

STRUGGLE TO JUGGLE



Achieving Life Balance as a Professional in Higher Education

This workshop is designed to allow for the discussion and sharing of strategies for self-improvement and maintaining life balance! Learn how to manage multiple roles and maintain a healthy balance in your life for your family, friends, and colleagues while sharing your expertise with students in higher education.

February 9th at 2:00 p.m. to 3:30 p.m.
NWOSU Student Center Ranger Room, Alva

DISCUSSION TOPICS

Balancing Work and Providing Care to Aging Parents

Maintaining Currency with Your Profession

Making Time for Family and Friends

Workplace Collegiality

Teaching and Advising in an Age of 24/7/365

Terminal Degree Completion

Stress Relief Mechanisms

Panelists: Dr. Janet Cunningham, Dr. James Bell, Dr. Kylene Rehder, and Janet Valencia

Discussants: Dr. Kate Lane, Dr. Steve Maier, Dr. Christy Riley, Dr. Shelley Wells,

Dr. Kylene Rehder, Janet Valencia and Tamara Brown.