**2022/2023 Summer Research Project Description**

Please use this template to create a description of each research project, eligibility requirements and expected deliverables. Project details can then be uploaded to each faculty, school, institute, and centre webpage prior to the launch of the program.

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| **Project title:** | **How to make it through the daily grind: Strategies for work-life balance and well-being.** |
| **Project duration, hours of engagement & delivery mode** | * Minimum of 24 hours per week, or 3 days per week, meetings will occur on Weds or Thurs. * 8 – 10 weeks, with a break over Christmas and early January. * Meetings can occur in person or online. |
| **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:** | Students with a keen interest in organisational psychology. Completion of the relevant UQ third year statistics and research methods courses is desirable, but not essential. |
| **Primary Supervisor:** | Stacey Parker |
| **Further info:** | As I am on maternity leave until November, so, in this instance, I won’t be readily available over email during the application process. Thus, please feel free to directly apply. |