Module 7
Balancing Work and Leisure

Objectives

1. To understand the need for balancing one’s work role with non-work roles.
2. To understand one’s personal characteristics in relation to leisure planning.
3. To become aware of leisure activities in your local area.

Below are Activities to Help You Achieve this Objective

- Search Career Key to locate specific resources in the Career Center Library on lifestyle and leisure time. Topics are listed under “Career and Life Planning”.
- Review “Lifelong Leisure or Playing” in the Three Boxes of Life (IA B62 C2).
- Review the section of Your Career and Life Plan Portfolio (IA J5) on Life Roles.
- Complete the “Values Survey” in the SIGI 3 computer system to explore the importance of leisure in your life in relation to other values (ask a Career Advisor for access to the system).
- Complete the “Activities Card Sort” with a Career Advisor to identify leisure time activities.
- Review the FSU Campus Recreation website (campusrec.fsu.edu) to learn about facilities, programs, and services. Visit or call the Leach Student Recreation Center, 210 Leach Center (644-0548) or view information on their website at fsu.campusrec.com/leach.
- Refer to the FSU Student Handbook for recreational activities at: registrar.fsu.edu/student_handbook/.
- Check Friday’s “Limelight” section of the Tallahassee Democrat for listings of recreational opportunities and club activities (e.g., Tallahassee Parks & Recreation, YMCA/YWCA, Apalachee Canoe Club, Capital City Cyclists, Florida Trail Association, Sierra Club, etc.); or the online edition at www.tallahassee.com/section/ent.
- Review selected sections of the Tallahassee phone book, (e.g., Calendar of Events, Attractions, Arts & Entertainment, Spectator Sports, and Recreation & Conservation).
- Review the Module 7 materials on leisure planning located in the Mobile Files.
- Visit Tallahassee’s Parks and Recreation Department website for a listing of local parks, facilities, special events, and adult and youth team sports at talgov.com/parks/index.cfm.
- Visit the following Web sites for more local activities: