

NEWS ITEM (A Career Change)

Course Objectives:

1. Students are able to read and understand NEWS ITEM
2. Students are able to understand in managing the work pressure.
3. Students are able to understand and use the language review of simple past and present perfect.

LET'S READ

A. Before you read the article, discuss these questions.

- a. Did you have a 'dream job' when you were a child?
- b. What is the rat race? Is it a
 - a) game where people bet money on rats that race?
 - b) very busy and competitive way of life?
 - c) group of criminals driving fast cars?

B. To swap means 'to exchange': true or false?

C. Read the article. Then answer the following questions.

BANKER SWAPS RAT RACE FOR BUS LANE

A bank manager has given up his 30 000 pound a year job with NatWest to realize his childhood ambition of becoming a bus driver. Despite the 11.000 pound salary and anti-social hours, John Burgin, 48, has never been happier.

"Banking was a career but in the end it became just a job. Once I knew I was leaving, I used to go outside at lunchtime and watch as the buses drove up and down. The time had come."

His passion was awakened as a boy growing up in Sheffield, where he collected bus maps and timetables. But he went on to spend nearly 30 years working his way up through NatWest.

"The levels of stress are totally different. At the bank, things were very political: I worked hard all day and then took work home, and it never really finished. There is stress in driving a bus around Bristol, but it's a different kind and I don't take it home.

From The Times



1. What job does John Burgin do now? What job did he use to do?
2. How much did he earn? How much does he earn now?
3. What did he collect when he was a child?
4. How long did he work in a bank for?
5. "Banking was a career but in the end it became just a job." What does Burgin mean by this?
6. Why is Burgin's new job less stressful than his old one?

D. Look at the words below. Which go with the job of *a) a bank manager* of *b) a bus driver*? Label them *a) or b)*

✓ A customer	✓ A shift
✓ A timetable	✓ A passenger
✓ An account	✓ A loan
✓ A garage	✓ A salary
✓ A nine-to-five job	✓ A terminus
✓ Wages	✓ An overdraft

E. Find words and phrases in the article which mean

- to stop doing activity (paragraph 1)
- To achieve a dream (paragraph 1)
- Times when people do not usually work, for example the weekend or at night (paragraph 2)
- To get better and better jobs in the same company (paragraph 3)
- To do extra work outside the office (paragraph 4)

LET'S SPEAK

A. Add the verbs from the box to the phrases below to create some common stressful situations.

Being	Finding	Going	Having	Making
Moving	Shopping	Travelling	Taking	Waiting

- ...*Going*... to the dentist
- in a long queue
- stuck in a traffic jam
- a parking space
- with your partner /family
- house
- an interview
- a speech
- by air
- an exam or test

Which of the above situations is the most stressful for you? Can you add any others to the list?

B. What do you do to relax? Which of these activities are the most effective for you, and why? In what other ways do you relax?

- | | | |
|-------------------|----------------------|--------------------------|
| ▪ Playing a sport | ▪ Gardening | ▪ Meditating |
| ▪ Reading | ▪ Massage | ▪ Browsing online |
| ▪ Eating/drinking | ▪ Shopping | ▪ Blogging |
| ▪ Having a bath | ▪ Listening to music | ▪ Using Facebook/YouTube |
| ▪ Walking | ▪ Watching TV | ▪ Cooking |

C. Rank these situations from 1 (most stressful) to 10 (least stressful). Then discuss your choices.

- a. Making a presentation to senior executives
- b. Meeting important visitors from abroad for the first time
- c. Leading a formal meeting
- d. Telephoning in English
- e. Asking your boss for a pay rise
- f. Writing a report with a tight deadline
- g. Dealing with a customer who has a major complaint
- h. Negotiating a very valuable contract
- i. Covering for a colleague who is away
- j. Taking part in a conference call

**LET'S WRITE AND SPEAK
VOCABULARY**

Stress in the workplace

A. Match the words (1-8) to their definitions (a-h).

1. Lifestyle	a) A system where employees choose the time they start
2. Workaholic	b) A time or date by which you have to do something and finish work each day
3. Workload	c) How personally satisfied you are with the way you live and work
4. Deadline	d) Someone who cannot stop working and has no time for anything else
5. Flexitime	e) The ability to give a good amount of time to your work and to outside interests, e.g. Family
6. Work-life balance	f) The amount of work a person is expected to do
7. Quality of life	g) The people, things and atmosphere around you at work
8. Working environment	h) The way people choose to organize their lives

B. Complete each sentence with an appropriate word or phrase from Exercise A.

1. I worked until 11 o'clock at night to meet the for presenting the report.
2. I work six days a week and never have a holiday. My girlfriend says I'm a
3. Karl has a heavy at the moment because several colleagues are off sick.
4. She gave up a highly paid job to join a meditation group in India. She's completely changed her
5. A system can help to reduce stress levels of employees by giving them more control over their working hours.
6. If you have children, working from home may help improve your
7. Many people argue that technology has greatly improved our and the way we feel about work. Others disagree, arguing it actually increases stress.
8. A clean, quiet, comfortable, and friendly can actively reduce levels of stress.