Balancing Graduate School and Personal Life

Betsy DiSalvo, Associate Professor Georgia Institute of Technology

Christina Harrington, Assistant Professor Carnegie Mellon University
Link to captions

Schedule Your Week

Each in a different color:

- Class time (include commute, homework)
- Research activities
- Working out, clubs/activities, volunteering
- Less structured activities
- Personal time for the essentials – shower, eat, sleep
- Life management - emails, taking care of bills, doctor appointments
Schedule Your Week
Myth of Work-Life Balance

- RELAXING
- CLEANING
- PETs
- SEX
- MEDICAL
- FAMILY
- FOOD
- HOBBY
- VISA
- DMV
- EXERCISE
- FUN
- BILLS
- SLEEP
- WORK
- LIFE

CRA-WP
Computing Research Association
Widening Participation
Work - Life Integration

• When school is too much or even just a little more than you want in your life, ask yourself:
  • Is there a tenable alternative?
  • What can you say no to that may disappoint others but be true to your needs and wants?
  • Can you fit in a few minutes of self-care throughout your workday?
  • What resource pools can you develop and utilize when you need them?
Pleasing Others and Tenable Alternatives

- Why are you in school?
- Reassess your whys for doing what you do.
  - Revisit them for motivation and critical evaluation
  - Ask if you still want to achieve that WHY.
- Are you acting in roles and reactions based on external expectations?
  - Your parents, culture, or internalized conditioning that you must be the best?
  - You are worthy without being perfect.
Self-Care - SEEDS for Happiness

- Symptoms
- Eating
- Exercise
- Drugs
- Sleep
Building Your Support Network
Match +1

**Level 1-2**: Chatting about every day, non-emotional topics like the weather, or the taste of a meal.

**Level 3-4** Non-emotional comments related to personal goals or values on subjects, such as: politics, parenting, or philosophy.

**Level 5-6** Revealing private feelings and emotional judgments about personal events.

**Level 7-8** Revealing personal opinions and feelings about relationship with another.

**Level 9** Revealing feeling or affection and desires for more intimacy.

**Level 10** Expression of love and intense feelings of caring.
ABC’s of Work-Life Integration

A - Accumulate positive emotions
B - Build Mastery of self-efficacy
C - Cope ahead of time with difficult situations
Myth of Work-Life Balance

- FOOD
- SLEEP
- SOCIAL
- SEX
- HOBBY
- DMV
- VISA
- EXERCISE
- MEDICAL
- FAMILY
- PETS
- BILLS
- CLEANING
- RELAXING
- DMV
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- MEDICAL
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- PETS
- BILLS
- CLEANING
- RELAXING

WORK
LIFE

SLEEP