

汇总1~400

1、be a huge factor in determining ... 对...起着决定性作用 = be a decisive/determining factor

**To pursue a hobby outside work, disposable time and money can be a decisive factor.* 为了在工作外追求一个爱好，有钱和时间起着决定性作用。

2、to a large extent 很大程度上

**Some believe that taking a part-time job can benefit future careers to a large extent.* 有些人认为兼职工作可以在很大程度上对未来职业发展有利。

3、to look at this issue more closely 仔细研究一下这个问题（一般接在转折后）= to take a closer look

**Some believe old buildings should be knocked down because they are useless. However, if you take a closer look, with some small repairs, they can be as good as new.* 有些人觉得老建筑应该被拆除因为他们没用了。但如果你仔细想想这个问题，只要稍加修补它们就完好如初。

4、sth is a breeze 轻而易举，小菜一碟

**Apply what you've learned in job preparation, the work will be a breeze.* 把就业指导课学到的都利用起来，工作会变得轻而易举。

5、in full swing 活跃，全力进行中

**This year the parties are in full swing.* 今年的聚会如火如荼的进行着。

举一反三你也可以说 *campaign/learning/social activity is in full swing.*

6、at the cost of ... 以...为代价

**We shouldn't enjoy an economic boom at the cost of environment.* 我们不能为了经济发展而牺牲环境。

7、let alone 更不用提

**They don't have enough time for studies in their own field, let alone taking a new course.* 他们连自己领域的学习都来不及，更不用提再学一门新课。

8、attend to 照顾照料

*During a big party, the host has to **attend to** guests and make sure everything is under control. 盛大的聚会中，主人要招待宾客并确保一切都正常有序。

*No worries. Just let me **attend to** all this. 别担心了，让我来。

9、fall short of 缺乏

*Distance education **falls short of** proper guidance and supervision. 远程教学缺乏足够的指导和监督。

10、have a negative impact on ... 对...有负面的影响

*Overexposure to social media can **have a negative impact on** your life. 过量接触社交网络会对你的生活产生负面影响。

11、freshly-minted 新兴的，新出现的 adj.

*On-demand taxi service like Uber is a **freshly-minted** product where regulation is required. 打车软件是一个需要监管的新兴产品。

12、buzz 热门 n.

*Freedom of speech has been a **buzz** word for years. 多年来，言论自由都是个热门话题。

13、sign up for 注册，报名 v.

*Nowadays education is a lot more accessible because people can **sign up for** online courses without even leaving the house. 教育更容易获得了，因为现在人们足不出户就可以在家报名线上课程。

14、social media 社交媒体 n.

*Many people's natural inclination with **social media** has been to post first, and think about potential consequences later – **whether drunk-night-out pics on Myspace, my-boss-is-awful updates on Facebook, or clothes-shedding shots on Snapchat.** 很多人爱在社交网络上先发为快然后才考虑事后的潜在影响 — 无论是在Myspace上发醉酒照片还是在Facebook上吐槽老板，还是在Snapchat传脱衣照。

给你造这么长个句子能体会我要BTW的说什么吗？

细！节！啊！！！请多看多学。

15、a selling point 卖点 n.

*The fact that privacy is becoming **a selling point** in the latest generation of social apps isn't a bad thing, by any means. 在最新的社交类产品中隐私正成为一大卖点，这怎么说都不是个坏事儿。

16、on the verge of 濒临于，接近于

*Before you know it, your productivity is waning, you feel tired more easily and you are **on the verge of** breakdown. 在你意识到之前，效率在骤降，你容易感到劳累并且濒临崩溃的边缘。

17、web illiterate 网盲 n.

*Today technology has advanced to the point where people are convinced that **web illiteracy** could easily put one at a disadvantage. 如今科技已经发展到人们坚信网盲一定会让人处于不利地位。

18、cybercelebrity 网络名人 n.

*Technology has given rise to a series of new words like **cyber celebrity** and web illiterate. 科技产生了一系列的新兴词汇如网络名人还有网盲。

19、catch on 变得流行 v.

*Young people tend to shop online, but as for the old, new technology still needs time to **catch on**. 年轻人往往会在网上购物，但对于老人而言，这种新科技还需要时间才能流行起来。

20、do more harm than good 弊大于利 v.

*For someone who lacks self control and discipline, Internet may actually **do more harm than good**. 对于没有自制力和自控力的人而言，互联网或许会弊大于利。

21、offer sb an incentive to do 激励某人做某事

*Sure, a higher salary can **offer** more talented people **an incentive to** take teaching as a profession. 当然，高薪能激励更多人才选择做老师。

22、rise to fame 名声大噪，一举成名

* *With the prevalence of Internet, many cyber-celebrities have **risen to fame**.* 随着网络的普及，很多网络名人一下子火了。

23、one of a kind 独一无二

* *Many people are in pursuit of soulmate, an **one-of-a-kind** companion.* 有些人追求的是灵魂伴侣，世上独一无二的对象。

* *Be confident when you apply for a job; you have to believe you are **one of a kind** and you can make a contribution.* 应聘时一定要自信，你要相信你是独一无二的，一定会为他们做出贡献。

24、there's no sense in doing 没意义/没道理做某事

* ***There's no sense in** crying over spilt milk.* 覆水难收

* *Since the test is over, **there's no sense in** regretting about wrong answers.* 都考完了，就别再悔恨答错的题了。

25、miss out on sth 错失...失去...

* *Employees should be brought into the decision-making process, otherwise the company will **miss out on** new thoughts and novel ideas.* 下属应该参与决策的过程，否则公司就会错失很多新颖的想法。

26、realize potential 发挥潜力= tap one's potential

* *Young people should test out different types of jobs because it's a great opportunity to realize their potential.* 年轻人应该多尝试不同的工作因为这样能够发挥他们自身的潜力。

27、follow through 坚持到底= stick it out/hold on to the end

* *Persistence is the mother of good luck. If you fail to **follow through**, you don't have what it takes to survive and thrive.* 耐力是好运之母，如果你不能坚持到底，那就不配笑傲江湖。

28、all walks of life 各行各业

* *E-commerce has a huge impact on **all walks of life**.* 电子商务对各行各业冲击都很大。

*Innovation is a quality required in *all walks of life*. 各行各业都需要创新。

29、have what it takes 具备成功的条件

*Self-doubt makes you think you don't *have what it takes*, but diligence can help you regain confidence. 自我怀疑会让你觉得你不具备成功的条件，而勤奋能够帮你重拾信心。

30、chances are （常置句首,后接完整的句子）十有八九，很可能...

*If you have amazing grades but have never participated in any activities, *chances are that* you will not be accepted into Harvard. 成绩再好但如果没有参加过课外活动，十有八九哈佛还是不会要你的。

**Chances are*, you won't be accepted./ *Chances are that* you won't be accepted. (Chances are加逗号或者加that后接句子。)

31、hustle and bustle 忙忙碌碌 n.

*Traveling provides us with a temporary escape from the *hustle and bustle* of the city. 旅行让我们暂时远离了忙忙碌碌的城市。

32、Naturally,... 当然（让步词，后接But/However,...）

**Naturally*, we want to do a great job. But the reality is that we are stretched way too thin, and end up doing a lousy job at everything, stressing ourselves out in the process. 当然，我们都想做好。但是现实是我们把自己逼得太紧，结局是做什么都很糟糕，在过程中承受了太多压力。

33、one's plate is full/ have a lot on one's plate 太忙了，行程很满

*If your *plate is too full* at work, you may quickly burn out. 如果你工作太忙，你可能会很快精疲力竭。

34、survive and thrive 茁壮成长，发展的很好（字面：存活并繁荣）v.

