Grace Hopper
1906-1992

Annie Easley
1933-2011

together
we
build

/ ANITA
B.ORG

20th

GRACE HOPPER CELEBRATION
VIRTUAL

Promoting Personal Wellbeing with Agile Methods

Dr. Shannon Duvall

Elon University

What is CRA-WP?
Individual & Group Research Mentoring

Undergrads: Undergraduate Research Experiences (CREU & DREU), Research-Focused Scholarship opportunities at GHC (GHC Research Scholars)

Grad Cohort: Group Mentoring of Graduate Students (Grad Cohort for URMD & Grad Cohort for Women)

Grad Students & Academics/PhD Researchers: Mentoring Tracks @ GHC, Returning Scholars @ GHC, Group Mentoring for Early & Mid Career @ CMW

Undergraduates → Graduate Students → Academic careers / Industry/government labs

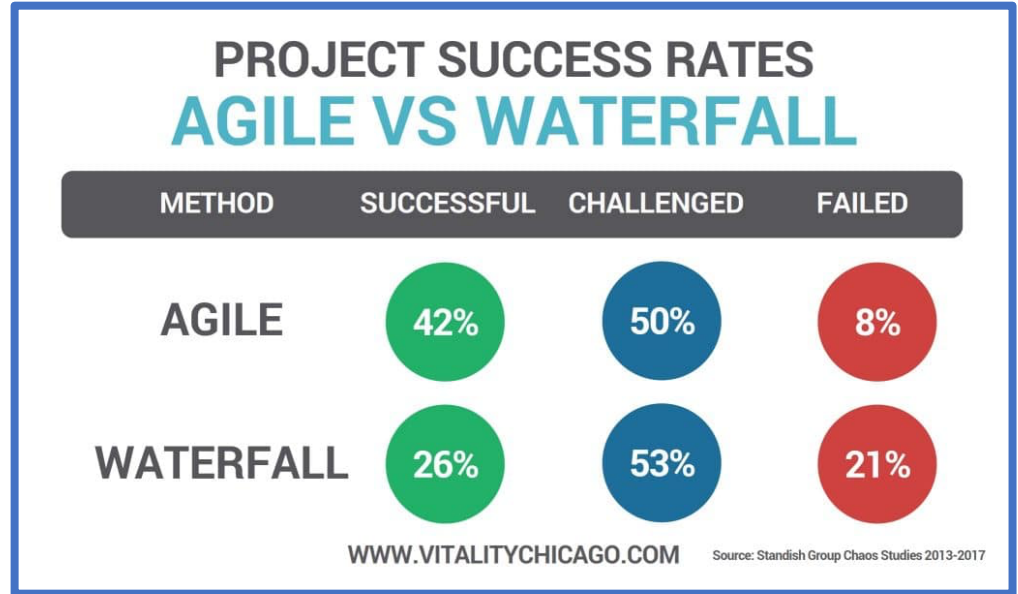**2400+ students & PhDs a year**
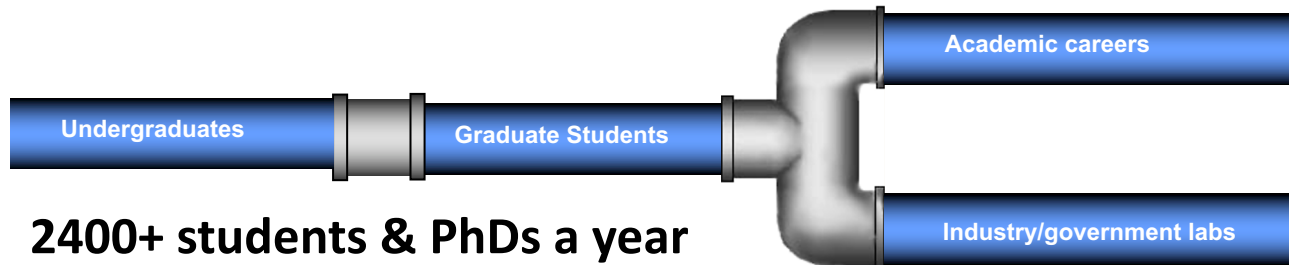
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Agile Works

- Improved Efficiency & Productivity

- Happier, Motivated Workers

- Success and Profit

PROJECT SUCCESS RATES
AGILE VS WATERFALL

METHOD	SUCCESSFUL	CHALLENGED	FAILED
AGILE	42%	50%	8%
WATERFALL	26%	53%	21%

WWW.VITALITYCHICAGO.COM   Source: Standish Group Chaos Studies 2013-2017

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Agile Values - Prioritizing

Agile	My Lesson Learned
1. Customer satisfaction	1. Define your short-term goals and make sure your tasks are taking you there.

