

Personal & Sustainable Strategies to Prevent Work-Related Burnout

Major: Applied Computing, Minor: Consciousness & Creativity
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Introduction:

Give a brief overview of the project and why it matters

Background:

Explain why I decided to do this project

Design:

Talk about the design decisions that led to the final project

Process:

Interviewed a dozen software development professionals and asked them to describe their experiences with burnout.

Each person was asked to describe burnout in their own words, describe the signs they present when burning out and while burnt out, then explain what practices they use to prevent burnout, and what they do to break out of burnout.

Results:

Summarize the results section of my paper here

Conclusion:

End with a thoughtful piece of advice that wraps everything up.