**2021 Winter Research Project Description**

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| **Project title:** | **How to make it through the daily grind: Strategies for work-life balance and well-being.** |
| **Positions available:** | **2**  |
| **Project duration:** | * *Minimum of 24 hours per week, or 3 days per week, meetings will occur Weds-Fri.*
* 4 – 5 weeks
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| **Description:** | I am offering the chance to be a part of a larger project, working together with myself, my PhD students, and other collaborators, on experience sampling studies about how people sustain their fatigue and vitality during work and after working (i.e., via micro breaks, recovery strategies). We are interested to learn if energy management during the workday can contribute to recovery from work-related effort that evening at home. Moreover, if particular boundary management strategies (i.e., work-life segmentation vs integration) can help to support wellbeing day-to-day and week-to-week. |
| **Expected outcomes and deliverables:** | The exact activities will be determined closer to the time. You could be involved in assisting the research team with the development of the surveys, data collection, data cleaning and coding, preliminary data analysis, and/or literature search and synthesis. |
| **Suitable for:** | Keen interest in organisational psychology is desirable. Completion of the relevant UQ third year statistics and research methods courses is also desirable, but not essential. |
| **Primary Supervisor:** | Dr Stacey Parker |
| **Further info:** | Please get in touch with me for further information (s.parker@psy.uq.edu.au). |