



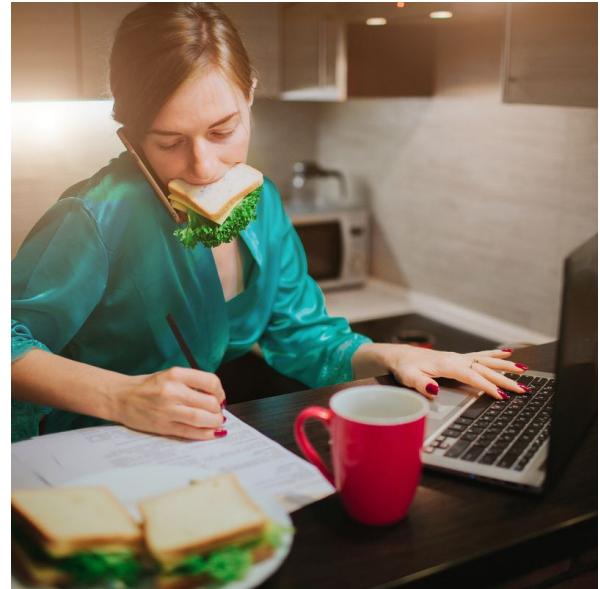
# TIME POVERTY



Scan to review worksheet

Expemo code:

19S9-T1L8-IL5K



## 1

### Warm up

In pairs, discuss the following questions.

1. How many hours per week do you usually spend working?
2. How many hours per week are you meant to spend working?
3. What activities do you mainly do in your free time?
4. What other major responsibilities do you have outside of work?
5. What do you do to relax?
6. Do you feel like you are able to manage your time? Why/why not?





## 2 Focus on vocabulary

Match the vocabulary to the definitions.

- |                                      |   |
|--------------------------------------|---|
| 1. <u>bracket</u> (n)                | a. a range of a particular thing, such as age, or income  |
| 2. <u>extrapolate</u> (v)            | b. to relax and have a good time  |
| 3. <u>shirk</u> (v)                  | c. to avoid doing a task or work, particularly due to laziness  |
| 4. <u>plague</u> (v)                 | d. to reduce in strength or size over a period of time  |
| 5. <u>domino effect</u> (n)          | e. a series of consequences of one particular action  |
| 6. <u>diminish</u> (v)               | f. to create a situation where something can improve  |
| 7. let your <u>hair</u> down (idiom) | g. to create a lot of problems over a period of time  |
| 8. <u>foster</u> (v)                 | h. to use the facts that you have about one situation and apply them, perhaps incorrectly, to another |

Now write the vocabulary from Part A into the correct gaps in the following sentences. You may have to change the form of the words.

1. Since getting that promotion, he's entered a whole new salary \_\_\_\_\_. I think he might be buying a bigger house soon.
2. You've been working non-stop for the past few months and you look exhausted. Why not take a few days off? Come to the beach with me and \_\_\_\_\_ a bit.
3. Once news of the police investigation got out, things went wrong quickly. The first investor pulled out and that created a \_\_\_\_\_. I think they're going to go bankrupt.
4. She's a fantastic manager. You can relax around her and have fun, but she \_\_\_\_\_ a really strong work ethic within her team.
5. I think the CEO is going to have a strong word with him. He's been \_\_\_\_\_ his responsibilities and the poor results for his department are noticeable.
6. There are two types of people in business: those who can \_\_\_\_\_ information from incomplete data.
7. I don't think we're going to keep selling into Europe. Our sales have been \_\_\_\_\_ in the region for the last decade and it seems sensible to focus more on Asia.
8. That start-up has been \_\_\_\_\_ with problems since they started a couple of years ago: investors pulling out, their first offices caught fire, accounting issues. It's been terrible for them.



### 3 Listening for gist

Listen to the interview and tick the questions which are asked.



1.  Do you think there are any downsides to a 'no vacation policy'?
2.  What would you suggest managers do?
3.  What can be done about the problem?
4.  What does it mean to be 'time poor'?
5.  How do you improve your time management?
6.  Do you have any other tips?
7.  What is 'time poverty'?
8.  What's the best way to reduce stress in the workplace?

