BPNMC20-2020-000032

Abstract for an Invited Paper for the BPNMC20 Meeting of the American Physical Society

Seeking Balance: How to Balance School Expectations and Life

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This presentation will address balancing self-care with the demands of school, work and life. It will address managing autonomy and resilience when things dont go to plan. The importance of self-care and the potential consequences of not including downtime and the schedule will be emphasized.