

	学生层面	
1	homework / assignments / tasks / projects	n. 作业的同义词
2	finish/ complete/ accomplish	v. 完成
3	cope with / deal with / handle / address / tackle	v. 处理
4	participate in / be engaged in / be involved in engage themselves in / involve themselves in	v. 参与
5	allocate / distribute time to doing	v. 花时间/经历做
6	extracurricular activities	n. 课外活动
7	overwhelmed / overloaded / occupied	a. (人)忙碌的
8	overwhelming / overloading / demanding / burdensome	a. 让人累的
9	in such a hectic / hustling and bustling life	prep. 在忙碌的生活
10	knowledge / expertise / proficiency	n. 知识
11	impart / instill / cram / convey	v. 传授(知识)
12	acquire / obtain / attain	v. 学习(知识)
13	consolidate / reinforce knowledge	v. 巩固知识
14	enrich one's knowledge	v. 丰富知识
15	apply... into practice	v. 把....应用在实践中
16	motivate / stimulate / urge / spur / inspire sb to do	v. 让某人做某事
17	provide sb with the access to	v. 让.....接触.....
18	available / accessible / approachable / reachable	a. 可以被接触到的
19	distract / exclude / prevent / discourage sb from doing	v. 不让某人做.....
20	deprive sb of ...	v. 剥夺
21	reduce / decrease the likelihood / frequency / possibilities / risks of	v. 减少...的概率
22	academic learning	n. 学习
23	academic / school performance	n. 学业表现

24	good: optimal / superb / supreme / satisfying / gratifying	a. 好的
25	bad: unsatisfying / not gratifying	a. 不好的
26	hone / practice / develop skills	v. 磨练训练技能
27	cultivate / foster / nurture / shape one's personalities / characteristics	v. 培养品质
28	be saturated with / be brimmed with / be abundant with	v. 充满
29	confront / in the confrontation of	v. 遇到 (困难)
30	encounter sb	v. 遇到 (人)
31	a sense of responsibility / accountability / obligation / duty	n. 责任感
32	prioritize tasks	v. 优先化任务
33	converse / interact / socialize with sb	v. 和...交往, 打交道
34	internship and apprenticeship	n. 实习
35	intern	n. 实习生
36	establish / maintain a relationship / connection / bond / contact	v. 建立和维系友谊
37	an intimate / harmonious / strong / positive relationship	v. 好的关系
38	win / obtain / gain / attain + competitiveness / competitive edges	v. 提高竞争力
教师层面		
39	assorted / various / diverse / a variety of / diversified / multiple	a. 各种各样的
40	numerous / excessive / substantial / considerable / plenty of / countless	a. 很多的+cns
41	a quantity of / a plethora of / plenty of	a. 很多的+uns
42	teaching / instructional / pedagogical + method	n. 教学方法

	/ tactic / approach / means	
43	apply / adopt / employ / follow	v. 采纳/使用 (方法)
44	arouse / raise / trigger / invite interest	v. 激发兴趣
45	be expert / competent / proficient / adept in	a. 对...很熟练
	学校层面	
46	prestigious / renowned / well-known	a. 有名的
47	ensure / guarantee a quality education	v. 确保一个好的教育
48	a well-rounded education	v. 确保一个全面的教育
49	elite / first-class universities	n. 名牌大学
50	improve / better / perfect / update / upgrade	v. 提高