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
Continuously build your inventory.

Use at efficient and safe level.

Capacity

Care

Choose what you care. Care what you choose.

Confidence

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