

OLC40 TEA – Reflection Exam (2.6)

PART 1: Reading Passage

Read the passage carefully. You may annotate, highlight, or take notes as you read.

Productivity Culture and the Cost of Constant Busyness

In recent years, productivity has become one of the most valued traits in modern society. Students are encouraged to take advanced courses, participate in extracurricular activities, and prepare for future careers as early as possible. In the workplace, employees are often praised for multitasking, working long hours, and remaining constantly available through digital devices. While this culture of productivity is often associated with success, it has also raised concerns about its impact on mental health and overall well-being.

Technology plays a major role in reinforcing constant busyness. Smartphones, emails, and social media make it difficult for individuals to disconnect from work and academic responsibilities. Many people feel guilty when they rest, believing that relaxation is unproductive or wasteful. As a result, stress and burnout have become increasingly common, particularly among young people who feel pressure to meet high expectations both inside and outside the classroom.

Critics of productivity culture argue that constant busyness reduces creativity and meaningful learning. When individuals rush from one task to another, they have little time to reflect, think deeply, or engage in self-directed exploration. Research in education and psychology suggests that learning is more effective when students have time to process information, ask questions, and make personal connections. Without these opportunities, productivity may increase in quantity, but decrease in quality.

On the other hand, supporters of productivity culture claim that structure and discipline are necessary for success in a competitive world. They argue that time management skills, goal-setting, and perseverance help individuals achieve long-term stability and independence. From this perspective, productivity is not the problem; rather, the issue lies in how individuals balance effort with rest.

Ultimately, the debate surrounding productivity culture highlights an important question: Should society continue to prioritize constant productivity, or should it redefine success to include rest, reflection, and personal well-being? Addressing this question requires individuals, schools, and workplaces to reconsider how time, effort, and achievement are valued.

PART 2: Reading Strategy Questions

Answer the following questions in complete sentences.

1. Using skimming, identify the main argument of the passage.
2. Using scanning, find two negative effects of productivity culture mentioned in the text.
3. Identify one example of a contrast or opposing viewpoint presented in the passage.
4. Which paragraph best explains why productivity can reduce the quality of learning? Explain your choice.
5. Which reading strategy (skimming, scanning, rereading, or annotating) was most helpful for understanding this passage? Why?

PART 3: Argument Essay

Write an argument essay using the template provided below. Your essay should be a minimum of 250 words.

Essay Question:

Should schools place less emphasis on constant productivity and academic pressure?

You must take a clear position (agree or disagree) and support your argument using reasons, examples, and at least one idea from the reading passage.

Essay Structure (Follow this template):

Introduction paragraph	<ul style="list-style-type: none">- Introduce the topic of productivity and academic pressure- Clearly state your opinion (thesis statement)
Body Paragraphs (Reasons)	<ul style="list-style-type: none">- Body Paragraph 1: First reason supporting your opinion- Body Paragraph 2: Second reason supporting your opinion- (Optional) Body Paragraph 3: Additional reason or counterargument- Use explanations, examples, and ideas from the reading
Conclusion paragraph	<ul style="list-style-type: none">- Restate your opinion- Summarize your key reasons- End with a thoughtful final statement

PART 4: Self-Reflection

In one well-developed paragraph, reflect on your performance in this exam.

Guiding Questions:

- Which reading strategies did you use most during the reading section?
- Which strategy helped you the most and why?
- What was the most challenging part of writing the argument essay?
- What is one skill you would like to improve for future reading or writing tasks?