*If children are given the permission to blunder and explore life, chances are that they can *survive and thrive* when they grow up. 如果孩子们被允许犯错并探索生活，他们更能茁壮成长。

35、build up 聚积，逐渐增强 v.

*You should learn to release stress and **build up** confidence when preparing for finals. 在为期末准备时，你需要减轻压力并且建立自信。

*If you procrastinate at work, the anxiety will **build up** quickly. 如果你总拖延工作，焦虑情绪会积累的很快。

36、vicious circle 恶性循环 n.

*Fatty junk food temporarily help relieve your stress but obesity would make you feel worse later, which leads to a **vicious circle**. 垃圾食品暂时的减轻了我们的压力但是肥胖会让你之后觉得更糟，如此恶性循环。

37、unwind 放松 v.

*When I got home from work, I'd pour myself a glass of wine to **unwind**. 当我从单位会回家，我喜欢倒杯红酒给自己来放松一下。

38、be stuck in 被困于... v.

*If you dwell on how things may go wrong, then you'd **be stuck in** such negativity and end up with nothing done by the end of the day. 如果你老想着事情会变得怎么不好，那么你很可能被困于消极的情绪并且这一天最终什么都做不成。

39、let go of ... 放下，抛开 v.

*As soon as you get home, you should **let go of** work-related matters and spend some quality time with your family. 当你一回家，你应该把工作相关的都放掉，并且花时间好好陪家人。

40、be stressed out 压力大的 adj.

*Naturally, bodyweight exercises can be good for you. But working out too intensely **will stress you out/ will make you stressed out**. 当然，自重训练对你很好。但是如果锻炼得过于剧烈，也会使你压力大。

41、burn out 精疲力竭 v.

*Young people juggling school and work can easily **burn out**. 年轻人如果兼顾学习和工作很容易精疲力竭。

42、dwell on 细想，琢磨

*Don't **dwell on** what you could have done better. Just put it behind you and get your hands busy. 别总琢磨你本来能做多好，把它抛在脑后并且让自己忙碌起来。

43、spend some quality time with 陪伴

*There's no sense in all the hustle and bustle if you cannot **spend some quality time with** your family. 总是沉浸在忙忙碌碌中而没时间陪伴家人是没有意义的。

44、keep track of 记录，记下/ lose track of 忘记，记不清

*As you grow older, you may **lose track of** time and of things that happened in the past. But a photo album can do the trick and help you **keep track**. 当你老去，你会忘记以前度过的美好时光和发生过的事，但是相册可以做到帮你记录。

45、the odds are in your favor 运气在你那边

*May **the odds be ever in your favor**. 愿好运站在你这边（看过The Hunger Games吗？同伴上考场前，你就和ta说这话）。

*The finals are just around the corner; work harder and maybe you can **shift/swing the odds in your favor**. 期末临近，努力才能时来运转。

46、tap into 挖掘

*The whole purpose of going to college is to **tap into** your creativity and maximize your potential. 上大学的最重要目的是发掘创造力和发挥最大潜能。

47、engage in 从事于、参加

*Those who **engage in** student affairs may show promise in leadership. 那些从事学生工作的人更会展现出领导能力。

48、build a habit 形成一种习惯

*Ten expressions a day; you **build a** learning **habit** that can get you a long way. 每天重复十遍，你会形成好的学习习惯并受益终生。

49、take one's mind off sth. 放松一下，不去想...

*The act of learning **takes our mind off** our problems. 用学习的行动可以让我们不去想那些烦恼。

*Traveling **takes your mind off** stressful work and study. 旅行让你从紧张的工作学习张放松一下。

50、put sb back at square one 重回原点

*My computer just powered off before I could save my paper, which just **put me back at square one**. It's a real bummer. 我的电脑刚在我保存论文前断电了，使得一切重回原点。这太不爽了。

51、show promise in... 在...方面显示出很有前途

*The scholarship is offered to those who **show great promise in** their respective fields. 奖学金是提供给那些在自己的领域方面显示出很有前途的人。

52、juggle ... and ... 同时做

*In today's society, people have to **juggle** their family duties **and** career commitments and spread themselves too thin in the process. 当今社会，人们必须同时兼顾家庭和事业责任，并且在这个过程中心力交瘁。

53、spread oneself too thin 心力交瘁，同时做太多事情结果一样都没做好

*I told you not to get too much on your plate. You'll end up **spreading yourself too thin**, which would put you in a tough spot. 我跟你说过别安排太多任务。不然你最终会让自己心力交瘁以致陷入困境。

54、draw on 吸取，借鉴，利用

*In every discipline, creativity also **draws on** skill, knowledge and control. 在每个学科中，创新同样要利用技术、知识和管理力。

*The benefit of learning history is that people can **draw on** experience from the past. 学历史的好处是人们可以吸取过去的经验教训。

55、make the best use of 充分利用 = make the most of

*If we are to survive and thrive, we have to think differently about our own abilities and **make the best use of** them. 如果我们想茁壮成长，我们需要从不同角度思考我们的能力并且充分利用。

56、be caught up in 卷入，陷入，沉浸在

*As long as you are alive and on earth, you **are caught up in** a global revolution. 当你活在地球上，你就被卷入了全球革命。

*We usually **get caught up in** the traffic jam during rush hour. 在上下班高峰期时我们经常被困于堵车。

57、put a strain on... 对...形成/施加压力

*Technological innovation and population growth are **putting a vast strain on** the Earth's natural resources. 科技创新和人口增长对地球生态资源施加了巨大压力。

58、a thing of the past 已成往事，昨日黄花

*Everyone will need to adjust to a world where secure lifelong employment in a single job is **a thing of the past**. 每个人都将要适应新的世界，一辈子安稳的做着同一工作已是昨日黄花。

59、open up job prospects 打开职业前景

*Work preparation can offer students a competitive edge and **open up job prospects**. 职业规划准备提供学生们竞争优势并且打开职业前景。

60、bump up against 碰到（困难）

*The ability to rise above setbacks you **bump up against** can give you an edge in the workplace. 克服你遇到的困难的能力能够在工作上给你一大优势。〔修饰成分在后置定语从句中担任宾语的话that可省略，更符合native speaker 表达习惯〕

61、a tough spot 处境艰难，困境

*People who learn to manage money from a young age are less likely to get stuck in **a financially tough spot** when they grow up. 那些从小就学着理财的人在长大后不容易陷入经济危机。

62、with gusto 满腔热情

*Kids should be encouraged to set their own goals and reach for them **with gusto**. 孩子应该被鼓励给定目标并且以满腔热情去努力实现。

63、rise above 克服

*Successful men have the capacity to **rise above** challenges and obstacles in life. 成功人士有克服挑战和困难的能力。

64、conform to 遵守,符合

*Everyone has to **conform to** the company's dressing code [rules about what you can wear]. 每个人都必须遵守公司的着装规定。

65、work overtime 加班

*If you constantly **work overtime**, chances are you'll burn out quite soon. 如果你持续加班,十有八九你会很快筋疲力竭。

66、make for 有助于, 导致

*Working fewer hours not only **makes for** healthier citizens, but it also **makes for** a more competent workforce. 更少的工作时间不仅有助于市民健康, 并且能带来更能胜任的劳动力。

67、be conducive to 有利于, 有助于

*Exercising regularly can **be conducive to** a balanced life. 规律运动有利于健康平衡的生活。

68、put up with 忍受

*Few would argue that the working hours people currently **put up with** are healthy. 很少会有人说现在人们忍受的工作时间是健康的。〔修饰成分在后置定语从句中担任宾语的话that可省略, 更符合native speaker 表达习惯〕

69、be sb's highest priority 成为某人的首要

*Improving schools should **be a country's highest priority**. 提升学校应该成为国家的第一要务。

70、Without doing..., sb. has no hope of doing 没有...,就不可能做到

***Without** improving its educational institutions, a country **has no hope of** ever cultivating enough professionals to match the development of better-educated countries. 不提升教育制度, 国家就不可能做到培养足够的专业人才以匹配成为教育大国的发展。

71、in exchange for ...以...作为交换

Professional athletes deserve the high salary they receive because it's just the compensation **in exchange for putting their body through so much.* 专业运动员值得高薪，因为这是他们身体经受磨练的补偿。

72、be under pressure 在压力之下

Since the finals are just around the corner, students **are all under a huge amount of mental pressure.* 期末考试就要来临了，学生们都处在巨大的心理压力之下。

73、across the globe=from all over the globe 全球各地

Internet makes it possible for people to access news and events from **all over the globe almost as soon as they occur.* 网络使得人们能够在全球各地的新闻和大事发生的时候就知情。

74、cope with 解决应对=deal with

Most people cannot **cope with this kind of pressure, and even longtime professionals can eventually burn out due to the constant exposure they get in the media.* 大多数人不能解决应对这种压力，甚至从业已久的专业人员都可能在持续的媒体曝光下最终精疲力竭。

75、bring in revenue 带来利益 / 收益

Professional sports can **generate/bring in a huge amount of revenue from advertising, merchandising, network contracts, and ticket sales.* 专业运动能够从广告，推销，网络订单和门票收入获得巨额收益。

76、inform sb about sth 告知某人某事

Newspapers have been regarded as a mainstream source of media to **inform us about current events.* 报纸被认为是一大主流媒体来告知我们时事。

77、on a ... scale 在...范围内

Thanks to Internet, people's views and beliefs could be shifted **on a large scale almost instantaneously.* 由于网络的存在，人们的观点能够几乎同时在很大范围内改变。

*In such a short time, he rose to fame **on a national scale**. 在如此短暂的时间里，他在全国范围内声名大噪。

78、be exposed to 接触到

*If children **are constantly exposed to** sex and violence on TV or Internet, they would probably try to imitate what they see and cause great harm to the society. 如果孩子们频繁地在电视和网络上接触到性和暴力，他们很可能试着模仿他们所看到的，并给社会带来巨大伤害。

79、with the advent of ... 随着...的到来

***With the advent of** SOHO and teleconference, people can be productive even working at home. 随着SOHO和电话会议的到来，人们即便在家工作也能很有效率。

80、A doesn't even come close to B A根本没法儿和B比

=A cannot even compare with B

*Telephones **don't even come close to** having that kind of an influence. 电话根本没有那么巨大的影响。

*When it comes to energy efficiency, traditional fuel-powered cars **do not even come close to** electric ones. 说起能源效率，传统的燃油车根本没法儿和电动汽车比。

81、adopt an attitude towards ...对...采取某种态度

*People **would be better served by** learning how to **adopt a positive attitude towards** failure. 学习如何对失败采取积极的态度能够使人们过得更好。

82、rub off on sb 沾到某人身上，受到影响

*People tend to avoid losers; they're scared that the bad luck would **rub off on them**. 人们倾向于避开失败者；他们害怕失败者的噩运会影响到自己。

*Since you're new to the team, I hope some of my confidence will **rub off on you**. 既然你是队里的新成员，我希望我的自信能够影响到你。

83、fend for oneself 照料自己 v.

= look after oneself= stand on one's own feet

*After children grow up and must begin to **fend for themselves**, they feel helpless and

frustrated because their parents can no longer solve their problems for them. 在孩子们长大并必须开始照料自己之后，他们觉得既无助又沮丧，因为他们的家长不再帮他们解决问题。

84、be apt to 容易...倾向于...

*Enjoying failure and **de-emphasizing success** will **paradoxically** make you more **apt to** succeed. 享受失败淡化成功反而会让你更容易成功。

85、hit a roadblock 遇到障碍/困难 = bump up against setbacks

*When they **hit a roadblock**, they took it as an opportunity to rethink their approach. 当他们遇到困难的时候，他们把它当做一次反思自己方法的机会。

86、protective instinct 出于保护的本能

*Parents often find it difficult to overcome their **protective instincts** 家长很难克制自己保护的本能。

87、the common thread 共同之处

***The common thread** we see in all successful people is that they are all convinced that failures open up opportunities for improvement. 我们能在所有成功人士身上看到的共同之处是，他们都深信失败能够带来进步的机会。

***The common thread** in each of these lessons is to let go of the past, and create a better future. 这些课程的共同之处是放下过去，创造更好的未来。

88、put sb at a disadvantage 使某人处于不利地位 v.

*Today technology has advanced to the point where people are convinced that web illiteracy could easily **put one at a disadvantage**. 现在科技已经如此发达，以至于人们深信网络文盲很容易使人处于不利地位。

89、be in the mood for 有意做某事，想要...

→ be in no mood for 不想...无意...

*When hanging out with friends, I am usually **in the mood for** some alcohol. 跟朋友们出去玩儿的时候，我常常想要来一杯。

*Sometimes I'm just not **in the mood for** study, Tina will always show up at the door and offer me help I'm in need of. 有时我就是无心学术，Tina总会出现在我门口，提供我需要的帮

助。

90、attend to 照顾照料，处理料理

If you want to succeed, then don't take shortcuts and **attend to every detail.* 想成功就不要走捷径，照顾到每个细节才好。

91、take pride in 引以为豪

People should **take pride in their own traditions as cultural heritage.* 人们应该把自己的传统当成文化遗产，并引以为豪

92、chew on 考虑

You might have more than three things on your plate, but that doesn't mean you should try to **chew on them all at once.* 你可能眼下有三件事要做，但是那并不意味着你要试着同时考虑它们。

93、devote to sth 致力于，奉献

= commit oneself to sth = be dedicated to

In a test-oriented education system, teachers tend to **devote more time to preparing students for scoring high in tests.* 在应试教育体系中，老师们倾向于投入更多的时间在学生的高分上。

Students should be allowed to **devote a significant amount of time to his/her pursuit of interest.* 学生们应该被允许投入大量时间来追求兴趣。

94、a state of mind 心态

Youth **is a state of mind.* 年轻是一种心态。

Instead of being **in a stressful task-switching state of mind, you should let everything else go and just focus on this one task in the moment.* 与其处于一种有压力的工作切换状态中，你应该排除杂念，眼下只专注于一个任务。

95、steer away from 避开

Generations of young people have been **steered away from the arts with benign advice about poor job prospects.* 年轻一代听取了关于艺术行业不乐观的职业前景的善意建议而避开了它。

*You should try to **steer away from** trouble. 你应该试着避开麻烦。

96、take a grip on 控制，紧紧抓住

*The global recession **took a grip on** the job market. 全球经济退化控制住了就业市场。

***Take a good grip on** joys of life. 抓住生活的点滴喜悦。

97、be wary of 警惕

*In a rapidly changing environment employers constantly fear that their best talent will be poached by other companies. They **are wary of** investing in developing their own talent since they fear it will primarily benefit their competitors. 在一个频繁变动的环境中，雇主常常担心他们最好的点子被其他公司剽窃。他们投资开发自己的点子的时候总是很警觉，因为他们害怕这个点子会使他们的对手受益。

poach 窃取，剽窃

98、be in infancy 在开始阶段

*For previous generations, digital technology **was still in its infancy** when they grew up. 对上一代来说，他们长大的时候数码科技还处在开始阶段。

99、balance A with B 平衡A和B

=maintain a balance between A and B

*The key is in **balancing** structured learning **with** unstructured periods of exploration. 关键在于平衡有组织的学习和无组织的探索阶段。

*Having to **balance** two big priorities can be fairly overwhelming. 平衡两个优先事项可能很有负担。

100、be given/allowed free rein to do自由发挥

*College students should **be given free rein to** pursue whatever they want to. 大学生应该自由发挥，追求自己想要的。

*When Friday is around the corner, my folks usually **give me free rein**. 每当周五快到了，我的家人经常放我自由。

101、be a drain on 对...的消耗

*Competitive sports programs can be an expensive drain on limited school funds. 竞技体育项

目会消耗学校有限的经费的。

102、steal the limelight from sb 抢走某人的风采 / 风头

*By funding sports events, the school may send a message that overemphasizes athleticism and steals the limelight from the academically successful. 学校如果向各种赛事投资，可能会被误解为过度崇尚运动而夺走了学术上优秀孩子的风头。

103、took a nosedive 大跌

*But when egos started to rule and people became focused on how many points they scored, the team's performance took a nosedive. 如果自我开始支配大家，并且变得关注得分，那么这个队伍的表现会大跌。

*China's stock market took a nosedive last week. 上周，中国股市大跌。

104、pick oneself up 跌倒后爬起来

*Sports taught me that the important thing is to pick yourself up afterwards and keep going 体育教会我重要的是跌倒后爬起来并且继续前行。

105、resort to 诉诸于

*You can put your all into winning a competition without resorting to questionable means. 尽心尽力去比赛，不要诉诸于不当手段。

106、lag behind 落后

*If you find it hard to keep up in class, sign up for a course or hire a tutor. Don't **lag behind**. 如果你发现跟上班里的节奏很难，去报个班或是请个家教。别落后。

107、work towards the same goal 向着同一个目标去努力

*In a sports team, you have opportunities to forge bonds while working towards a common goal. 在一个球队里，你有机会去磨练配合（锻造纽带）当大家为同一个目标努力时。

108、infuse sb with sth 灌输某人（某种思想/理念/态度）

*Competitive sports infuse children with a self-centered cutthroat attitude. 竞技体育灌输给孩子一种自我而激进的态度。

*A good mastery of foreign cultures can help infuse students with a sense of globalization. 精通外国文化可以帮助灌输学生全球化的理念。

109、root for 为...加油，助威

*I also think people become too invested in rooting for a specific team. 我也认为人们变得太破费在为了队伍助威上。

110、与运动相关的一些名词【不用造句，看就好,注意同义替换】

对手

- opponent, rival, competitor, the competing team
- *the rival team
- *a tough opponent

比赛

- game, match, tournament, competition, contest
- 运动员精神 sportsmanship
- 球员 player
- 裁判 referee

111、endure stress/hardship/suffering 忍耐...

I doubt that most people could ever **endure the kind of physical **stresses** that professional athletes do.* 我很怀疑大多数人真的能忍耐职业运动员经历过的身体磨练。

112、put through 经受

The best athletes must **put their bodies and minds **through** hell to get to achieve greatness, and as in any profession, those who work hard and prove themselves exceptional deserve to*

be rewarded. 最好的运动员必须让身体和心灵经受过炼狱才能获得成就，就如在任何专业领域，他们刻苦努力并且让自己变得杰出才换来应得的成功。

113、foul 犯规 v.&n.

**foul the opponent*

**All fouls in football should be penalized.*

**flagrant foul 恶意犯规*

**call a foul 宣判犯规*

114、score a goal 进球

Young athletes are being told they would make their nation proud if they could **score a goal in the tournament. 青年运动员正在被训话如果他们能在联赛中进球那将会成为国家的骄傲。*

115、defend one's lead 守住比分

Despite the rival's foul, we still managed to **defend our lead. 虽然对手犯规，我们还是成功守住了比分。*

116、watch a game live 看现场比赛

If you want to root for your favorite team with a bunch of people, **watching the game live would be a better idea. 如果你想和大伙一起为你最爱的队伍助威，去现场看比赛是个好办法。*

117、instill sb with sth/ instill sth in sb

Through helping children with schoolwork, parents can **instill children with values that will allow them to successfully pursue their ambitions. 通过帮助孩子的功课，父母可以灌输给他们以后能帮助孩子实现抱负的重要价值观。*

118、get (or start) off on the right (or wrong) foot: make a good (or bad) start at something.

****To start off on the right foot**, you should probably go for a good teacher to learn from the best. 为了有个好的开始，你最好找个好老师以学到最好的。*

If you are looking for a shortcut, you'd **get off on the wrong foot. 如果你正在寻找捷径，那你就踏上了错误的开始。*

119、feel diminished 感到低人一等，被贬低

A true friend will be eager to help and will not think any less of you, nor make you **feel diminished for asking.* 真正的朋友是乐于帮助你的并且不会为此而小瞧你，或者让你因为寻求帮助而感到低微。

120、take a toll v. 产生负面影响、造成损失

=have an adverse effect

If you are obsessed with luxury brands, it will **take a toll on your budget.* 如果你一门心思在奢侈品牌上，你的预算会很糟糕。

121、nip...in the bud 消灭在萌芽状态

suppress or destroy something at an early stage.

The idea has been **nipped in the bud by the school authority.* 这个想法已经被学校领导消灭在萌芽状态了。

122、play dumb 装傻

To steer away from any further argument, I choose to **play dumb.* 为了远离更多的争论，我选择装傻。

123、point-blank 直白，直截了当

During interviews, it is not a smart move to ask **point-blank about salary.* 在采访中，直截了当的问薪水并不明智。

124、own up to 承认

It takes great courage to **own up to one's mistakes but the acknowledgement is the first step on the road to self-improvement.* 承认错误要花很大勇气，但是这种承认只是自我提升的第一步。

125、go against the grain: contrary to the natural inclination or feeling of someone or something 不合，背道而驰，令人讨厌

It takes an incredible amount of courage and strength to **go against the grain of what people*

want you to be. 这花了难以置信的勇气和力量去与人们要求你的背道而驰。

**I could simply opt to skip punching in, but that goes against the grain.* 我可以选择放弃打卡，但这不是我的性格。

**To go against the grain, is to find your own way of life.* 和别人背道而驰，寻找你自己生活的方式。

126、go easy on 宽容，温柔对待

**I know you're exhausted, but if I go easy on you, you'd miss out on great opportunities to learn.* 我知道你已经筋疲力尽了，但如果我对你宽容，你将失去学习的好机会。

127、the crux of ... is 关键在于

**The crux of the matter is that attitudes have changed.* 这事的关键在于态度的转变。

**But the crux of her speech was a plea, a plea to save lives through the simplest way possible: acceptance.* 她演讲的关键在于一个恳请，恳请通过一个最简单的方法挽救生命：接纳。

128、go viral 像病毒般扩散传播开来

**Small businesses can also create a cause campaign that will go viral, but it doesn't just happen overnight.* 小型企业也能够开展获得病毒式传播的公益活动。不过这当然不可能一蹴而就。

**Even if your messages don't "go viral," you'll find that you still managed to alert more people about your company, and probably spread some good will too.* 即使你的讯息没有成功如病毒般扩散，你会发现你仍然还是能够让更多人知晓了你的公司，或许也传播了更多的善念。

129、trade on 利用

**Jenner has spent decades giving motivational speeches around the world, trading on stories about what it took to achieve Olympic success in order to inspire people's own personal greatness.* Jenner 已经花了数十年在世界范围内做激动人心的演讲，通过关于如何实现奥林匹克的成功故事，鼓励人们自己的伟大之处。

130、would otherwise have done 本来不这么做可以怎么着

**The equipment, like the uniforms and padding needed by a high school football team, have been shown to rob school districts of money that would otherwise have been spent on additional academic subjects.* 像制服和衬垫这种高中足球队需要的装备，已经抢了学校不少本来可以不花在附加科目上的钱。

