

Academic Career Work-Life Balance: **3C and BRACH**



Shinyi Wu, PhD
Assistant Professor
Epstein Department of Industrial
and Systems Engineering



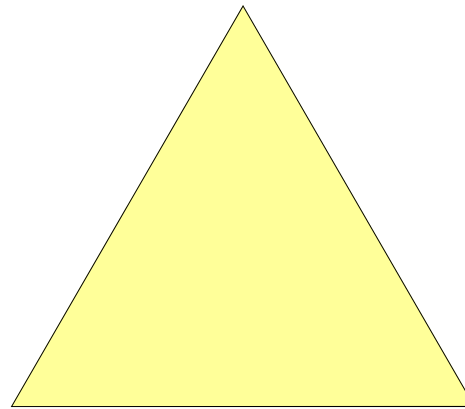
USC **Viterbi**
School of Engineering

3C: Capacity, Care, Confidence

Continuously build your inventory.

Use at efficient and safe level.

Capacity



Care

Confidence

Choose what you care.
Care what you choose.

Reflect on your experience
and feeling. Look up. Put up.
Have a try.



Five Basic Elements

- **Building blocks**
 - Hard work, research topic, publications, presentations, proposals
- **Relationship**
 - It carries you through ups and downs
- **Appreciation**
 - Life is a process
- **Communication skills**
 - Language, tone
 - Verbal, written
- **Healthy Living**
 - Eat well
 - Sleep well
 - Drink well

