Working from Home: Freedom or Isolation?

B1

1 Read the text.

Two years ago, I started working from home as a graphic designer. At first, it felt like a dream come true. No more stressful morning traffic, crowded trains, or waking up at 6:30 AM!

There are definitely some fantastic advantages. I save a lot of money on transport and takeaway lunches. I can wear comfortable clothes, listen to music while working, and take a quick break to walk my dog. I definitely feel more independent and in control of my daily schedule.

However, it is not as perfect as people think. My biggest problem is loneliness. I really miss the casual coffee breaks with my colleagues and the funny conversations in the office. Also, it is very difficult to separate work from personal life. When your computer is sitting in your living room, you often check emails late in the evening without even noticing.

Sometimes, staying at home all day makes me less motivated. Overall, I think having the freedom is great, but working from home every single day is too much for me. A hybrid model with two days in the office would be ideal.

What about you? Could you work from home permanently, or do you prefer the traditional office atmosphere?

2 Discuss the questions in small groups.

1 What are the main advantages and disadvantages of working from home mentioned by the author? (Factual)

Advantages include saving money on transport/food, wearing comfortable clothes, listening to music, flexibility, and independence. Disadvantages include feeling lonely, missing social interactions with colleagues, difficulty separating work from personal life, and losing motivation.

2 Why does the author find it difficult to separate work life from personal life? (Inferential)

Because the work equipment (the computer) is physically located in their living space, making it tempting and easy to check emails and work outside normal hours.

3 Would you prefer to work from home, work in a traditional office, or have a hybrid schedule? Why? (Personal Response)

Encourage students to explain their personal preferences, balancing independence/convenience against social contact and structured routines.

4 Have you ever studied or worked from home? How did you stay motivated and avoid distractions? (Personal Response)

Students can share personal strategies, such as setting a timetable, creating a dedicated workspace, turning off notifications, or taking regular breaks.

5 The writer mentions feeling lonely without colleagues. How important is socializing with coworkers or classmates to you? (Personal Response)

Students should discuss their own social needs at work or school, such as casual chats, teamwork, and building friendships.

6 If you had total control over your daily schedule, how would you organize your ideal workday or study day? (Personal Response)

Students should describe their routine, including wake-up time, work blocks, exercise, meals, and free time.

7 What rules would you set for yourself to make sure your work does not interfere with your personal life at home? (Personal Response)

Students can suggest practical boundaries, like closing the laptop at 5 PM, turning off work notifications, or working in a separate room.

8 Do you think working from home is suitable for all professions and personality types? Why or why not? (Critical Thinking)

Students should evaluate different jobs (e.g., healthcare, construction vs. software development) and personality traits (e.g., extroverts vs. introverts, self-disciplined vs. easily distracted).