131、through thick and thin 不顾艰难困苦，在任何情况下

The couple stayed together **through thick and thin. 这对情侣一直相依无论艰难困苦。*

132、keep... in check 控制住 (keep ... under control)

He was having a hard time **keeping his emotions in check. 他曾经很难控制住自己的情绪。*

133、be out in the open 事情公开了，在明处

One of the best ways to heal is simply getting everything on the inside **out in the open. 最好的治愈方法之一就是坦诚心扉。*

Don't lie to people who put faith in you, because the truth will **come out in the open sooner or later. 不要欺骗信任你的人，因为迟早会真相大白。*

134、embrace one's flaws 接受某人的缺陷

Friends who can **embrace the other's flaws will stand a better chance of sticking together. 能接受别人缺陷的朋友更能团结在一起。*

135、reflect on 回想，反省，思考

He **reflected with sadness on the unhappiness of his marriage. 他悲痛地反省了他那不幸福的婚姻。*

136、turn back on 抛弃，背叛

She **turned her back on her career to devote her life to animals. 她放弃了她的事业而投身于动物们。*

True friends would never **turn back on you when you are in trouble. 真的朋友从不会在你困难的时候背叛你。*

137、talk sb into doing 说服某人做某事

talk sb out of doing 说服某人不做某事

Good salesmen are good at **talking people into buying things they don't really need. 优秀的售货员擅长说服人们买他们其实并不是很需要的东西。*

People with a negative attitude always attempt to **talk you out of pursuing goals. 有消极态度的人们总会尝试着让你放弃追求理想。*

138、stand a chance 有机会，有希望

To **stand a chance of winning, you have to **give it your best shot**(全力以赴). 只要有胜利的希望，你就得全力以赴。*

139、a bump in the road = problem or setback 困难

When faced with **a bump in the road, people in relationships tend to sever bonds rather than to maintain commitment. 面对困难时，相爱的人们更可能背离而不是维持承诺。*

140、be in good/poor shape 身体健康/身体不好

He does exercise regularly to keep **in good shape. 他定期运动来保持身体健康。*

141、inside and out 从里到外，彻底

Do not miss a chance to tell someone you love how wonderful they are, **inside and out. 别错过任何机会告诉你爱的人他们有多完美，从里到外。*

Spinning class keeps me in good shape, **inside and out. 动感单车课程让我得以由内而外的健康。*

142、bring up 提出，养育

Since you've **brought it up, let's just talk. 既然你已经提了，我们就来讨论一下。*

Many dieticians believe it is possible to **bring up a healthy vegan child. 许多营养学家认为养育一个健康的素食孩子是可能的。*

143、meet halfway 让步，妥协

If you want your friendship to last, you should learn to **meet halfway and compromise. 如果你想让友谊长久，你应该学着让步和妥协。*

144、under the skin 在内心，本质上

He still believes that all women are goddesses **under the skin. 他仍然相信所有女人本质上都是女神。*

145、rat race 激烈竞争（商业上），无意义的竞争

*Get out of the **rat race**, stop trading hours for dollars, and start building a revenue generator of your own. 远离无意义的竞争并且结束用时间换金钱，开始建立属于自己的事业。

146、on the quest for 追求，找寻 = in pursuit of

*Everyone is **on the** endless **quest for** utopia. 每个人都在不停追寻着乌托邦。

147、off guard 不提防

*The pitfall is the trappings of success can catch you **off guard**. 陷阱就是，成功的表象来袭时，你可能猝不及防。

*Her betrayal took me completely **off guard**. 她的背叛让我完全措手不及。

148、make or break 成败

=stand or fall

*Presentations are **make-or-break** moments in your professional career. 演出是决定你职业生涯成败的时刻。

*How you interact with your team can **make or break** the business deal. 你和你团队的关系可以决定生意的成败。

149、be cut out for 适合

= be fit for, be suitable for

*People with a short temper **are not cut out for** teaching. 急脾气的人不适合做老师。

150、be a breeze 易如反掌，小菜一碟

=as easy as winking

*Apply what you've learned in job preparation, the work will **be a breeze**. 把就业指导课学到的都利用起来，工作会变得轻而易举。

151、miss out on 错失，失去

Ian McKellen would be less recognizable in the mainstream if he **missed out on the roles in*

Lords of the Rings and X-Men. Ian McKellen在主流的认知度也许不会这么高，如果他错过了指环王和X战警的角色。

152、binge eating 暴饮暴食

**Binge eating can be quite common in teenagers who are stressed out under peer pressure. 暴饮暴食在有压力的年轻人中是很常见的。*

153、counter crisis 对抗危机

**We should develop strategies to counter obesity crisis. 我们应该采取策略来对抗肥胖危机。*

154、lose control over 失去对...的控制

**People who lose control over their lives would end up in despair. 对自己生活失去掌控的人最终会陷入绝望。*

155、serve sb well 对某人有帮助，有作用

**I hope this “punching-in” approach will continue to serve you well in the days to come. 我希望这种“打卡”的方式在以后的日子里仍能对你有帮助。*

156、blow sth out of proportion 夸大其词

**Critics tend to see the negative, blow it out of proportion, and fail to even notice the positives. 评论家倾向于看到缺陷，夸大其词，而忽视了积极的一面。*

**Nip problems in the bud right away before they are blown out of proportion. 在问题发展到不可收拾前赶紧扼杀在摇篮里。*

157、keep up with 跟上

**Social media allows you to keep up with the moments people experience and don't get a chance to share in real life. 社交媒体让你能跟上人们正经历的，那些没机会在现实生活分享的时刻。*

158、stay current with 保持同步

**Social media helps us stay current with and connect to the people that matter most to us. 社交媒体让我们和重要的人保持同步和联系。*

159、be well connected 人脉广

Since professors in different schools tend to **be well connected, they can offer their pupils recommendation to good jobs. 因为在别的学校的教授更有广阔的人脉，他们能为学生写推荐信而得到好的工作。*

160、come into being (新事物) 产生，形成

It is with creativity that we first imagine a solution. It is with careful planning that the solution **comes into being. 一个想法刚刚萌芽时是天马行空的，当一个方案形成时是经过周密计划的。*

161、In hindsight 回想

****In hindsight**, I should have taken the chance and given it a shot. 回想起来，我当初应该把握住机会尝试一下。*

162、compare A to B 把A比作B

People with positivity would **compare obstacles **to** poorly wrapped gifts, because every roadblock we stumble upon can teach a lesson. 乐观的人愿意把困难比作包装的很糟的礼物，因为每个绊住我们的障碍都能给我们启迪。*

163、that being said 话虽这么说（用于让步转折相当好啊）

Moving back in with your parents means you have a family willing to offer some kind of support. **That being said, it can still be a frustrating experience. 搬回到父母身边意味着你有家人的给你提供一些支持。话虽这么说，这仍是一段令人沮丧的经历。*

164、get along with sb 与某人相处融洽

If you want to **get along with a new roommate, setting boundaries can help with that. 如果你想与新室友相处融洽，设定一些界限会有帮助。*

165、get... in order 使...井然有序

Throughout the summer my apartment will get cluttered naturally, so every few days I will do some cleaning and tidying to **get things in order. 在夏天的时候我的公寓就会很容易变乱，所以每过几天我就会搞卫生来使屋子里井然有序。*

When you start **getting your finances in order, the whole experience can be exciting and will*

pay off later. 当你开始让你的经济状况井井有条时，这个经历会让你很开心并且日后得益。

166、choose A over B 选A而舍弃B

*Frugality is a virtue. That being said, we take it too far when we **choose** affordability **over** quality. 勤俭节约是美德，但话说回来，为了便宜而舍弃质量就有点过了。

