



American University of Sharjah

Department of Writing Studies

**ENGLISH PLACEMENT TEST**

**Semester:** -----

Name: \_\_\_\_\_

ID Number: \_\_\_\_\_

Date: \_\_\_\_\_

**TOEFL Score:**

Computer Based \_\_\_\_\_

Paper Based \_\_\_\_\_

**Check One:**

\_\_\_\_ New Student

\_\_\_\_ IEP Student

\_\_\_\_ Returning / Former IEP Student

**Check (School / College):**

College of Arts and Sciences

School Of Architecture and Design

School Of Engineering

School Of Business and Management

Undeclared Major

**Do not write below this line** \_\_\_\_\_

R1

R2

R3

Total

## **Instructions**

Carefully read the article on the next page titled “No Such Thing as Work-Life Balance.” The article discusses the challenge of finding a balance between work and life.

**Write a well-developed essay (4-6 paragraphs) in which you discuss 2-3 solutions for achieving satisfaction in both one’s personal and work life.**

## **Tips**

- Remember to include the following:
  - Introductory paragraph with a thesis statement
  - Topic sentences (for all body paragraphs)
  - Conclusion
- Develop body paragraphs using details and examples from your personal life and the article
- Use transitions to link your ideas
- Use standard English grammar and punctuation
- Revise and proofread your essay so that you can submit your best effort!

## **Formatting Requirements**

- Indent the first line of each paragraph

## **No Such Thing as Work-Life Balance**

*BBC News* – May 16, 2014

Think about your workweek. How many times have you traded off something important in your life for something important in your job? And how many times have you complained — or heard a friend or colleague complain — about feeling out of balance between home and the office? Achieving the illusive work-life balance is difficult for many professionals who must weigh the demands of a 24/7 workplace against family needs and personal interests. But what if there's simply no truth to the idea that work-life balance can even be achieved?

“The idea of achieving work-life balance is... rooted in the minds of ambitious yet overworked professionals who want to ‘have it all’ — work and play, career and family,” wrote Hamann in her post *Don't Fool Yourself—There is No Work-Life Balance*. “I don't believe there is such a thing as work-life balance. It's all life.”

“Work usually takes priority over the rest, however, because work is what we spend the majority of our day doing, it financially supports our dreams and it's a core part of our identities,” she wrote. “Add mobile technology to our career-driven lives, and work priorities now have the potential to take over our personal lives.” That threatens our relationships, health and overall happiness, Hamann wrote. “Every day, we unknowingly hand over precious power to alerts and notifications — distractions ironically set up to ensure we don't miss a thing,” Hamann wrote. “When we're constantly bombarded with these bits of information, priorities and distractions start to run together, and we have a hard time knowing what to focus on.” How do you know when your priorities have gone awry?

There are some ways to put your life in better balance — at least with technology, Hamann suggested. Among them: find a non-work related passion and wait 30 minutes each morning before checking your email or phone. “The most defining moment of your day is when you first wake up. You have a choice about the first information you expose to your brain. By meditating, exercising, journaling, or doing something reflective for those first 30 minutes instead of opening the digital floodgates, you allow yourself to start your day recharged and aware of your priorities,” Hamann wrote. “Learning to control which information we pay attention to — and when — is crucial to achieving balance.”

To truly understand the concept, it is important to recognize that the idea of work-life balance is more historical anomaly than anything else, Herbert wrote. Up until about the early













