

E6 T9 Defined by your job

Together with another student, read these summaries of the text out loud to each other.

The slang version

Yo, so you know when you meet someone new at a party, one of the first things they usually ask is "What do you do?" Yeah, well, it's not just small talk, man. Your job can say a lot about you - your interests, values, and where you're from. Back in the day, people were even named after their jobs, like Smith for metalworkers, Taylor for tailors, and Wright for woodworkers.

But here's the thing, bro. Some people get way too caught up in their jobs, to the point where it becomes their whole identity. They think about work all the time, and they don't even have time for their hobbies or friends anymore. And if they ever lose their job, they feel like they've lost everything. That's some heavy stuff, man.

But like, you gotta recognize when work is taking over your life, and make some changes, you know? Maybe you need to spend more time with your friends and family, or take up a new hobby, or just work less. Because at the end of the day, your job doesn't define you, man. There's more to life than just work, and you gotta remember that.

The children's version

This is a story about jobs, and how important they can be in our lives. When we meet new people, we often ask what they do for a living, because it can tell us a lot about who they are. Even kids are asked what they want to be when they grow up.

A long time ago, people were sometimes named after their job, like Smith for someone who worked with metal. Today, there's a theory that people are drawn to jobs that match their names, like the Finnish meteorologist whose name means "dry weather."

But sometimes, people get so caught up in their job that it becomes their whole identity. This is called the "enmeshment trap." When this happens, people might think about work all the time, talk about it too much, and not have time for other things they enjoy.

This can be a problem, because if someone loses their job, they can feel lost and sad. That's why it's important to have other things in our lives besides just work. We should have hobbies, spend time with family and friends, and enjoy other things we like to do.

The story ends by saying that it's important to remember the saying "All work and no play makes Jack a dull boy." This means that we need to have a balance between work and fun, so we don't become too focused on just one thing.

Annuda version

Wassup! You meet someone new at a party and the first question they hit you with is “What do you do?” It may seem like small talk, but it's deeper than that, yo. What we do for a living can reveal a lot about who we are - our values, interests and background. It's such a big deal that even kids get asked “What do you wanna be when you grow up?”

This obsession with jobs ain't new, fam. Check it - one of the most common last names is Smith, which goes back to the Anglo-Saxon era when it described someone who worked with metal. Jobs becoming names ain't just a thing of the past, we still see it today with surnames like Taylor, Miller and Wright.

But when our jobs become everything, we got a problem. That's what we call the “enmeshment trap”. According to Erica Lee, a specialist in industrial and organisational psychology, enmeshment happens when someone ties their self-worth to their career. They can't stop thinking about work even in their free time, and they don't have time for anything else.

Lee warns us that letting our job define us ain't a good idea. If we lose our job, we could spiral into anxiety, depression and even substance abuse. So, how do we know if we or someone we know is caught in this trap? Frank Barrett, an occupational health doctor, says we gotta re-evaluate what's important in life. Maybe start a new hobby, spend more time with family and friends, and just chill from work.

But it's not just on an individual level. Barrett believes there needs to be a cultural shift away from the idea that our dream job is the only thing that matters in life. It's time we stop asking kids what they wanna be when they grow up, and start asking what they enjoy doing.

Remember, “All work and no play makes Jack a dull boy”. So, let's not forget to live a little, fam.