

# Module 7

## Balancing Work and Leisure

### Objectives

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

### Activities to Help You Achieve this Objective

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- Search Career Key (The Career Center online library index) to locate specific resources in the Career Center Library on lifestyle and leisure time. Topics are listed under “Career and Life Planning.”
- 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](http://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](http://fsu.campusrec.com/leach)
- Refer to the *FSU Student Handbook* for recreational activities at: [dos.fsu.edu/resources/student-handbook](http://dos.fsu.edu/resources/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, Apachee Canoe Club, Capital City Cyclists, Florida Trail Association, Sierra Club, etc.); or the online edition at: [www.tallahassee.com/limelight](http://www.tallahassee.com/limelight)
- 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 in Section I of the Career Center Library.
- 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/parks-parks.aspx](http://talgov.com/parks/parks-parks.aspx).
- Visit the following websites for more local activities:
  - i. Tallahassee Symphony Orchestra: [www.tallahasseesympphony.org](http://www.tallahasseesympphony.org)
  - ii. Updates of events in town related to art, science, history, film: [morethanyouthought.com](http://morethanyouthought.com)
  - iii. Things to do in Tallahassee: [visittallahassee.com](http://visittallahassee.com)

