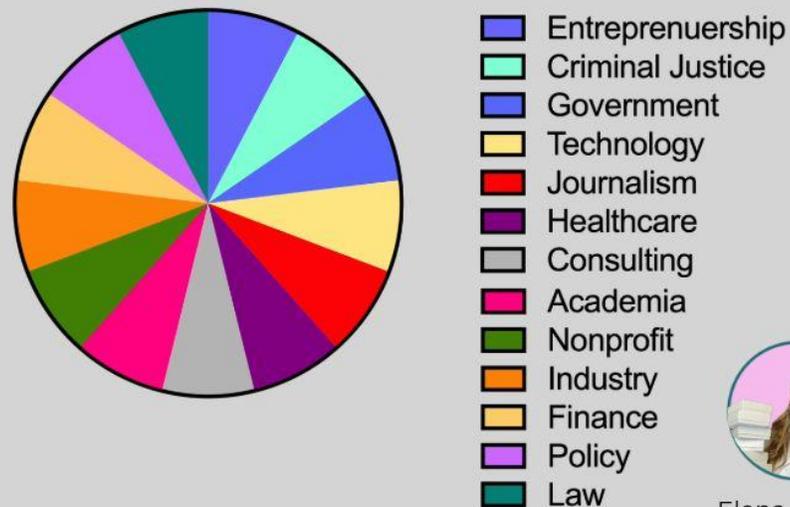
You're not alone. Let's break down how to keep those balls in the air without breaking a sweat.

# A PhD can take you anywhere

Where we think it will take us...



Where it actually takes us...



Elena Hoffer

# Spot the Difference



- Our schools ain't your typical ivory towers. We're more about community vibes, deep connections, and making a real difference. Let's see how we stand out from those big R1 and PWI campuses.

