

**A. Read the article and take notes of new vocabularies.**

## 'Working with Tech'

Workplace wellbeing that is, being happy and healthy at work - is so important. But research tells us that stress at work still affects such a lot of people, and it can lead to serious illness.

Technology can be such a helpful tool in solving this problem. Here we show you three user-friendly ways that technology is helping to make the workplace (and even the classroom) a better place.

### 1. Wearable Technology

Smart watches and similar devices that monitor your daily activity are becoming more and more popular in classrooms and workplaces, and they are such useful gadgets. Many companies now encourage their employees to use this technology, which will make them more aware of their own lifestyle and fitness. This can take many forms: tracking how many steps you take in a day, checking how many calories you burn by exercising, counting the length and quality of your sleep, and so on. Also, some companies motivate their employees by turning the wearable tech into a game; you can get small prizes if you win daily, weekly, or monthly "lifestyle competitions." This tech might be coming to your school or company soon!

### 2. Nap Pods

Absenteeism (when people are often absent from school and work) is such a big problem. Another big problem is something called "presenteeism." This is when students and employees come to school or work even though they're sick or extremely tired, and this makes them very unproductive. So, some companies have introduced "nap pods", where workers can take time to get some rest. These futuristic pods let you lie in a perfect position for sleeping, and they play calm music that helps you relax. What's more, when it's time to wake up, you don't get a noisy alarm - instead, sound, light, and vibrations wake you very gently from your sleep. You can go back to work and be very productive. This would be a great addition to your business or school, wouldn't it?

### 3. Smart Buildings

You've heard of smart phones and smart watches, but how about smart workplaces? There are now buildings that monitor the air quality and make sure the air is just right for being relaxed and happy while working or studying. These buildings also control the curtains and the color of the windows to make sure you get the right amount of sunlight. Some very smart buildings recognize you and change the position of your chair, the temperature in the room, even the coffee that comes out of the machine, all to meet your personal preferences. These smart buildings help people feel more 'at home' away from home!

These all sound so useful, don't they? Maybe your school or workplace will upgrade and integrate new technology in the near future!

**B. Match the information 1-6 with the workplace technology.**

☞ Wearable technology \_\_\_\_\_ ☞ Nap pod \_\_\_\_\_ ☞ Smart building \_\_\_\_\_

1. remembers your favorite way of doing things
2. helps you understand your way of living
3. controls the work environment around you
4. helps workers who are exhausted at work
5. companies are using it in fun, competitive ways
6. allows employees to work harder

**C. 1) Match the causes with the effects from the article.**

Cause	Effect
1. Being stressed at work _____	a. could make you unproductive.
2. Using wearable technology _____	b. will make you feel comfortable and at home.
3. Going to work when you're sick _____	c. can make you very sick.
4. Working in a smart office _____	d. might make you aware of your own lifestyle.

**2) Express the cause and effect (in C.1) using conditionals.**

e.g. *If I sleep well tonight, I will be ready for the English test tomorrow.* →

*If I am ready for the English test tomorrow, I will pass it.* →

*If I pass the English test, I will \_\_\_\_\_.* (Can you fill in the blank?)

1. If you are stressed at work, you will \_\_\_\_\_
2. If you use wearable technology, \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
  
- 5 (Extra). If I lose my phone, I will \_\_\_\_\_

**D. According to the article, are the following sentences true (T) or false (F)?**

1. Fewer people are getting stressed at work.
2. Smart watches are not worn in schools.
3. Some wearable tech checks how well you are sleeping.
4. Employees taking lots of time off work is a big problem for companies.
5. Nap pods wake you up quickly.
6. Smart buildings control the brightness of the office.
7. Smart buildings serve you coffee just the way you like it.
8. The writer thinks these ideas are not very beneficial.