

# Work/Life Balance while Quarantined

Presented By Brandon Washington (NJ14)

A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, covering the lower half of the slide.

# About Me

**New Jersey, TCNJ, Cohort 2014”**

**Masters of Art in STEM Teaching**

**5 Years Teaching Experience**

**Hamilton High School West**

**Technology Education Teacher, Graphic Arts  
and Materials Processing**

**Adjunct Professor at LaSalle University-  
Integrated Science Business, and  
Technology Department**

# The Purpose of this Session

Is to provide an approach to balance the stresses that may arise from remote teaching. I hope these methods help you become more effective, efficient and provide some harmony with your day to day during these difficult times

# The Problem

**“Distance Learning”**

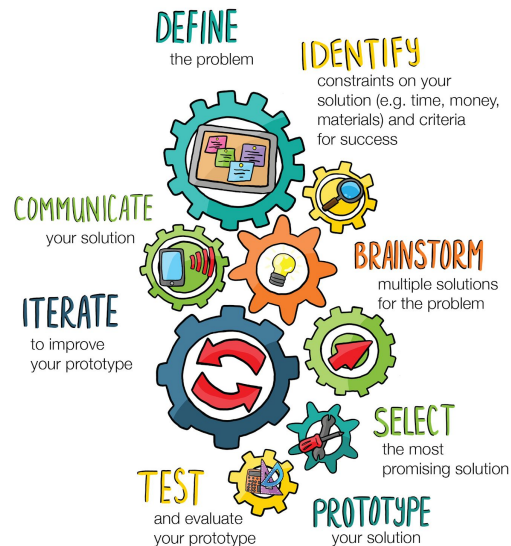
**Ya, I get to be home all day, but wait I  
have to be home all day!**



Created with  **weVIDEO**

# The Engineering Design Process

## THE ENGINEERING DESIGN PROCESS



Engineering  
for Good

#EngineeringForGood  
kqed.org/engineeringforgood

KQED

A dark blue background on the left side of the slide, separated from the white background on the right by a vertical line. A thin, light-colored diagonal line runs across the bottom of the dark blue area.

**Why do I feel  
overwhelmed?**

A dark blue background on the left side of the slide, separated from the white background on the right by a vertical line. A thin, light-colored diagonal line runs across the bottom of the dark blue area.

**Reflection**

**Research**






SHIP PROJECT  
CARGO

Life is only  
a reflection  
of what we  
allow ourselves  
to see

"The more  
reflective you are,  
the more effective  
you are."

- Hall and Simeral

**ASCD**  
LEARN. TEACH. LEAD.



**“What do you want  
after it’s been all said  
and done”**

A dark blue background on the left side of the page, separated from the white background on the right by a vertical line. A thin, light-colored diagonal line runs from the bottom left towards the center of the page.

**WHO**

**WHAT**

**WHERE**

**WHEN**

**HOW**

**WHY**

# SYSTEM



sys·tem

/ˈsɪstəm/

See definitions in:

All

Physiology

Computing

Science

Gambling

Music

*noun*

1. a set of things working together as parts of a mechanism or an interconnecting network.  
"the state railroad system"

Similar:

structure

organization

order

arrangement

complex



2. a set of principles or procedures according to which something is done; an organized scheme or method.  
"a multiparty system of government"

Similar:

method

methodology

technique

process

procedure



# PROCESS



proc·ess<sup>1</sup>

/ˈprəˌses, ˈprōˌses/

See definitions in:

All

Computing

Printing

Law

Biology

*noun*

1. a series of actions or steps taken in order to achieve a particular end.  
"military operations could jeopardize the peace process"

Similar:

procedure

operation

action

activity

exercise

affair



2. **LAW**

a summons or writ requiring a person to appear in court.

Similar:

summons

writ

subpoena

citation

*verb*

perform a series of mechanical or chemical operations on (something) in order to change or preserve it.

"the various stages in processing the wool"

# HABIT

---

## habit noun

 Save Word

hab-it | \ 'ha-bēt  \

### Definition of *habit* (Entry 1 of 2)

- 1** : a settled tendency or usual manner of behavior  
*// her **habit** of taking a morning walk*
  
- 2 a** : an acquired mode of behavior that has become nearly or completely involuntary  
*// got up early from force of **habit***
  
- b** : ADDICTION  
*// a drug **habit***
  
- c** : a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance  
*// the daily bowel **habit***

NEW YORK TIMES BESTSELLER

**Tiny Changes,  
Remarkable Results**

# Atomic Habits

An Easy & Proven Way  
to Build Good Habits  
& Break Bad Ones



**James Clear**

# Solutions

**“Self-care”**

**“Time Management”**

**“Meditation”**



# Self-Care

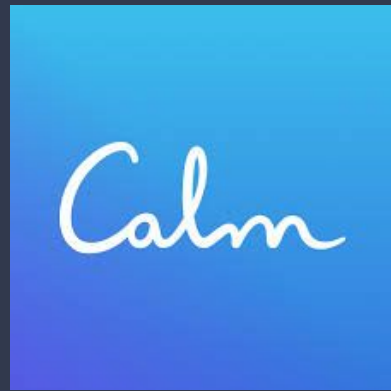
Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health



# Time Management



# Meditation



# Discussion

**How was your adjustment to Remote Teaching?**

**What did you do to adjust to Remote Teaching?**