# What they tell you

Professional

10.0%

Service

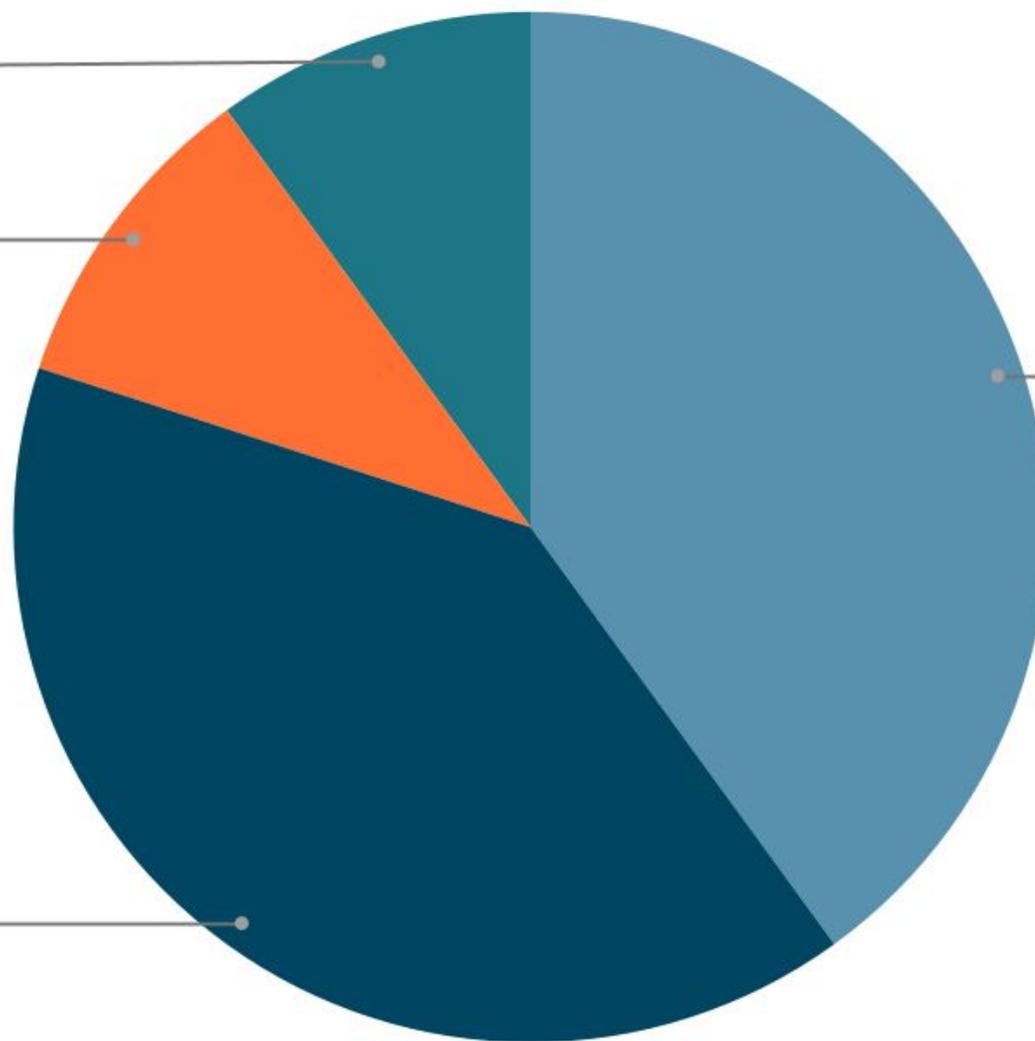
10.0%

Teaching

40.0%

Research

40.0%

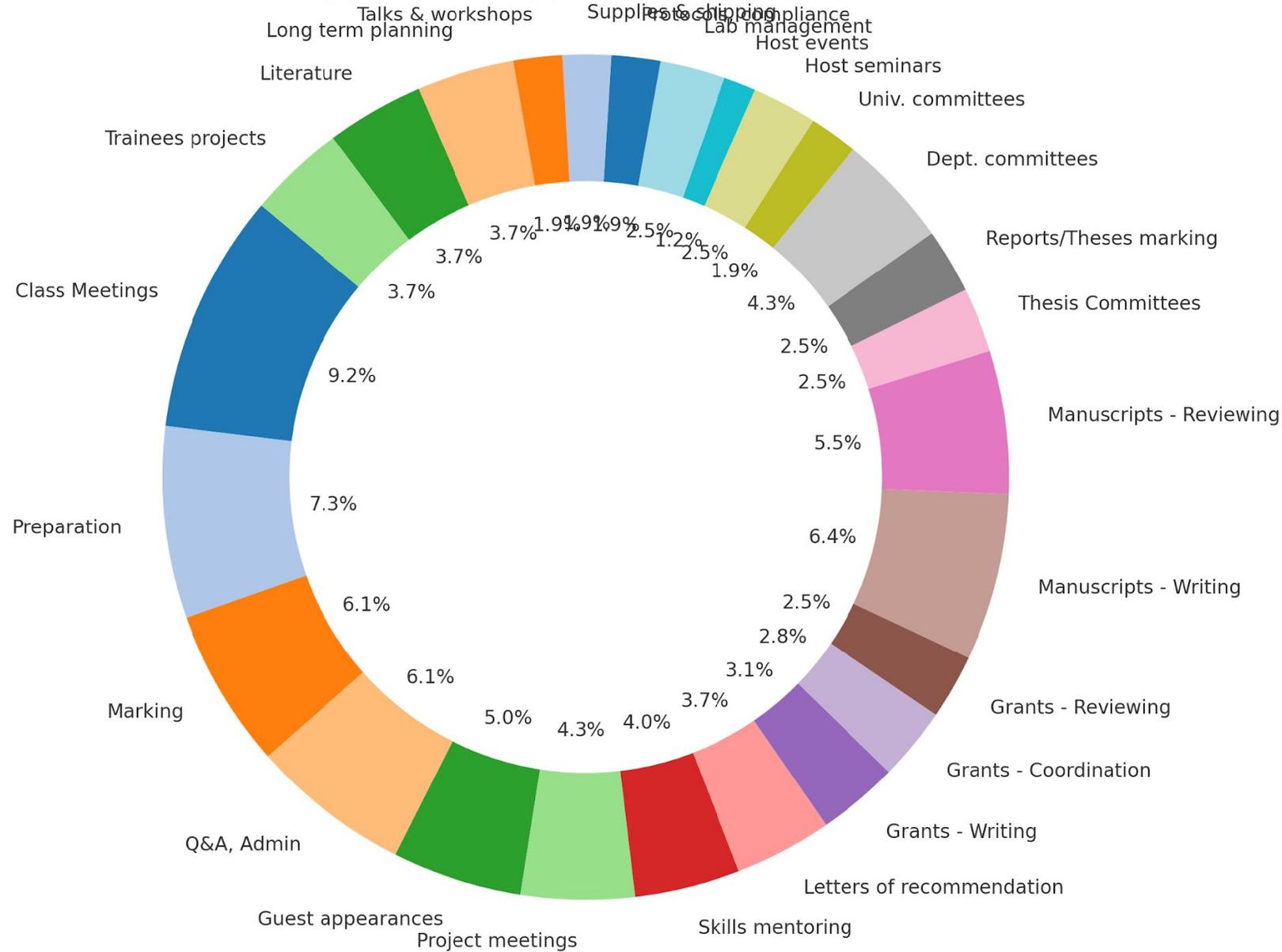


# Mastering the Time Crunch



- Got a minute? That's what you think before your day disappears. I'll show you how to snatch back your time with some wizard-level scheduling tricks.

# Assistant Prof. Time Allocation



# The Balancing Act



- Work, life, play—can we have it all? Spoiler: Yes, we can. Finding that sweet spot where everything feels just right is possible. Let's explore how.



# How can you negotiate effectively when someone has more power than you?

1. Identify your goals & alternatives
2. Build rapport and “trust”
3. Focus on similarity in interest & values
4. Use objective criteria
5. Be flexible & creative when problem solving
6. Know when to walk away from a fight (remember, if you are too focused on winning every battle, you will inevitably lose the war.)

