

**ENGLISH CONVERSATION CLASS
INTERMEDIATE LEVEL
25/11/2024- 29/11/2024**

TOPIC: 3 Rules for better work-life balance

Watch the video and answer the following questions:

https://youtu.be/4c_xYLwOx-g?si=AnbzwXq-cBC80yP9

- 1. What is one effect of constant interruptions mentioned in the video?**
 - a. Increased happiness**
 - b. More time with family**
 - c. Increased stress**
 - d. Better productivity**

- 2. In the study about parents at the museum, how did parents who used their phones feel?**
 - a. More connected**
 - b. Less meaningful experiences**
 - c. Happier**
 - d. More productive**

- 3. Why do some employees feel guilty about resting?**
 - a. They do not enjoy their work**
 - b. They worry about not being productive**
 - c. They are not allowed to rest**
 - d. They prefer to work overtime**

- 4. How many days of productivity does employee depression cost companies each year?**
 - a. 10 days**
 - b. 20 days**
 - c. 32 days**
 - d. 50 days**

5. What does the speaker suggest we should treat our weekends like?

- a. A regular workday
- b. A vacation
- c. A busy schedule
- d. A time for chores

6. What should people say instead of “Feel free to Slack me whenever”?

- a. "I'll be online all weekend."
- b. "I'll be offline. Call me only if it's urgent."
- c. "I'll check my messages later."
- d. "I'll be available anytime."

7. What effect do employees report after asking for more time on deadlines?

- a. Higher stress levels
- b. Lower stress and burnout
- c. Decreased productivity
- d. Less commitment to their work