### 4 Listening comprehension

Listen again and choose the best answer to the following questions.

1. According to Jennette, what is the cause of 'time poverty'?
  - a. A lack of planning and time management skills
  - b. A sharp increase in the amount of data we all have to process with computers and smartphones
  - c. A tendency for people to work too much and not leave enough time for other aspects of life
2. According to Jennette, what can be the effects of time poverty on someone?
  - a. A lack of attention to detail and increased risk of making mistakes which cause problems
  - b. An increased risk of health problems, stress and damage to personal relationships
  - c. An increased reliance on caffeine and sugar to help the person focus on their work
3. What point does Jennette make about working long hours?
  - a. It doesn't necessarily mean that you are being productive.
  - b. It reduces the amount of time you can spend exercising, which can cause health problems.
  - c. It's often the only way to get ahead in the business environment of today.
4. What does 'working smarter' mean according to Jennette?
  - a. Working as a team and delegating tasks to other people if needed
  - b. Incorporating downtime and sufficient rest into your work life



- c. Using tablets and smartphones efficiently to organise your schedule
5. What suggestion does Jennette make to battle 'time poverty'?
  - a. Allowing employees to watch Netflix when at work
  - b. Encouraging employees to share their holiday photos
  - c. Enabling employees to take as much time off as they require
6. What does Jennette recommend needs to be in place for this to work?
  - a. A trusting relationship and well-defined consequences
  - b. A clear financial incentive for doing well
  - c. A team that decides what to do with employees who fail
7. What further recommendations does Jennette make?
  - a. Create a company team and compete against other companies.
  - b. Let employees drink alcohol at work if they feel it would help.
  - c. Encourage a culture of discussing free time activities.

**5****Skimming for gist**

Quickly read the article about 'time poverty' on page five and match the following titles to paragraphs A-D. You will not need two of the titles.

1. The effects of time poverty
2. Who is responsible?
3. Science Fiction meets reality
4. Paying to have children
5. Possible solutions?
6. The causes of time poverty

## Can you give me a minute?

### How time poverty is increasing

- A. The 2011 Sci-Fi Thriller, *In Time*, starring Justin Timberlake and Olivia Wilde, depicts a world in which time is a currency. Everyone has a certain amount of time shown on their arm and when it runs out, you



die. The rich literally have all the time in the world whereas the poor never have enough. In our modern age, the world of the film and our reality has started to get closer for many people, particularly those with children. Parents, according to UK statistics, have 14 to 15 fewer hours each week to spend than those who live alone. Single mothers are hardest hit, as they often find themselves without access to the support that higher earners have, such as nannies or day-care for their children. This leaves them trapped in a chronic cycle of social and economic poverty. Essentially, being in the lower income bracket means they are unable to devote the time to their jobs which would allow them to advance up the pay scale, or spend time learning new skills. As in the film, they are permanently kept in a state of low income and no time to do anything about it.

- B. Being 'time poor' is defined as consistently having too many things to do and not enough time to complete them – and it's increasing. It has a huge effect on women particularly. Our 'always on' culture fetishizes productivity and our work life easily bleeds into our personal time now, with emails, Slack and Zoom often available on the phone in our pocket. When this is coupled with the vast increase in structured activities for children, such as weekend sports and after-school clubs, parents can feel as though their weekend is just an extension of their job, still leaving them without a minute to themselves. It's not just children either. Many families have elderly relatives to attend to, and the care is disproportionately done by women, even in families with both parents present. In developed countries, women spend twice as much time on unpaid jobs, like cooking, cleaning and childcare, than their male counterparts. In developing nations, this can rise to around 3.4 times longer. Some of this is due to expectations with gender roles, but there's also the time consumed by what is known as the

'hidden load', that is, the planning and organising of activities which also usually falls to females, keeping them busy for protracted lengths of time. This often has the effect of channelling them into part-time or less responsible roles, as they simply don't have the time to take on extra responsibility, despite being perfectly capable of doing so.