167、take it too far 过分，有点过了头

≈ get a little out of control ≈ get out of hand 失控

*It's good to be polite and respectful, don't get me wrong, but etiquette seems to make some people **take it too far**. 礼貌和尊重是对的，但别理解错，有的人在礼节上似乎过头了。

168、be on board with 接受，同意

*To achieve success, it is important to get every teammate **on board with** the plan. 要成功的话，得每个人都接受这个计划

*Millennials seem more **on board with** the idea than older age groups. 千禧一代似乎比老一代人更容易接受这个想法。

169、fall by the wayside/ be out in the cold 被忽视

=does not get the attention sth deserves

*Arts education often **falls by the wayside**. / Arts education seems to **be out in the cold**. 艺术教育经常被忽视。

*It's a shame that environment does not **get the attention it deserves**. 环境并不受重视这是个羞愧的事儿。

170、keep ... high on one's list of priorities 优先考虑

=prioritize=give priority to

*While economic growth can indicate a nation's strength, government should remember to **keep** environmental preservation **high on its list of priorities**. 虽然经济增长能表明一个国家的力量，但是政府需要记得优先考虑环境保护。

171、thrive on 茁壮成长

*Other than the media, which seems to **thrive on** stories involving death, destruction of property, a plummeting economy, or other calamitous events, the majority of us would prefer to be the bearers of happy news. 不同于媒体似乎更依托于死亡、破产、经济下滑或其他灾难事件，绝对多数的人还是更喜欢好事。

172、Similarly,（段内并列）与之相似的是，

*We all love happy news. You'd much rather reveal to a young couple that the child they're expecting tests out perfectly fine than that they will face a lifetime of health challenges with the addition to their family. **Similarly**, if you're a supervisor, it's much more fun to tell employees that they're going to be promoted than that they should expect the pink slip to show up in their inbox. 我们都爱好消息。你更愿意告诉小夫妻他们将要降临的孩子一切健康而非要面对一辈子的病痛折磨和家庭负担。与之相似的是，作为老板，更好的是告诉员工他们将要升职而不是将面对邮箱里的解聘书。

多例的例子和例子之间，Similarly,和Likewise,都炒鸡好用。

173、with relish: with great enjoyment 津津有味

*As a book-lover, she can spend hours reading a novel **with relish**. 作为书籍爱好者，她能花时间津津有味地读一本小说。

174、as much as（后接句子）虽然

***As much as** we prefer to give happy news, there are times when we have no choice but to relay messages of doom and gloom. 虽然我们都更愿意报喜，但是有时候我们没有选择只能传递死亡的噩耗。

175、live up to 不辜负

*It is the most frustrating experience to fail to **live up to** your parents' expectations. 辜负了你父母的期望是最令人沮丧的事。

176、rush into:force (someone) to act hastily 仓促行事

*College graduates shouldn't **rush into** any career decisions. 大学毕业生不应该仓促地做职业生涯上的决定。

177、keep/bear in mind 记在心上

*Newly wedded couples should **keep in mind** that the ability to embrace each other's flaws is the secret to a long-lasting relationship. 包容对方的缺点是维持婚姻长久的密匙，新婚之人应该把这个道理铭记在心。

**Keep in mind confidence is not bravado, or swagger, or an overt pretense of bravery. Confidence is not some bold or brash air of self-belief directed at others. Confidence is quiet. Confidence is a natural expression of ability, expertise, and self-regard. (How true!) 铭记在心，信心不是虚张声势，不是吹嘘，不是外在的假装勇敢。信心不是莽撞而傲慢的直指他人。信心是平静的。信心是能力、技术、自尊的真实表现。*

178、get off... the ground: start or cause to start happening successfully 取得进展

**There'd have to be a public inquiry before the project got off the ground. 在项目取得进展前必须得有个公众调查。*

**Why it's so hard to get a successful business off the ground? It's attributable to a number of factors, one of which could be the way the founders are spending their spare time. 为什么取得成功的商业进展如此之难？可归因于很多因素，其中之一就是建立者是如何利用空闲时间的。*

179、carry over into: extend beyond the original area of application 延续到

**His artistic practice is clearly carrying over into his social thought. 他那充满艺术的实践延续到了他的社交理念上。*

**The productivity you can generate in your free time often carries over into the success of your professional endeavors. 你平时的效率往往会延续到你专业上的成功。*

180、lead a lifestyle

**Have you ever noticed that some of the most successful people you know also lead rather interesting lifestyles outside of work? That comes largely from the personal pastimes they choose to enjoy. 你注意到了吗，你所知道的成功人士也会享受相当的工作之外的趣味的生活。这都是取决于他们所选择的爱好。*

181、outlet for stress 舒缓压力的发泄方式

**Hobbies are a good outlet for stress and an excellent source of creativity. 兴趣爱好是个好的舒缓压力的发泄方式，也是极佳的创造源泉。*

182、take ownership of 拥有

**Highly confident people take ownership of their thoughts and actions. 高度自信的人拥有思想和执行力。*

**People who can take ownership of their own happiness never fall short of a sense of security. 拥有幸福的人不会缺乏安全感。*

183、stretch oneself 尽最大努力

**Comfort zone is a place where dreams die, so you need to stretch yourself and quit living in the bubble of comfort. 安逸的环境是扼杀梦想的地方，所以需要尽最大努力并离开这个舒适的泡沫假象。*

184、put off 拖延，延迟

**People who procrastinate always put things off until they realize there's not much time left. 爱拖延的人总是把事情推迟到直到他们意识到没时间了。*

185、obsess over 为... 着迷

**Don't get caught in the negative feedback; highly positive people never obsess over opinions of others. 别陷入负面的反应里，真的自信的人不会被别人的观点缠住。*

186、have a tolerance for 容忍

**A wise leader has no tolerance for unnecessary, self-inflicted drama. 明智的领导不会容忍无理取闹。*

**The company has a tolerance for office romances. 这家公司接受办公室恋情。*

187、in futility 徒劳

**Every person is living a story so unique that drawing comparisons would be an absurd and simplistic exercise in futility. 每个人的生活都是独一无二的，作对比是荒谬和徒劳之举。*

188、at one's disposal 某人可支配的

**Successful people make use of any and all weapons that are at their disposal, relentlessly testing the effectiveness of every approach, until they identify the strategies that offer the most results for the least cost in time and effort. 成功之人利用身边可支配的所有武器，不懈的寻找有效途径，直到他们找到能达到最佳结果和最低消耗的策略。*

189、take on challenges 应对挑战

**Learning new things, taking on challenges, and rebounding after making mistakes are all a natural part of life and help train your brain to grow stronger over time. 学习新事物，应对挑战，在犯错后反思，都是真实生活的一部分，并且能帮助锻炼你的大脑使得更强大。*

190、take a stand 坚持一个立场

They **take a stand not because they think they are always right, but because they are not afraid to be wrong. When they are wrong, they are secure enough to back down graciously. 他们坚持立场不是因为他们觉得自己总是对的，而是因为他们不惧怕犯错。当他们错了，他们有足够把握从容的退回。*

191、breed=produce=engender 产生

Insecurity tends to **breed artificiality; confidence **breeds** sincerity and honesty. 不安会产生造作，自信会带来真诚。*

192、A pales in comparison to B 在B面前A就微不足道了

记得我们讲过的 A does not even come close to B吗？相似表达。

Having hundreds of Weibo followers **pales in comparison to earning the trust and respect of the few people in your life who truly matter. 有上百的微博粉丝在有几个生活中信任和尊重的朋友面前就微不足道了。*

