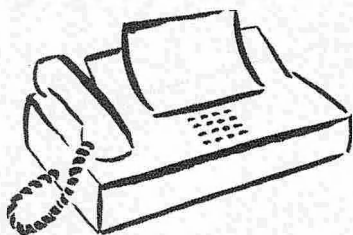


# FaxForum



## Introducing FaxForum

**W**e want to know what you, our readers, think about the major issues in your field and the ways in which we at *Training & Development* can better address them.

**FaxForum is our way of getting to know more about what really matters to you and sharing that with T&D readers around the world.**

**FaxForum isn't meant to be scientific. It's a sampling of opinion—a finger in the wind. Each month, we'll publish the responses to previous FaxForums, plus some informal analysis and commentary. But right now, you can influence the content of upcoming FaxForums.**

**Please take a moment to jot down the questions you'd like to see answered in FaxForum.** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Thank you.**

## How To Respond

Fax the completed page to Cynthia Mitchell at 703/683-9203.

Or mail to FaxForum, *Training & Development*, ASTD, 1640 King Street, Box 1443, Alexandria, VA 22313-2043.

## Are you overworked?

**D**o you log into work on a holiday only to find many co-workers there ahead of you? Are you still at your desk when the cleaning crew comes in at night? Do you think we have entered the age of overwork?

1. How many hours do you work on an average workday? \_\_\_\_\_
2. Is that more or less than a year ago? \_\_\_\_\_
3. If your workload has increased, do you think the increase is:
  - temporary
  - a permanent part of your job
4. If your workload has increased, has that affected your compensation?
  - Yes     No
5. Do you work on any of the following? Check all that apply.
  - weekends
  - after-hours
  - holidays
  - vacations
6. How often do you feel overworked?
  - rarely
  - some of the time
  - most of the time
  - all the time
7. Which of the following factors increased your workload in the last year? Check all that apply.
  - layoffs of other employees
  - cost-cutting
  - quality-related activities
  - targets or goals imposed by bosses
  - new job or redesign of your old job
  - new boss
  - other (specify) \_\_\_\_\_
8. Which of the following tools do you use to conduct work outside the office? Check all that apply.
  - car phone
  - pager
  - electronic message system
  - computer at home
  - notebook or laptop computer
  - other (identify) \_\_\_\_\_
9. Which term best describes your position? Check one.
 

<input type="checkbox"/> executive	<input type="checkbox"/> staff person
<input type="checkbox"/> manager	<input type="checkbox"/> consultant
<input type="checkbox"/> supervisor	<input type="checkbox"/> academic
<input type="checkbox"/> professional	
10. On which of the following areas of your life has overwork had a negative effect? Check all that apply.
 

<input type="checkbox"/> family life	<input type="checkbox"/> behavior
<input type="checkbox"/> health	<input type="checkbox"/> lifestyle
<input type="checkbox"/> stress level	
<input type="checkbox"/> other (identify) _____	

How has it affected those areas? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
11. Describe one action you've taken to cope with overwork. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Optional:

Name \_\_\_\_\_  
 Organization \_\_\_\_\_  
 Title \_\_\_\_\_  
 Telephone # \_\_\_\_\_  
 Fax # \_\_\_\_\_