



Semi-Retirees Know the Key to Work-Life Balance

半退休的人明白平衡工作与生活的关键

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555 Words

Over the past 20 years, at the same time as labor-force-participation rates have dropped for younger people, they've risen among older adults. Some are simply **postponing** their **exodus** from work. But for many, the line between employment and retirement is **muddier**. In the past month, 13 percent of retired Americans worked for pay, which could mean a **one-off gig** or a part-time job. Others are "un-retiring" after a period away.

在过去 20 年里，年轻人的劳动力参与率在下降，与此同时老年人的劳动力参与率却在上升。有些人只是推迟离开工作岗位。但对许多人来说，就业和退休之间的界限变得更加模糊。上个月，13% 的美国退休人员参与有偿工作，比如做一次性的临时工作或兼职工作。其他人则在离开工作岗位一段时间后重新工作。

For far too many, the decision to continue working is driven by financial necessity. But this trend doesn't reflect only people who can't afford to **quit**. According to one 2014 survey, 80 percent of **semi-retirees** say they're employed because they want to be; working after retirement is actually more common among workers with higher **socioeconomic** status. Though some of them might appreciate the extra income, many seem to also find these jobs enjoyable and **fulfilling**.

对绝大多数人来说，退休后继续工作是出于经济上的需要。但这一趋势不仅仅反映了那些退不起休的人。根据 2014 年的一项调查，80% 的半退休人员表示，他们继续工作是因为他们想要工作；事实上，退休后继续工作在社会经济地位较高的员工中更为普遍。虽然他们中的一些人可能会想

✧ 真题链接

考研英语 2022 年英语二 Text 2

#retirement#

-More Americans are opting to work well into retirement ... The concept of retirement is evolving ...

postpone [poo'spoon] v. 延迟，延期 | We'll have to postpone the meeting until next week. 我们将不得不把会议推迟到下周举行。

exodus ['eksədəs] n. (大批人的) 离开，退出 | the mass exodus from Paris to the country in the summer 夏日大批人从巴黎外出到乡村

muddy ['mʌdi] adj. 泥泞的；模糊的，不清晰的 v. 使……沾上泥污 | I retained only a muddy image of the event. 对于这一事件，我的脑海中只留下模糊的印象。

one-off adj. 一次性的 n. 一次性事物 | a one-off payment 一次性付款

gig [gɪg] n. (临时的) 工作

quit [kwɪt] v. 离开 (工作职位)，退学；戒掉，退出 | He has decided to quit as manager of the team. 他已决定辞掉球队经理的职务。

semi- ['semi] pref. 半，部份

要额外的收入，但许多人似乎也觉得这些工作令人感到愉快和充实。

Days can be long and boring without work to fill them. Joe Casey, who coaches people through retirement, told me that many of his clients are scared of what will come after they leave their career. Most jobs provide structure, **socialization**, and even basic physical activity. “When you work, there’s a reason to get up in the morning,” Nancy K. Schlossberg, a retirement expert and professor **emerita** of counseling psychology at the University of Maryland at College Park, explained. When people lose the community and challenge their work provided, their health—both physical and **cognitive**—can suffer. Of course, there are other ways to keep your brain and body healthy, such as volunteering or pursuing a hobby. But lots of jobs can be surprisingly good for you.

不工作的日子会变得漫长又无聊。乔·凯西从事退休生活指导，他告诉我，他的许多客户都对退休后的生活感到担忧。大多数工作能让你有条理，有机会与他人交往，有起码的体力活动。马里兰大学帕克分校咨询心理学名誉教授、退休专家南希·K·施洛斯伯格解释说：“当你上班时，早上就有了起床的理由。”当人们离开团体，失去工作挑战时，他们的身体和认知健康都会受到影响。当然，还有其他的方法来保持大脑和身体健康，比如提供志愿服务或追求一个爱好。但是很多工作对你都有意想不到的好处。

Crucially, the jobs many semi-retirees choose aren’t as **demanding** as the careers of their youth—or at least not in the same way. The experts I spoke with told me that semi-retirees **tend to** look for roles that **grant** a sense of purpose, the ability to keep learning, and, perhaps more than anything, **flexibility**. “Most jobs come as full-time, five-day week, 40 hours at least, or more—**typically** more. And they don’t want to work that way. They want to work differently,” Phyllis Moen, a sociologist at the University of Minnesota, told me.

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socioeconomic [ˌsəʊʃiəʊˌekəˈnɒmɪk] *adj.* 社会经济的

fulfilling [fʊlˈfɪlɪŋ] *adj.* 让人感觉有意义的，令人满足的

socialization [ˌsoʊʃələˈzeɪʃn] *n.* 社会化，合群 | Schools play an important part in the socialization of our children. 学校对儿童适应社会的过程起着重要的作用。

emerita [ɪˈmerɪtə] *adj.* (妇女) 荣誉退休的，退休后保留头衔的

cognitive [ˈkɑːɡnətɪv] *adj.* 认知的，感知的 | cognitive psychology 认知心理学

demanding [dɪˈmændɪŋ] *adj.* 要求高的，费力的；苛求的 | He found he could no longer cope with his demanding job. 他发现自己已无力应对那份劳神费力的工作了。

