

Separating Work and Home

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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

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