

# Quiz Grade: 85.0% (A)

## Quiz Submission

Employee Wellbeing and Work-Life Balance

**Student Name:** Valentin Yehounmey  
**Student ID:** UPD95871PS105093  
**Study Program:** Psychology  
**Quiz ID:** 7acaa2ea-44fb-4241-b146-4322a68e440e  
**Submission Date:** June 27, 2026 at 1:37 PM  
**Total Questions:** 10

### Course Information

**Course Title:** Employee Wellbeing and Work-Life Balance  
**Course Code:** LCEWE 729  
**Credit Hours:** 3

## Quiz Questions, Student Answers, and Correct Answers

### Question 1 of 10

*Multiple Choice Question*

**What is the definition of work-life balance?**

**Available Options:**

- (A) A. Achieving equal time for work and personal life ← STUDENT SELECTED ← CORRECT ANSWER
- (B) B. Prioritizing work over personal life
- (C) C. Completely separating work and personal life
- (D) D. Maximizing work hours for career advancement

**Student's Answer:** Option A: A. Achieving equal time for work and personal life

**Correct Answer:** Option A: A. Achieving equal time for work and personal life

### Question 2 of 10

*Multiple Choice Question*

**What is the main objective of this course?**

**Available Options:**

- (A) A. To improve work-life balance for employees ← STUDENT SELECTED ← CORRECT ANSWER
- (B) B. To increase productivity in the workplace
- (C) C. To reduce employee turnover
- (D) D. To teach time management skills

**Student's Answer:** Option A: A. To improve work-life balance for employees

**Correct Answer:** Option A: A. To improve work-life balance for employees

Question 3 of 10

Text Answer Question

What are some common causes of work-life imbalance?

Student's Answer:

the most common causes of work-life imbalance are excessive work demands ,heavy workload, long hours, unrealistic deadlines, and constant pressure.

Correct Answer:

Some common causes include heavy workload, long working hours, lack of flexible work arrangements, and poor time management.

Question 4 of 10

Multiple Choice Question

Which of the following is NOT a benefit of having a good work-life balance?

Available Options:

(A) A. Improved physical and mental health

(B) B. Higher job satisfaction

(C) C. Increased stress levels ← STUDENT SELECTED ← CORRECT ANSWER

(D) D. Better relationships

Student's Answer: Option C: C. Increased stress levels

Correct Answer: Option C: C. Increased stress levels

Question 5 of 10

Text Answer Question

How can employers promote work-life balance in the workplace?

Student's Answer:

Flexible Work Arrangements Encouraging Healthy Boundaries Workload Management Mental Health Support Generous and Clear Time-Off Policies Well-Being Programs Integrated Into Daily Work Leadership Modeling and Culture Setting Clear Work-Life Policies

Correct Answer:

Employers can offer flexible work arrangements, encourage breaks and vacations, provide support for personal responsibilities, and promote a culture of work-life balance.

Question 6 of 10

Multiple Choice Question

What is the purpose of setting boundaries in work-life balance?

Available Options:

(A) A. To prioritize work over personal life

(B) B. To eliminate personal responsibilities

(C) C. To establish limits and protect personal time ← STUDENT SELECTED ← CORRECT ANSWER

(D) D. To increase work hours

Student's Answer: Option C: C. To establish limits and protect personal time

Correct Answer: Option C: C. To establish limits and protect personal time

Question 7 of 10

Text Answer Question

What is the relationship between work-life balance and productivity?

Student's Answer:

Work life balance improves productivity by: • Reducing stress and burnout • Increasing concentration and creativity • Supporting better decision making • Helping employees sustain high performance over time When people feel rested and supported, they work smarter, not just harder

Correct Answer:

Improving work-life balance can lead to increased productivity as employees are more focused, motivated, and have better overall well-being.

Question 8 of 10

Multiple Choice Question

Which of the following is NOT a recommended strategy for managing work-life balance?

Available Options:

(A) A. Prioritizing personal responsibilities over work ← STUDENT SELECTED ← CORRECT ANSWER

(B) B. Setting realistic goals and expectations

(C) C. Practicing self-care and relaxation techniques

(D) D. Communicating with employers and colleagues

Student's Answer: Option A: A. Prioritizing personal responsibilities over work

Correct Answer: Option A: A. Prioritizing personal responsibilities over work

Question 9 of 10

Text Answer Question

How can employees achieve a work-life balance?

Student's Answer:

Employees achieve work-life balance by setting boundaries, practicing self-care, managing time wisely, and communicating effectively with their workplace.

Correct Answer:

Employees can prioritize their tasks, set boundaries, practice time management, and communicate their needs with their employer.

Question 10 of 10

Multiple Choice Question

Which of the following is NOT a potential consequence of a poor work-life balance?

Available Options:

(A) A. Burnout

(B) B. Decreased job satisfaction

(C) C. Improved relationships ← STUDENT SELECTED ← CORRECT ANSWER

(D) D. Increased stress and anxiety

Student's Answer: Option C: C. Improved relationships

Correct Answer: Option C: C. Improved relationships

This quiz was generated using based on course content.

Generated on June 27, 2026 at 1:37 PM