# Culture is Key



- Our schools have soul. Understanding and embracing our unique cultural vibes can make time management and work-life balance feel more like a groove than a grind.

## **academic**

The best friendships are built on a solid foundation of alcohol, sarcasm, laughter and dislike of the same people

# Real Talk: Success Stories



- Hear from folks who've been in your shoes and danced their way through. These stories will light up your path and show you what's possible.

a note:

to be enough for someone  
in a world of greed  
is everything.

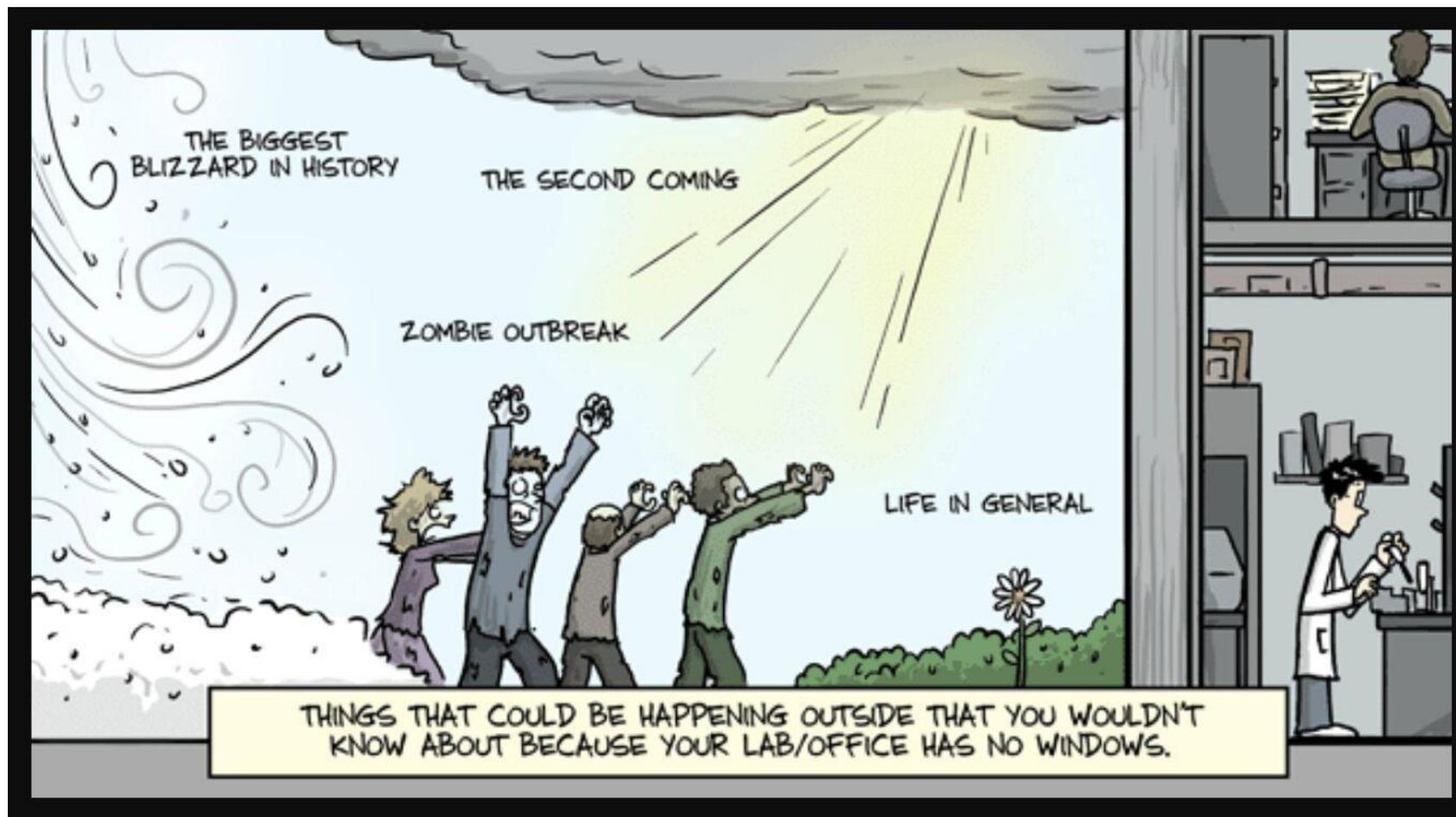
But.

To be enough for yourself  
In a world of academics  
Is perfection.

# Your Support Squad



- No one's an island, especially in our communities. Discover how tapping into your network can lift you up and keep you going strong.



# Keep in Touch

- Don't be a stranger! Here's how to stay connected with me.

Curtis C. Cain, Ph.D.

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[caincc@curtisccain.net](mailto:caincc@curtisccain.net)

