



# Designing a Work-Life Balance Learning Module for Cal Poly Construction Management Department



## Course Learning Module

Week / Date	Meeting Topic	Discussion
Week X - Day 1	Introduction & Understanding Stress in the Construction Industry	Begin the learning module with an intro to the importance of balancing personal and work life. Explore deeply what stress is, its sources, the affects, and what burnout is/how it looks in the construction industry.
Week X - Day 2	Time Management & Communication Strategies	Discuss strategies for efficient time use in the construction setting. Explain the impact of good/bad communication on work-life balance and explore conflict resolution in the workplace.
Week X - Day 3	Prioritizing Mental & Physical Health	Highlight the role of self-care, introducing mental relaxation and calming techniques. Introduce the importance of physical health including exercise, sleep, and nutrition.
Week X - Day 4	Support Networks & Navigating Career Changes	Dive into the importance of a strong social network and its contribution to a person's mental well-being. Discuss how to manage transitions and changes to career in the construction industry and maintain a steady mindset through the process of changes.
Week X - Day 5	Module Summary & Personal Work-Life Balance Plan	Summarize the main points of the learning module. As a last exercise, students will create a personal work-life balance plan for their future career role in the construction industry.

## Abstract

This senior project aims to propose a learning module for the Cal Poly Construction Management Department that addresses the work-life balance challenges in the construction industry. By researching and identifying key stressors, the module will raise awareness and equip students with skills to maintain a healthy equilibrium between work and personal life. It will cover topics such as stress identification, communication strategies, time management, wellness practices, support networks, and career changes. The module aims to prepare students for the demanding nature of the industry by providing theoretical knowledge and practical tools for work-life balance, ultimately enhancing their career satisfaction and overall well-being.

## Industry Issues

Factors contributing to mental health	Percentage of Industry Involved
Drug Use: Illicit Marijuana Heroin	11.6% 60.3% 4.42%
Heavy Drinking	16.5%
Substance Use Disorder	14.3%
Pain Reliever Abuse	22.6%