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2. Continual attention to excellence	2. Define your life values and ensure your tasks reflect your actual values (not your institution's, boss', friends').

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1. Customer satisfaction	1. Define your short-term goals and make sure your tasks are taking you there.
2. Continual attention to excellence	2. Define your life values and ensure your tasks reflect your actual values (not your institution's, boss', friends').
3. Work together with management	3. Make a balance between personal/professional tasks and between emotional/logical reasoning.

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Agile Values - Motivating

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4. Trusting the team	4. Have reasonable expectations of yourself. Delegate.

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6. Frequent delivery of value	6. Quantify, visualize and validate your progress.

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5. Self-organizing teams	5. Honor your strengths, weaknesses, and preferences.
6. Frequent delivery of value	6. Quantify, visualize and validate your progress.
7. Sustainable development	7. Don't work to burn-out.

Agile Values - Improving

Agile	My Lesson Learned
8. Face-to-face communication	8. Be honest with yourself.

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one more… stay tuned….

Agile Processes

- Iterative Work Cycles
- Organic communication
- Prioritizing
- Timeboxing
- Process Assessments
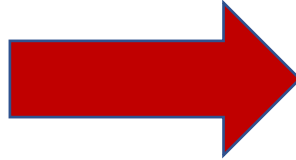
My Process
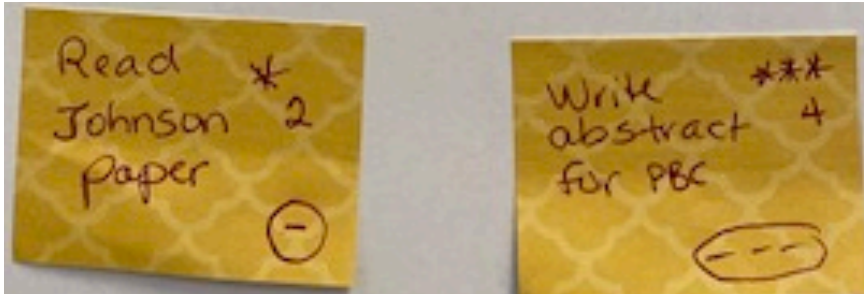
- Tasks on sticky notes

- Three possible notations on each:
  - Importance/Urgency **
  - Size 0-5
  - Energizing +/-

Backlog Grouped by My Role

One Timebox

Visually check for "balance"

Iterate and Adapt

- **Schedule Reflection**
- **Know Your Personal Velocity**
- **Use Concentric Cycles:**
  - Day
  - Week/Month
  - Semester

Work Rest Reflect
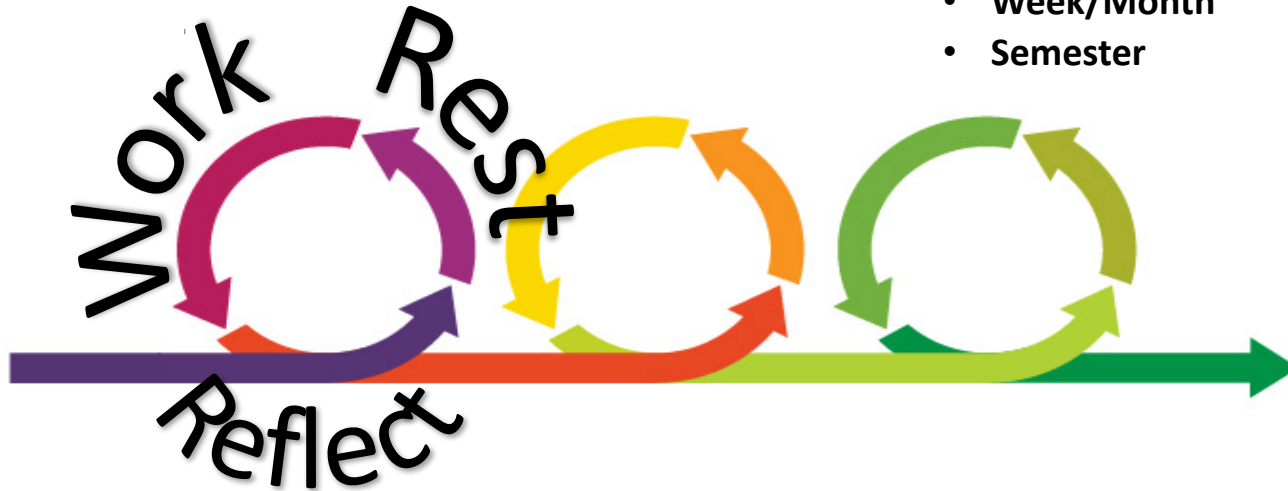
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Why Not?

Agile	My Lesson Learned
11. Welcome change	11. Be willing to try.

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Thank you!

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