193、stay up to date with= keep up on the latest 与时俱进

The best way to **stay up to date with the activities of prosperous individuals is to read. Studying a business-oriented self-help book or reading the biography of a successful person you admire will enable you to de-stress after a long day. 跟的上那些精英之人的步伐的最好方法就是读书，读商业向自学书籍或是你敬佩的成功人士的自传可以帮你在一整天的辛勤后减压。*

194、start over 重新来过

Failure is not the opposite of success, it's a stepping stone to success. You can also **start over; don't lose faith. 失败不是成功的对立面，而是成功的一步。你仍然可以重新来过，别气馁。*

195、a work in progress 半成品，正在进行中

It's understandable that your paper is still **a work in progress since you've got too much on your plate lately. 自从你安排了太多日程你的论文还处在半成品是可以理解的。*

196、be summed up by 用...来概括

Every situation in business and in life can **be summed up by a quote from Macbeth: we fail?*

But screw your courage to the sticking post, and we'll not fail. 工作和生活中的每个场合都可用《麦克白》的引言来概括：失败？只要你鼓足全部勇气，我们不会失败。

**This can best be summed up by my favorite Chinese Proverb: "If we don't change our direction, we're likely to end up where we're headed.* 用我最喜欢的中国谚语来概括是最好的：如果我们不改变方向，总会走到我们要去的地方。

197、drag on 拖延（sth做主语。put off则sb做主语）

**Admit to your mistakes and resolve the situation, without letting it drag on.* 承认错误并解决它，而不拖延。

198、turn a blind eye 视而不见

**When something isn't going right, you should fix it, instead of turning a blind eye.* 如果做错了，你就得改正，而非视而不见。

199、in a stalemate 处在僵局中

**The company was in a stalemate, despite all our hard work.* 公司处在僵局中，尽管我们都在努力。

200、pour ... into 倾注

**I poured all my energy and focus into doing whatever it took to succeed and leading my team by example.* 我倾注了全部力量，不计花费的投入只为了成功，并且带我的团队做示范。

201、get through 度过/熬过（困难时期）

**Your words of encouragement get me through the hardest time of my life.* 你的鼓励之言伴我度过困难时期。

202、loom large 凸显，问题放大

**Self-help books have always loomed large in the American psyche.* 自助类书籍总是把美国人内心的问题放大。

203、fit in 适应

**When you get to a new country, learn to fit in with the people and culture around you.* 当你去了新的国家，试着适应周围的人和文化。

*If you're having trouble **fitting in**, feel free to contact me. 如果你适应起来有困难，随时联系我。

*Forensics offers an outlet to many students who have never felt like they **fit in** any other activity. 辩论会给很多适应不了其他活动的同学一个发泄机会。

204、experiment with 试验、尝试

*We **experiment with** living in new places, hanging out with new people, and imbibing new substances. 我们尝试着生活在新环境，结交新朋友，吸收新知识。

*Researchers are currently **experimenting with** art and music for therapeutic purposes. 研究者近期尝试着用艺术和音乐达到治疗的目的。

205、run up against 碰到

*Self-discovery lasts until we begin to **run up against** our own limitations. 不断发现自我直到我们碰到自身的瓶颈。

206、around the corner 即将来临

*There are people who cannot settle into a long-term relationship because they always have a gnawing feeling that there's someone better **around the corner**. 有些人总是没法建立长期婚姻关系因为他们总觉得会有更好的人即将来临。

207、take initiative to do 主动

*I was able to make my first big leap by **taking initiative to try**. 在主动尝试下，我成功的迈出了第一步

208、Instead of doing, sb end up doing 表反作用结果

***Instead of focusing** on studying, **I end up helping** my group review. 我没有专注于学习而是帮忙搞定了小组的总结。

***Instead of attracting** top students, universities (focusing too much on social activities) may send a wrong message and end up with people who just want to party. 本想吸引来顶尖的学生，结果大学（过度专注于社交活动）可能发出了错误的信号导致大家都只是想参加派对。

209、keep... on and off 断断续续，不时地

*I've **kept** the habit of running **on and off** throughout a whole year. 我坚持经常跑步的习惯一整年了。

210、cut back on sth. 削减 v.=cut/ cut down/ reduce

With some funds allocated for space travel, government may be forced to **cut back on other expenditures.* 为了分配给太空项目资金，政府可能被迫要削减其他开销。

211、slack on sth 在...方面懈怠、放松

If professors **slack on their own research, they'll run the risk of passing on faulty information on to their students.* 如果教授在自己的研究上懈怠，那么他们很可能给学生传输错误的信息

Don't **slack off in your studies.* 学习上可不能懈怠。

212、social status 社会地位=social standing

In the modern world, a person's **social status is closely related to his wealth.* 在当代社会，人的社交地位和他的财富紧密相连。

213、take one's mind off sth. 放松一下，不去想...

The act of learning **takes our mind off our problems.* 学习能让我们不去想烦心的事。

214、follow suit 效法，跟着做

If parents can set an example, children would **follow suit.* 如果父母可以设立一个榜样，那么孩子就会跟着做。

When you are surrounded by people whose default is positivity, you are very likely to **follow suit and turn into an optimist.* 当你周围的人默认模式就是积极的正能量，那么你很可以效法也变成一个乐观主义者。

215、be involved in 参与

Parents have become more **involved in educating their kids.*

现在父母越来越多参与到孩子的教育中。

Although we should give our children the freedom to make mistakes, some **involvement is still necessary.* 虽然我们应给给予孩子犯错的自由，但父母适当的干预还是必要的。

216、count on 依赖，依靠=depend on, have one's back

*Friends are those we can **count on** no matter what. 无论怎样，朋友都是我们我们能依靠的人。

217、do sb good 为某人带来好处= bring benefits to sb

*You may think befriending an intelligent soul can **do you good** along the way, but it may not be the case. 你可能觉得找个聪明人交朋友能对你有帮助，但其实未必如此。

*Being so stubborn and resistant to changes won't **do you any good**. 顽固不化不会给你带来任何好处的。

218、do more harm than good 为某人带来的弊大于利

*For someone who lacks self control and discipline, Internet may actually **do more harm than good**. 对于没有自制力和自控力的人而言，互联网或许会弊大于利。

219、have a knack for 在...上有天赋=be cut out for

*She **has a knack for** painting. 她在画画上有天赋。

*Nobody **is cut out for** excellence. 没人生来卓越。

220、be in the mood for 有意做某事，想要...

→ be in no mood for 不想...无意...

*When hanging out with friends, I am usually **in the mood for** some alcohol. 当和朋友闲逛时，我总想要去喝点酒。

*Sometimes I'm just not **in the mood for** study, Tina will always show up at the door and offer me help I'm in need of. 有时候我就是不想学习，Tina总能出现并给我帮助。

221、attend to 照顾照料，处理料理

*If you want to succeed, then don't take shortcuts and **attend to** every detail. 想成功就不要走捷径，照顾到每个细节才好。

*To hold a big event, it's quite challenging to **attend to** a roomful of guests. 要办一个大活动，照顾到全部客人确实有挑战。

222、end up doing/ end up with 以某个结局而告终

(写文章举例子说到最后，你看最终姐姐就怎么怎么的，表达下场的好词组！)

Without tolerance, people will find themselves always **end up looking for new companions.*
没有耐心的结果就是人们总是在找新的伙伴。

I told you not to get too much on your plate. You'll **end up spreading yourself too thin, which puts you in a tough spot.* 我跟你说了别安排太多的事情，你最终会把自己搞得太累，这会使你陷入困境。

If you dwell on how things may go wrong, then you'd be stuck in such negativity and **end up with nothing done by the end of the day.* 如果你总是想着事情会如何变坏，那你会陷入消极并最终什么都做不成

223、half-baked ideas 不成熟的想法

Young people tend to have a number of **half-baked ideas about their future careers.* 关于未来职业规划，年轻人总会有很多不成熟的想法

224、not...., but rather.... 不是...而是....

