

Afternoons on Fridays: The Productivity Drop

VOCABULARY WORDS

1. suspect (verb) /sə'spekt/: To believe or have a feeling that someone may be guilty of a crime or wrongdoing.
Example: The detective began to suspect that the butler had a motive for the crime.
2. hail (verb) /heɪl/: To acclaim, praise, or greet enthusiastically, often with admiration or approval.
Example: The audience would hail the talented musician with a standing ovation.
3. comprehensive (adjective) /ˌkɒmprɪ'hensɪv/: Covering or including all aspects, elements, or subjects; thorough and complete.
Example: The comprehensive study examined every aspect of the research topic.
4. typo (noun) /'taɪpou/: An error in typing or printing, resulting in the incorrect spelling or arrangement of words or characters.
Example: She apologized for the typo in her email and quickly sent a corrected version.
5. prompt (verb) /prompt/: To cause or incite someone to take action, respond, or do something quickly.
Example: The urgent message would prompt him to call for immediate assistance.
6. optimize (verb) /'ɒptɪmaɪz/: To make the best or most effective use of something, often by improving its efficiency, performance, or functionality.
Example: The software update was designed to optimize the program's speed and functionality.



When the end of the working week arrives, it can be a little harder to keep going. If you work from Monday to Friday, you might find yourself thinking about the weekend as your brain and body get ready to rest. You may feel that you're getting less work done. You might even feel

this way near the end of each work day. And a study from the US has found that yes, it's true — we aren't as productive and we make more mistakes in the afternoons, especially on Fridays.

While many of us might have **suspected** this already, past studies usually just asked workers how they felt about their productivity. However, this particular study went a step further by analyzing data based on computer use, including typing speed and the number of typing errors.

The researchers, **hailing** from Texas A&M University, conducted a **comprehensive** study involving 789 employees who worked at a large company in Texas. Over two years, they observed the employees' computer usage patterns at various times throughout the day and week.

Their findings revealed a significant drop in computer activity on Fridays. One of the researchers, Taehyun Roh, pointed out that "employees were less active in the afternoons and made more **typos**, especially on Fridays."

The study's authors suggested that these findings should **prompt** employers to consider flexible working arrangements or shorter, four-day workweeks to **optimize** employee productivity.

DISCUSSION

1. Do you notice any changes in your productivity and focus during the week? If so, when do you feel most and least productive?
2. How do you prepare for the weekend mentally when you're at work on a Friday?
3. In your opinion, do flexible working arrangements, like a four-day workweek, sound like a good idea? Why or why not?
4. What strategies or techniques do you use to stay focused and productive during the workday?
5. Have you ever made a significant mistake at work due to a lack of focus or fatigue? How did you handle it?
6. Do you think the traditional five-day workweek is still the most effective way to work, or do you believe there are better alternatives?
7. How might companies benefit from adopting more flexible work schedules, and what challenges might they face in doing so?