

Candidate 3 evidence

Part 1 – Everyday Life

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15

Read the task below and write your answer on the lined answer sheets below and on page 03.

You write a popular lifestyle blog every week. This week your topic is having a balance between work/study commitments and leisure time. Write your blog post.

You should cover some or all of the following:

- prioritising tasks/setting goals ✓
- setting boundaries ✓
- screen time ✓
- wellbeing ✓
- time for friends and family. ✓

You may also add your own ideas.

You should write approximately 250–300 words.

- ① Introduction
- ② prioritising tasks
↳ setting goals ✓
- ③ well being → time for leisure
↳ setting boundaries ✓
- ④ screen time

Pursuit of a balance

When did you sleep last night? According to research more than 70% of the teenagers in the UK sleep last than 6 hours. It is mostly because of the heavy workload and teens don't know how to reduce the time ^{using} ^{electronic devices}. And here raise a question — how can you balance between work and leisure? Don't worry, this is the right place for the answer.

First of all, you have to set ^{realistic} goals. Knowing what you're pursuing can greatly assist you to prioritise your tasks. By classifying the work into four groups: urgent

and important, important but not urgent, urgent but not important, and not urgent as well as not important, we can finish our tasks one by one without rushing or feeling overwhelmed by the deadlines. You can achieve that by creating timetable for what you have to accomplish each day, so that your work won't steal away your time for relaxing.

Furthermore, in order not to play too much and put the study behind your back, limiting your screen time is also crucial. Actively controlling the amount you spend in the virtual world allows you to have time for friends and family. It is beneficial for your well being ^{too} because socialising enables you to relief after a full day of work, but also seek help and receive support easier.

* To sum up, the best ways of balancing between study and leisure ^{are} setting out your aims, ^{and} creating a time table, ^{and spend it with your} limiting your screen time, ^{loves}. Always remember neither work nor leisures are the key to the ~~life~~ door, both of them are just gears in the healthy lifestyle train, who can balance them who will be the one to sit on the throne of success.