**2020 Psychology Winter Research Project Description**

|  |  |
| --- | --- |
| **Project title:** | **How to make it through the daily grind: Energy management strategies for well-being.** |
| **Positions available:** | **Up to 2**  |
| **Project duration:** | * minimum of 24 hours per week; 3 days per week on campus likely Weds-Fridays
* 4-5 weeks
 |
| **Description:** | I am offering the chance to be a part of a larger project, working together with myself, my masters/honours students, and other collaborators, on an experience sampling study about how employees manage their fatigue and vitality during the work day (i.e., via micro breaks, other energy management strategies). We are interested to learn more about if and how energy management during the workday can contribute to the quality of recovery from work-related effort that evening at home. |
| **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 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). |