

A2-B1 English Worksheet

Midlife Sabbaticals: Career Breaks, Burnout and Rethinking Work

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Article

A sabbatical is a long break from work. A Washington Post article suggests that some people in their late 30s or 40s use one to rest, deal with family responsibilities or work on a personal goal. Some take a sabbatical because they feel tired or burned out by work.

However, taking months off is not easy. Many sabbaticals are unpaid, so people may need to save money before they leave. They must also think about bills and whether their job will still be available. Some keep their skills fresh by studying, volunteering or doing a project.

A career break does not always lead to a new job. Some people return to the same work with more energy, while others choose a different direction. The important point is to have a plan. A sabbatical can be valuable, but people need to understand the costs and know what they hope to achieve.

True/False

Decide if each statement is True (T) or False (F).

No.	Statement	T / F
1	A sabbatical means taking a long period away from your job.	
2	The article says that only people over 60 take sabbaticals.	
3	Some people use time off for family responsibilities or personal goals.	
4	The article describes most sabbaticals as paid holidays.	
5	People may need to save money before taking unpaid time off.	
6	Studying or volunteering can help people keep their skills fresh.	
7	A career break always leads to a new job.	
8	Planning and understanding the costs are important before a sabbatical.	

Synonym Match

Words (1-10)	Synonyms (A-J)
1. work	A. abilities
2. rest	B. opportunity
3. responsibilities	C. employment
4. goal	D. expenses
5. chance	E. relax
6. skills	F. accomplish
7. return	G. useful
8. valuable	H. aim
9. costs	I. go back
10. achieve	J. duties

Use the New Language

Choose 5 words from the Synonym Match and write your own sentence with each one.

No.	Your sentence
1	
2	
3	
4	
5	

Discussion Questions

Student A	Student B
1. Have you ever taken a long break from work or study?	1. Do people work for too many years without taking a long break?
2. If you could take three months off, what would you do?	2. Should companies offer unpaid sabbaticals to more workers?
3. What would be hardest about being away from work?	3. Is a career break easier for people who have more money?
4. Would you travel, study, rest or work on a personal goal?	4. Can a sabbatical help someone make better career decisions?
5. How much planning would you do before a career break?	5. What problems can happen when someone leaves work for several months?
6. Would you prefer to return to the same job or try something new?	6. Should employers keep a job open for someone on a sabbatical?
7. What skills would you want to keep fresh during a long break?	7. Is travel a better use of a sabbatical than study or volunteering?
8. At what age do you think a sabbatical would be most useful?	8. Could a long break make it harder to return to work?

Answer Key

True/False	1=T, 2=F, 3=T, 4=F, 5=T, 6=T, 7=F, 8=T
Synonym Match	1=C, 2=E, 3=J, 4=H, 5=B, 6=A, 7=I, 8=G, 9=D, 10=F

Example Sentences

No.	Example sentence
1	Work can feel different after a long break.
2	Some people take time off simply to rest.
3	Family responsibilities can affect the timing of a sabbatical.
4	My main goal would be to return with more energy.
5	A career break can give you a chance to try something new.
6	Volunteering can help you develop useful skills.
7	Some workers return to the same company after a sabbatical.
8	Time away from work can be valuable if it has a clear purpose.
9	It is important to calculate the costs before taking unpaid leave.
10	A clear plan can help you achieve what you want from the break.