

SAMPLE REVIEW/ CRITIQUE **(APA documentation style)**

Conone, Ruth M., et al. (1992). Balancing work and family: A Cooperative extension service evaluation. *Journal of Home Economics*, 85, 37-44.

Balancing multiple roles in work and family has become a challenge, since female labor force participation and single parenthood have increased. The most well documented pressures family members experience in balancing work and family are overload and conflict due to multiple roles. All American workers want balanced time for work, family, friends, and themselves. This article discusses a program designed and tested by the Ohio Cooperative Extension Service to balance work and family. Participants included 365 employees from counties representing rural, urban, and suburban regions. Materials for education for the worksite program were fact sheets, lesson plans, paycheck stuffers, and newsletters.

The results from this program of education were amazing. The participants became less stressed; they had less difficulty setting aside time for families and experienced an increased feeling of importance and enjoyment of work. In addition, the need for help at the worksite decreased.

I believe that a program such as this one would be very beneficial in any job and for any person, although no statistics on gender were given in the research. I also believe that if we become more educated in the area of balancing our work and family life, then we will feel better about ourselves, and our lives will be more enjoyable.