

**UNTHSC Women Faculty Network Presents  
“How to ‘Successfully’ Juggle Work and Life in Academia”**



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**September 15, 2022**

**Doors open at 11:30am for lunch (provided for first 80 participants) and mingling**

**Expert-led session from 12:00-1:00pm**

**MET 109/110**

**RSVP Required**

Women in academia experience many demands for their time at work and in life. Is it possible to juggle multiple roles while staying sane? In this session, we'll discuss the latest research on how people think about and use time, perhaps allowing you to view work and life from a different angle.

**Learning Objectives:**

- 1) Define success for yourself (both personal and professional).
- 2) Learn distinctions between objective time and subjective time, including research findings from the work literature.
- 3) Reconsider how you use time and how you view time. Learn at least one new tactic you can implement after the session.
- 4) Discuss with other attendees what works.

**Session Format:**

- 15-minute presentation
- 25-minute discussion at roundtables (discussion questions provided)
- 15-minute Q&A and insight sharing from roundtable discussions

**Presenter Bio:**

Abbie J. Shipp (Ph.D., University of North Carolina) is the M. J. Neeley Professor and Chair of the Management & Leadership department at the Neeley School of Business at Texas Christian University. Her research focuses on the psychological and subjective experience of time at work including: how

individuals think about the past/present/future, trajectories of work experiences over time, how individuals react to change, and how time is spent on work tasks. Her work appears in premier outlets such as *Academy of Management Annals*, *Academy of Management Review*, *Annual Review of Organizational Psychology and Organizational Behavior*, *Journal of Applied Psychology*, *Journal of Management*, *Organizational Behavior and Human Decision Processes*, and *Personnel Psychology*. She is the co-editor (with Dr. Yitzhak Fried) of a two-volume book entitled, *Time and Work* and she is currently an Associate Editor at *Academy of Management Review*. In addition to prior work at The Boeing Company and TV Guide, she consults with multiple Fortune 500 companies on topics of engagement and change.