tend to do sth. 易于做某事，往往会发生某事 | People tend to need less sleep as they get older. 随着年龄的增长，人需要的睡眠通常会减少。

grant [ɡrænt] *v.* 给予，准予；承认 *n.* 拨款 | I was granted permission to visit the palace. 我获准参观宫殿。

flexibility [ˌfleksəˈbɪləti] *n.* 可变性，灵活性 | Computers offer a much greater degree of flexibility in the way work is organized. 利用计算机，工作安排可以灵活得多。

typically [ˈtɪpɪkli] *adv.* 通常，一

最关键的是，许多半退休的人选择的工作并不像他们年轻时做的工作那样劳神费力——或者至少不是以同样的方式。与我交谈过的专家告诉我，半退休人员倾向于寻找的是能够带来目标感、不断学习的能力以及最重要的灵活性的职位。明尼苏达大学的社会学家菲利普·莫恩说：“大多数工作都是全职的，每周工作 5 天，至少工作 40 小时甚至更长——人们通常要工作更长时间。这不是半退休的人想要的。他们想以不同的方式工作。”

Those lucky enough to be able to do so might use this period to pursue **niche** passions, fulfill lifelong dreams, or find new ones that their younger self would never have thought of. Others might just **scale back** hours at their current jobs or step away and come back later. In fact, a full 40 percent of employed people 65 and older were previously retired. But even a **temporary** retirement, rather like a **sabbatical**, can give people time to **recharge** and reevaluate what they want from a career.

那些足够幸运能这样做的人可能会利用这段时间去追求小众的爱好，实现毕生的梦想，或者找到自己年轻时从未想过的新梦想。其他人可能只是减少目前工作的时间，或者离开工作岗位一段时间再回来。事实上，在 65 岁及以上的受雇者中，有整整 40% 的人之前已经退休。但即使是暂时的退休，就像休假，也能让人们有时间休整，重新评估他们想从工作中得到什么。

As today's young Americans stare down a future in which it may be common to work 60 years or more before retiring, they'd **do well to** figure out what they actually enjoy in a job. And plenty of them, it seems, are trying to do just that. More than 50 million people in the U.S. quit their jobs in 2022, many in search of something better—less **taxing**, more fulfilling, less **all-consuming**. Even those still **striving**, then, to create a career they're proud of might look to semi-retirement as a model of what work could look like—flexible, meaningful, and with the potential for reinvention at any age.

当今天的美国年轻人展望未来，工作 60 年或更长时间才能退休可能会

般；典型地，具有代表性地；不出所料，果然 | The courses typically last for three days. 课程通常持续 3 天。

niche [nɪtʃ] *adj.* 针对特定小群体的，小众的 *n.* 称心的工作，合适的活动；小众市场，商机；（用来放置雕像的）壁龛 | a niche market 小众市场

scale back 减少（数量），缩小（规模或范围）| The IMF has scaled back its growth forecasts for the next decade. 国际货币基金组织已经调低了它对未来十年的增长预测。

temporary [ˈtɛmpərəri] *adj.* 暂时的，临时的 | You might want to consider temporary work until you decide what you want to do. 在你定下来想做什么之前，也许可以考虑干点临时性工作。

sabbatical [səˈbætɪkl] *n.* 休假，公休假 | She took a long sabbatical. 她休了个长假。

recharge [ˌrɪˈtʃɑːrdʒ] *v.* 恢复体力，恢复精力，休整；充电 | We needed the break in order to recharge. 我们需要休息一下以恢复体力。

do well to do sth. 做……明智（或聪明）| He would do well to concentrate more on his work. 他最好还是更加集中精力在工作上。

taxing [ˈtæksɪŋ] *adj.* 繁重的，费力的，伤脑筋的 | They look forward to retirement as a release from dull and

成为常态，他们最好弄明白自己在工作中真正喜欢什么。而他们中的许多人似乎正在努力践行这一点。2022 年，美国有超过 5000 万人辞职，其中许多人是为了找到更好的工作——不那么辛苦、更充实、不那么耗费精力的工作。因此，即使是那些仍在努力创造自己引以为傲的事业的人，也可能把半退休状态视为工作的理想状态——灵活，有意义，能够在任何年龄重塑自我。

taxing jobs. 他们盼望退休以摆脱枯燥而繁重的工作。

all-consuming *adj.* 耗尽时间（或精力）的，全身心投入的

strive [straɪv] *v.* 努力，奋斗 |
We must continue to strive for greater efficiency. 我们必须继续为提高效率而努力。

➤ 脉络梳理

- Para. 1 描述现象：许多人在退休后继续工作
- Para. 2 分析原因：经济原因、个人意愿
- Para. 3 指出工作能给身体和心理带来好处
- Para. 4 介绍人们退休后选择工作的侧重点：不那么辛苦，更加灵活
- Para. 5 指出许多退休期间人们可以追求兴趣、实现梦想，或重新评估职业目标
- Para. 6 总结全文，建议年轻人应弄清楚自己在工作中真正喜欢什么，借鉴半退休的工作状态，更重视工作的灵活性和意义

➤ 长难句拆解

时间状语从句 | 定语从句，修饰 future
As today's young Americans stare down a future in which it may be common to work 60 years or more before retiring,

主句 | 宾语从句，作 figure out 的宾语
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