**UQ Summer Research Project Description - 2026**

*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:** | **Optimising work breaks and recovery for employee well-being** |
| **Hours of engagement & delivery mode** | The project will run from 12 Jan to 20 Feb 2026, at least three days per week (22 hours per week), with meetings likely on Wednesdays and Thursdays. A hybrid arrangement is possible, with some work/meetings able to be remote/online; however, some of the work will need to be conducted on campus because access to certain tools /programs is only possible on-site. |
| **Description:** | I am offering the chance to be a part of a larger project, working together with myself, my PhD student, and other collaborators, on experimental and experience sampling studies about how people protect their fatigue and sustain their vitality during work and after working. Putting effort into work can drain energy. If employees are unable to recover in their downtime from work, then this can lead to burnout and other health-related issues over the longer-term. However, there’s a range of simple and daily practices, that employees can implement themselves, which can help to mitigate such issues. In this program of research, we evaluate such practices, including the use of micro breaks, recovery strategies, and a range of other daily practices. The project draws on a variety of paradigms, in both the lab and field settings, so there is the opportunity to learn about the different research methods commonly used in work psychology. |
| **Expected learning 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 surveys, data collection, data cleaning and coding, preliminary data analysis, and/or literature search and synthesis. |
| **Suitable for:** | This project would be more suited to students with a keen interest in business and organisational psychology. Completion of the relevant UQ third year statistics and research methods courses is desirable, but not essential. |
| **Primary Supervisor:** | *Dr Stacey L Parker* |
| **Further info:** | If interested, please feel free to apply directly. If you have any questions, please feel free to reach out to Stacey ([s.parker@psy.uq.edu.au](mailto:s.parker@psy.uq.edu.au)). |