

Finding a balance

Talk about wishes and regrets



Is it good to combine your work or school life with your social or family life?
Discuss your ideas in groups.

I think it's best to avoid this combination. You won't work well, and you won't enjoy your free time.

I think it's OK. These days, we don't have much choice because so many of us work from home.

Look at the words and phrases in the box. Discuss where they should go in the chart. Use your dictionary to help you.
Some words can go on either side.

always connected	assignments	busy schedule	chilling out	commitments ✓
downtime	family life	lectures	me time	office hours
seminars	shift	social life	time off	9-to-5

WORK / SCHOOL	BOTH	HOME LIFE
	commitments	

Talking about work / life balance. Discuss the questions in groups. Use the vocabulary to help you.

1. Do you feel you have a busy schedule?
2. Are you always connected?
3. Do you get enough downtime?
4. Is your downtime also "me time"?
5. How do you organize your time off?

always connected	assignments	busy schedule
chilling out	commitments	downtime
family life	lectures	me time
office hours	seminars	shift
social life	time off	9-to-5



GRAMMAR. I wish. Complete the *I wish* statements.

1. I have to work long hours.

I wish I _____ to work such long hours.

2. I don't have much free time.

I wish I _____ more free time.

3. I can't take any time off this week.

I wish I _____ some time off next week.

4. I promised to work this weekend.

I wish I _____ to work this weekend.



 **ACCURACY CHECK**

Don't confuse *wish* and *hope*. Use *hope* to talk about something you want to happen in the future.
I hope you'll be there on Saturday.

Use *wish* to talk about a situation you can't change.
I wish you could come on Saturday, but I know you have to work.

complete the *I wish* statements in the box below so they're true for you.

I wish I knew . . .

I wish I didn't have to . . .

I wish I could . . .

I wish I hadn't . . .

I wish I weren't . . .

I wish I had . . .

Discuss the following statements.

Which wishes do you think are the most common? Why?

Do you share any of these wishes? What other wishes do you have?



I wish I had gone to a different college.

I wish I had studied more in high school.

I wish I could play a musical instrument.

I wish I could get a different job.

I wish I could travel more.

I wish I were taller / shorter.

Thank you!