

SCHOOL AND WORK: ARE YOU DOING TOO MUCH?

**AN ACTIVITY
TO DEVELOP
AWARENESS
around school-
work balance**



WHO:

young people aged 12 to 20



LENGTH:

20 minutes



MATERIAL:

2 short, humorous
videos depicting what
some young people
are living through



WHY:

To make students aware of the importance of a healthy school-work balance, and to get them informed about:

- best practices for managing school-work balance
- how to set their own limits with their employers
- long and short-term impacts of an unhealthy school-work balance

4 SIMPLE STEPS

1 READ THE ROOM

(before watching the videos):

SUGGESTED CONTEXTUALIZATION:

More and more young people are working while going to school. Given this reality, it is important to talk to you about school-work balance and the impacts it has on your lives.

ICEBREAKER ACTIVITY:

Ask them to raise their hands in response to:

- Who is currently working while going to school?
- Who works more than 15 hours per week?
- Do any of you find it difficult to balance work and school?

2 WATCH ONE OR BOTH VIDEOS



VIDEO 1



VIDEO 2

3 PROMOTE A DISCUSSION ON SCHOOL-WORK BALANCE

SUGGESTED GROUP ACTIVITY:

Ask more specific questions related to the content of the videos and engage in an open discussion with students.

Ideas for questions:

- Have you ever found yourself in a situation like one shown in the videos?
- Do any of you feel tired or irritable?
- Do you find it difficult to say no to your employer?
- What would be an effective way of ensuring you don't work too many hours?
- How do you say no to your employer?

4 SUGGEST SOLUTIONS AND MAKE THEM AWARE OF AVAILABLE RESOURCES

INVITE STUDENTS TO...

TALK ABOUT IT:

If you are experiencing something that is affecting your studies, talk to the people you trust (your parents, teachers, etc.).

GET INFORMED:

- Visit ichoosemyemployer.com/cet/students/balance-school-work/

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CONCERNS REPORTED BY SCHOOLS:

- A larger number of students who are working while attending school, and at increasingly younger ages (as of Sec 1 or 2)
- Young people working up to 30 hours per week
- Some students are very tired and even falling asleep in class
- Absenteeism is on the rise



POORLY MANAGING SCHOOL-WORK BALANCE CAN LEAD TO:

Less time and energy for studies

Lowered concentration

Lateness and absenteeism

Decreased motivation for school

Dropping out

Decreased performance

Increased risk of injuries and accidents

Stress, fatigue, etc.

Lack of sleep, leading to fatigue and irritability



A STUDENT SHOULD:

- Tell their employer their availability and ask that it is respected
- Ask their employer not to give them shifts between 11:00pm and 6:00am to ensure an adequate time for sleeping



A SUPPORTIVE EMPLOYER IS COMMITTED TO:

- Providing a work schedule that supports educational success, ideally one between 10 and 15 hours per week, maximum of 20
- Providing a suitable work schedule during exams or when large projects are assigned
- Encouraging students to pursue their studies until accreditation
- Respecting Quebec's standards around hiring and school attendance