

Separating Work and Home

LYDIA LUTSYSHYNA

REED COLLEGE

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Introduction to Contextual Control



- My life was full of half-way tasks: not quite working or relaxing.
- I decided a large problem was my work and home blending.
- So, I only worked at school and rested at home, tracking several variables.

| Date | Time Awake | Homework Hours at Reed | 3 meals? | Creative and active pursuits? | Friends? | Hours of sleep? |
|---------|------------|------------------------|----------|-------------------------------|-------------------|-----------------|
| 2/26/18 | 07:30am | 4 | 3 | drawing | Sierra | 6 |
| 2/27/18 | 09:00am | 3.5 | 4 | saxophone | Liv | 9 |
| 2/28/18 | 08:00am | 2 | 3 | painting | Ezra | 8 |
| 3/01/18 | 10:00am | 2 | 2 | walk | Iris | 9 |
| 3/02/18 | 09:30am | 1 | 2 | painting | Sierra/ Katie | 8 |
| 3/05/18 | 08:00am | 1 | 2 | none | Olivia | 7 |
| 3/06/18 | 07:30am | 2 | 3 | roller skating | Sierra/Katie | 6 |
| 3/07/18 | 09:00am | 1.5 | 2 | cemetery walk | Sierra/Liv | 8 |
| 3/08/18 | 07:40am | 4 | 2 | card making | Olivia | 7 |
| 3/09/18 | 09:45am | 1 | 3 | none | Nicole | 9 |
| 3/19/18 | 09:00am | 0 | 2 | drawing | Olivia | 9 |
| 3/20/18 | 08:30am | 3 | 3 | saxophone | Katie/Sierra | 8 |
| 3/21/18 | 09:00am | 2 | 2 | none | Sierra/Sah | 8 |
| 3/22/18 | 07:30am | 4 | 2 | walk | Sierra/Katie/Ella | 7 |
| 3/23/18 | 07:00am | 2 | 2 | drawing | Michael | 6 |
| 3/26/18 | 09:00am | 4 | 3 | park walk | Katie/Olivia | 8 |
| 3/27/18 | 08:00am | 3.5 | 3 | none | Liv | 9 |
| 3/28/18 | 08:45am | 3 | 2 | none | Olivia | 8 |
| 3/29/18 | 08:00am | 4 | 2 | went downtown | none | 8 |
| 3/30/18 | 09:00am | 2 | 2 | walk | Passover | 9 |
| 4/02/18 | 09:45am | 2 | 3 | Russian store | Katie/Kevin | 9 |
| 4/03/18 | 10:30am | 2 | 2 | walk | Katie | 8 |
| 4/04/18 | 09:00am | 1 | 2 | visiting cat | Ezra | 7 |
| 4/05/18 | 09:00am | 3 | 3 | none | Olivia | 8 |
| 4/06/18 | 08:30am | 3 | 3 | none | Katie | 7 |
| 4/09/18 | 09:00am | 5 | 2 | journaling | Camille | 8 |
| 4/10/18 | 09:45am | 1.5 | 2 | walk | Liv | 6 |
| 4/11/18 | 07:30am | 2 | 2 | career planning | Olivia | 6 |

| Date | Time Awake | Homework Hours at Reed | 3 meals? | Creative and active pursuits? | Friends? | Hours of sleep? |
|---------|------------|------------------------|----------|-------------------------------|------------------|-----------------|
| 4/12/18 | 07:30am | 2 | 2 | none | Katie | 8 |
| 4/13/18 | 09:30am | 1 | 3 | none | Nick/Sierra/Ella | 8 |
| 4/16/18 | 11:00am | 5 | 2 | walk | none | 8 |
| 4/17/18 | 09:00am | 2 | 3 | music | Olivia | 8 |
| 4/18/18 | 09:00am | 3 | 2 | none | Sierra | 8 |
| 4/19/18 | 07:30am | 3 | 3 | packing | Ezra | 8 |
| 4/20/18 | 09:00am | 1 | 3 | packing | Miranda/Gaelen | 8 |
| 4/23/18 | 08:00am | 6 | 3 | none | Olivia | 8 |
| 4/24/18 | 08:00am | 3 | 3 | scheduling | Olivia | 8 |
| 4/25/18 | 09:00am | 3 | 3 | none | Olivia | 8 |
| 4/26/18 | 08:30am | 4 | 3 | bike ride | Sierra | 8 |

What I Learned

- In modern life, we have to reclaim our boundaries
- Variables that I did not expect to be affected were affected by this very simple change
- Creating associations and habits reduced my guilt and increased my productivity

Contact

Lydia (Anton) Lutsyshyna

lutsysly@reed.edu