



The NSF-CREST Center for Cellular and Biomolecular Machines (CCBM) uses an interdisciplinary approach combining physical, biological and engineering methods to understand and control the functioning of multi-scale assemblies of biomolecules and cells, and to design and develop novel bio-inspired functioning machines ranging from designer cells and tissue to diagnostic and therapeutic devices. The center is also focused on enhancing biophysics, biochemistry and bioengineering graduate and undergraduate education, as well as leading K-12 STEM outreach activities in the Merced area for teachers and students.

Hosted by the NSF-CREST
Center for Cellular and Biomolecular Machines
at the University of California, Merced

Co-sponsored by UC Merced Venture Lab, MACES and Graduate Division

DANIEL WONG

"Sustainability and the Productive Life: A New Approach to Time Management"

Friday, April 5, 2019
11:30 AM – 1:30 PM, SE1 160

REGISTER: <https://ccbm.ucmerced.edu/>

Do you find yourself lacking motivation? Are you "burned out" by the pace and volume of your workload? **"Sustainable Productivity"** is a philosophy for transforming the way you think about time management and motivation. By adopting a process-driven mindset that prioritizes "Deep Work," you can more reliably generate meaningful results while increasing the quality and quantity of your work output. We will examine the rationale behind this approach as well as discuss ways of implementing this practice on a regular basis.

Daniel Wong currently serves as Director of Mentoring and Bridge Programs in the Graduate College Office of Diversity, Equity, and Inclusion (DEI) at the University of Illinois. The DEI Office strives to broaden participation in graduate education by recruiting and supporting students from historically underrepresented populations at Illinois. In his current role, he and his staff oversee a portfolio that includes two summer-long research programs for underrepresented graduate and undergraduate students, respectively, and a suite of academic-year mentor-training workshops and mentoring programs including the Undergraduate Research Apprenticeship Program (URAP), now entering its fourth year. He is an in-demand speaker and is regularly asked to present to both on-campus and off-campus clients on the topics of "equity and inclusion," "sustainable productivity," and leadership. He received his bachelor's degrees in Biochemistry and English from the University of Kansas and his PhD in English Literature from the University of Illinois.



Daniel Wong, PhD

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*Open to all students, faculty, staff & local community. Free admission. Space limited.
Guest parking in Bellevue Lot. Permit-less parking dispenser; credit card only.
You're welcome to bring your lunch! Coffee, tea and snacks provided.*



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