- C. Being time poor can lead to serious physical and mental health issues, such as depression, burnout and poor levels of sleep, which exacerbate the already difficult situation. When people don't have enough time, they are less likely to enjoy leisure activities, or spend time with friends, which are important elements in a well-balanced lifestyle and help improve general quality of life. There is also evidence that those suffering from time poverty are more likely to delay seeking medical help, with a recent study showing that around 25% of women in America had put off visiting a healthcare professional due to a lack of time. In addition, time-poor people are also more likely to exercise less and eat higher levels of convenience and processed foods, further adding to potential health problems.
- D. There are concerns that the problem of time poverty will further deteriorate unless employers and governments intervene. Iryna Sharaievska, Assistant Professor at the College of Behavioural, Social and Health Sciences at Clemson University says policies are needed which will support parents, such as guaranteed paid time off, as well as parental and family leave. She added that additional assistance was needed for single parents, low-income families and families in rural communities. Parents need to be able to address their responsibilities to their children without fear of losing their jobs in the process.

Sources: BBC.com, HuffPost.com, ShortForm.com

## 6

### Reading comprehension

Complete the following sentences with one, two, or three words from the article on page five .

1. A recent study in the United Kingdom showed that people \_\_\_\_\_ have around 14 to 15 hours more free time than those who have children.
2. Without the support enjoyed by higher-earners, single mothers can find themselves with caught in severe \_\_\_\_\_ difficulties from which they can't escape.



3. With no time for further education or work which could advance their careers, many single mothers \_\_\_\_\_ reside in poverty with little hope of relief.
4. A \_\_\_\_\_ in out-of-school activities for children has left parents struggling to find time for themselves, even outside of their professional responsibilities.
5. The task of caring for both children and elderly relatives is \_\_\_\_\_ one which is taken on by females rather than males, even in family units where both are present.
6. Traditional \_\_\_\_\_ are still a factor in why much of the work of running a family falls to women, in addition to the 'hidden load' of planning and organising.
7. In addition to working, \_\_\_\_\_ of a balanced life include socialising with friends and pursuing hobbies and should not be neglected.
8. Parents shouldn't have to be concerned about being fired, merely because they have to \_\_\_\_\_ outside of the workplace, and governments and employers need to recognise this.

**7****Scanning for vocabulary**

Quickly read through the article on page five and find words and phrases which mean the same as the following.

1. \_\_\_\_\_ particularly bad and long-lasting (adj., para. A)
2. \_\_\_\_\_ get a pay rise (v, para. A)



3. \_\_\_\_\_ make something important in an obsessive way (v, para. B)
4. \_\_\_\_\_ lasting longer than anticipated (adj., para. B)
5. \_\_\_\_\_ encourage something to go in a particular direction, physically or in terms of decisions (v, para. B)
6. \_\_\_\_\_ make something much worse (v, para. C)
7. \_\_\_\_\_ get a lot worse (v, para. D)
8. \_\_\_\_\_ involve yourself in something to try and change what is happening (v, para. D)

## 8

**Talking point**

In pairs, discuss the following questions.

1. In the listening section, Jennette suggested a 'no vacation policy'. Is this something that you think could work in your company? Is it desirable? Why/why not?
2. How much vacation time do you have to take each year? Do you take it all? What is the attitude towards time off in your company? Is it encouraged or not? Why?
3. Do you feel you suffer from time poverty? If so, what do you think are the causes of it? If not, why do you think that is?
4. What do you think can be done to battle the problem of time poverty, particularly for parents? Do you think employers and governments should help? Or is it just the business of the parents themselves? Why?





## 9

**Extended activity/homework**

Write a letter to senior management outlining the problem of time poverty and suggest ways to combat the issue which would result in making the workplace a more productive and desirable place to work.

Consider the following questions to help you write your letter.

- How would you describe the problem of time poverty and how does it negatively affect the workplace?
- What are the benefits to senior management of tackling the problem?
- What methods can you use to deal with the problem?
- What language will you use to address senior management?

**You should:**

- Write at least 250 words
- Check your grammar, spelling and punctuation

