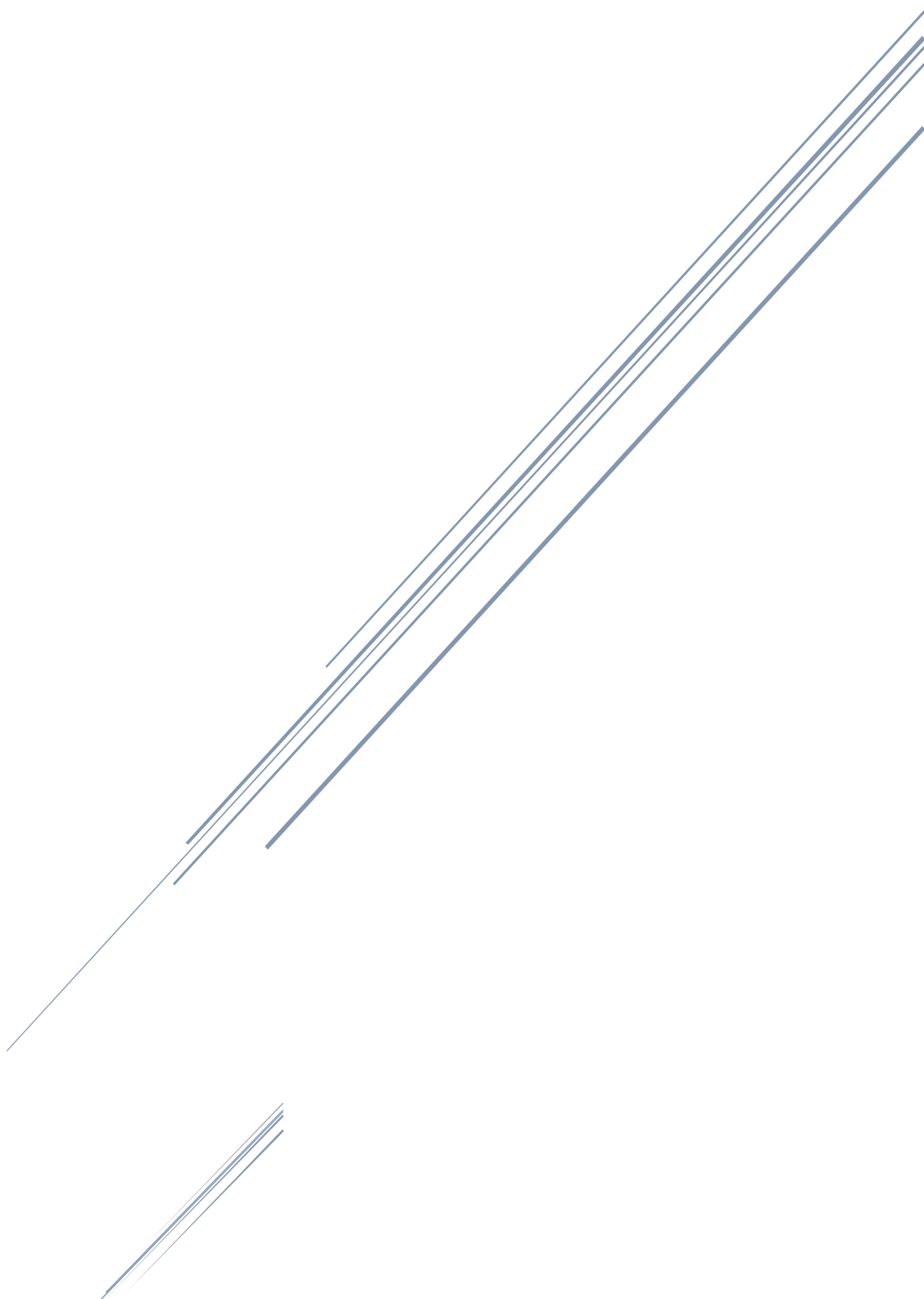


# LIFESTYLE

## SESSION 11

### TOPICS

- Time
- Giving advice
- Imaginary situations



**Input 11.1A****Time phrases**

|  |   |
|--|---|
| That job takes a lot of my time.           | <b>I spend a lot of time on it.</b>                     |
| I need a break.                            | <b>I want to take some time off.</b>                    |
| Do you go there often? –<br>Not very often | <b>Just from time to time</b>                           |
| I'm in nearly every day.                   | <b>I'm here most of the time.</b>                       |
| We always have trouble with this.          | <b>It causes problems all the time.</b>                 |
| I'm under a lot of pressure occasionally   | <b>At times, my job is stressful</b>                    |
| She always does things in a hurry.         | <b>She never takes the time to do things carefully.</b> |
| Don't rush. Slow down.                     | <b>Take your time</b>                                   |
| I work five days a week.                   | <b>I work full-time.</b>                                |
| I work only three days a week.             | <b>I work part-time.</b>                                |
| I frequently have to work late.            | <b>I often work overtime.</b>                           |

**Input 11.1B****Time pressure and me**

Look at the comments made by different people in conversations about time pressure. Talk to the others in your group about each of these statements and also answer the questions:

- Which comments are true for you today?
  - Which comments were true for you at an earlier stage in life?
  - Which comments do you think will be true in the future?
- 
1. "I'm pretty happy with the hours I work/ study. I think I've got a good work-life balance."
  2. "I spend a lot of time at work/ studying – too much, in fact. I'd work less if I could."
  3. "Ideally, I'd like to spend more time working."
  4. "I have all the time in the world. So, generally, whatever I do, I take my time."
  5. "Most of the time, I get home from work/college late, and tired. All I have time to do is eat and crash out."
  6. "For me, home is the place where I generally take the time to relax and do things I want to do."
  7. "When I'm at home, I'm busy most of the time. I hardly have any time to myself."
  8. "At times, it's really tough trying to juggle work/study and family life. It's just non-stop."

**Input 11.1C****Society and time pressure**

What observations can we make from the comments from Input 11.1B, and from the discussion you've just had? What can we say about:

- How busy different people are at different stages in life?
- The way society is today, with regard to time pressure / work-life balance?

Discuss with your partner and write your opinions (around 110-120 words).

**Input 11.1D****Language summary**

- That job takes a lot of my time. → I **spend** a lot of **time** on it.
- I need a break. → I want to take some **time off**.
- Do you go there often? – Not very often. → Just **from time to time**.
- I'm in nearly every day. → I'm here **most of the time**.
- We always have trouble with this. → It causes problems **all the time**.
- I'm under a lot of pressure occasionally. → **At times**, my job is stressful.
- She always does things in a hurry. → She never **takes the time** to do things carefully.
- Don't rush. Slow down. → **Take your time**.
- Do you work **full-time**? Yes, I work five days a week.
- I work **part-time**. I work three days a week.
- I frequently have to work late. → I often work **overtime**.

## Input 11.2A

## Tips to reduce time pressure

Take turns to read these aloud to your partners. Then discuss what the tips are and write them down in your own words:



### Tip 1

It's important to be realistic with time. We often expect jobs to be easier than they really are, so we set deadlines that are too optimistic. It's better to be pessimistic and allow more time. A big cause of stress is not meeting expectations. So having more realistic expectations means less stress.

Example: If you think it's going to take you four days to do a job, tell everyone it will take you five.

Summary:

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### Tip 2

It's a good idea to do small jobs right away and get them out of the way. Long "to do" lists are stressful, even if the tasks on them are only small. So it's better not to let small jobs pile up. If you have a long list, do the quickest jobs first to shorten it as fast as possible.

Example: Reply to emails immediately.

Summary:

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### Tip 3

If you're busy, it helps to concentrate 100% on what you're doing. So it helps to avoid getting interrupted. This may sound obvious. However, it's easy to underestimate just how seriously distractions slow us down.

Example: If you need to do some written work at home, go into a quiet room and close the door.

Summary:

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## **Input 11.2B**

## **Language summary**

**You give advice by saying:**

*You should* do that.

*It helps to* do that.

*It's a good idea to* do that.

*It's important to* do that.

*You shouldn't* do that.

*It's not a good idea* to do that.

*It's better not to* do that.

*It's better to* do that.



## Input 11.3A

## Scenarios

Two scenarios are given. One is likely, the other unlikely. Fill in the missing one. (The first one has been done for you.)

1. Likely scenario: I'll be able to take the metro to my new office.

*I'll take it every day if it doesn't cost too much.*

Imaginary scenario: It's a pity the train is so expensive.

*I'd take it every day if it was cheaper.*

2. Likely scenario: Our company's considering letting us work part-time. If they allow it, I'll do three days a week.

Imaginary scenario: I wish our company would let us work part-time.

3. Likely scenario: I'm thinking about quitting my job. And if I leave, I'll do something completely different.

Imaginary scenario: I'm not planning on quitting my job.

But

4. Likely scenario: We're thinking of selling the house. I think we'll buy a place out of town, if we move.

Imaginary scenario: We have no plans to move at present.

But

5. Likely scenario: I want a new car.

Unlikely scenario: I need a new car: If I was to get a promotion this year, I'd buy one.

6. Likely scenario: We have completed most of the project. If we make a good presentation, the boss will be happy.

Unlikely scenario: We have completed some of the project.



**Input 11.3B****Coping with the rat race**

**Read the text below and write the answers to questions 1-3. Then discuss question 4 with your partner.**

Get up, go to the office, work all day, come home, go to bed. Get up the next morning and do the same. And the next morning. Until you retire. This may sound like a rather depressing, exaggerated and simplistic perception of daily life. However, for some people, it's exactly how the daily grind seems. And, if you believe the statistics, an increasing number of people feel that life is just a rat race.

Why do people get this feeling? Sometimes it's simply because they dislike their work. A lot of individuals believe that, if they changed jobs, they would be happier. Or it may be that too much stress is spoiling a good job. In other words, some workers would enjoy their jobs more if they were under less time pressure. In other cases, the problem has to do with location. Many people feel they would be happier if they moved away from the stress of the big city. Others, who live miles out of town and travel long distances to work, would prefer to live closer to their workplace and spend less time commuting.

1. What do you understand by the word 'Rat race?'

2. Why do people think life is a rat race?

3. Without looking at the text above, complete these sentences about imaginary scenarios.

- a. A lot of individuals believe that, if they / change / jobs, they / be / happier.

- b. Some workers / enjoy / their jobs more if they / be / under less time pressure.

- c. Many people feel they / be / happier if they / move / away from the stress of the big city

Do you agree with the ideas in 3(a-c)? Discuss with your partners.

### **Input 11.3C**

### **Language summary**

**This is how we talk about possible scenarios – that is, things that could happen in reality.**

***If*** I change my job, I ***will*** be happy.

**This is how we talk about imaginary scenarios – that is, things that probably won't happen in reality.**

If I ***changed*** my job, I ***would*** be happy.