Children with low self-discipline do **not make full use of their spare time, **but rather** squander it on video games or social media.* 没有自制力的孩子不会利用好时间，而是会浪费在电子游戏或是社交平台上。

In our instant gratification culture, it's easy to forget that most personal change does **not occur as a single static event in time, **but rather** as a long, gradual evolution where we're hardly aware of it as it's happening.* 在我们这个及时行乐的文化中，人们很容易忘了多数个人的变化并不是发生在某一瞬间里，而是长时间的逐渐的改变着，可能我们很难注意到其发生。

225、the passage of time 时光流逝

****The passage of time** allows passion to cool and affection to ripen.* 时光的流失会让激情得到冷却而感情变得成熟。

Our identities slowly shift, like sea sand getting pushed around by the ocean, slowly accumulating into new contours and forms **over the passage of time.* 我们的个性在缓慢的改变着，就如同沙子被大海推来推去，随着时光流逝慢慢的积累成新的轮廓和形状

226、take risks 冒险

Time grants you the opportunity to **take big risks and make big mistakes.* 时间予你机会去冒险和犯错。

Young people have nothing to lose to **take some long-shot **risks**; time is their best asset.* 年轻人没什么可失去的所以能去冒大险，时间是最好的资本。

227、a long shot 可能性小，机会不大，不太可能

**She's way out of my league; I know it's a long shot. 我配不上她，我知道机会渺茫。（way 在非正式问题里是副词，太大的，太...）*

**take some long-shot risks*

228、be strapped by 被...束缚

**As a young person, you aren't strapped by financial responsibilities that come with later adulthood: mortgage payments, daycare for your kids, life insurance and so on. 作为年轻人，你不应该被束缚在之后成年世界的经济责任里：支付贷款、孩子的开销、人寿保险等等。*

**Girls shouldn't be strapped by stereotypes and subjective to gender inequality in the workplace. 女孩们不应该被束缚在老套而主观的性别不平等的工作场所里。*

229、on a whim 一时兴起

**It seems reckless to pack up and move to another city on a whim. 一时兴起打包搬去别的城市看起来是鲁莽的。*

230、casual acquaintances 泛泛之交

**Some of my casual acquaintances slowly became the closest friends in my life. 我的一些泛泛之交慢慢的就变成了生活中的挚友。*

231、beside the point 无关紧要= doesn't matter

**Sure, it's nice to always have goals and have something to work towards, but I've found that actually attaining all of those goals is beside the point. What you've learnt along the way should also count. 确实，有目标并为之奋斗是好的，但是我发现事实上要达到所有目标是无关紧要的，过程同样重要。*

**A friend is someone who you are comfortable sharing stuff with; the same background and social status are just beside the point. 朋友是那个你很乐意一起分享的人，背景和社会地位都是无关紧要的。*

232、climb up a career ladder 为事业而奋斗

（climb the corporate hierarchy）

**It starts with choosing and getting into a university. Then it becomes choosing a career and*

landing that first job. Then it becomes having a clear path to *climb up that career ladder*, getting as close to the top as possible. Then it's getting married and having kids. Society has created many rules for young people. 开始时选择并进入大学，然后选择职业并有了第一份工作，然后有了更清晰的路线为事业而奋斗，尽可能达到顶峰，之后结婚生子。社会给了年轻人许多规则。

233、have no clue 毫无头绪 =have no idea

I wandered around early years and rarely **had any clue about what I was doing.* 早些年我一直迷茫并且对自己在做什么毫无头绪。

If you **have no clue about what to do for a living, you should probably sign up for a work preparation program.* 如果你对生活毫无头绪，你应该报一个职业规划项目。

234、act on 按照...行事

I paid attention to opportunities and **acted on them.* 我关注机会并把握它们。

It would be a tremendous loss if we do not **act on this opportunity.* 如果我们不抓住这个机会采取行动，就会造成巨大的损失。

235、rub elbows/shoulders with 与...有交往

I've learned a few languages, and **rubbed elbows with some of the rich and famous and the poor and downtrodden, in both the first and third worlds.* 我学了几门语言，和发达国家的富人名人或是第三世界的穷人受迫之人都有交往

236、spend time with ... 和...在一起

****Spend time with** nice people who are smart, driven and likeminded.* 多花时间和那些聪明的、勤奋的、趣味相投的人在一起。

Life is too short to **spend time with people who suck the happiness out of you. (suck...out of sb 使某人丧失...)* 生命太短以至于不能花时间和那些使你失去幸福的人的在一起。

237、in disguise 伪装

Setbacks and challenging moments in life are also opportunities **in disguise for something bigger and better. If we can more easily see the light in our darkest moments, we are more likely to push through these difficult times and make the most of every opportunity to heal and grow.* 生活中的障碍和挑战也是伪装的机遇。如果我们能多看看黑暗中的光明，我们更度过困难时刻，并且把握住机会。

238、prioritize A over B

Since public transportation can benefit more people in general, government should **prioritize such infrastructure **over** other luxurious facilities.* 因为公共交通能让更多人受益，政府应该优先这些基础设施建设而非奢华设施。

Deliberately striving for happiness can also lead us to be self-centered because we would **prioritize our pursuit **over** all the people around.* 过分追求快乐也会导致我们变得自我，因为我们会优先自我诉求在别人之上。

239、There is no better for sb than doing

某人做这事儿最好了

**There is no choice better for young people than taking different kinds of jobs before settling down for a permanent one.* 在决定长久的职业前做不同的工作是最好的了。

**There is no deed better than reaching down and lifting people up.* 帮助他人时最好的行为。

240、measure up to 符合、达到（后接standard/requirements/expectation）

While I failed to **measure up to the job requirements, my boss still gave me a second chance.* 当我没能达到工作要求时，我的老板仍然给了我第二个机会。

We tend to let our expectations sap the joy out of genuine experiences because we'd feel disappointed when things don't **measure up to fantasies.* 我们容易让期待被显示削弱，因为当事实不符合幻想时我们会失望。

241、put ... behind 忘掉，抛在脑后

You should **put your past **behind** because nobody can move forward by staring at the rear mirror.* 你应该忘掉过去，因为没人能在盯着过去里前行。

242、be crunched for time 时间紧迫

I'm not a huge fan of fast food, but when **crunched for time, I just have no other choice but to grab a bite.* 我并不是快餐的忠实粉丝，但是在时间紧的时候我没别的选择只有随便吃点。

243、increase the odds of doing使能够做某事

By following your dreams, you will end up loving what you do and that will **increase the odds of you having a more amazing life.* 跟随着梦想，你最终会爱上你在做的并让自己享受更美好的生活。

244、dig in 开始认真工作

*Only when you **dig in** can clutter and chaos finally fade away. 只有当你开始认真工作，喧嚣和烦恼才会黯然失色。

245、take...for granted 把...当作理所当然

*Never **take** family **for granted**. They support you all along with nothing but good will. Favors from strangers, on the other hand, usually come with a price tag. 决不要把家人当作理所当然。他们给你了最好不求回报。从另一角度来说，陌生人的帮助通常都是有代价的。

246、lift up 激励

*Surround yourself with people who would show support and **lift you up**. 生活在周围人能给你支持激励的环境里。

247、pay off 得到好结果

*You should get out of your shell and socialize. It may be hard at first, but will **pay off** in the long run. (get out of shell 见下一条) 你应该突破自己并且开始社交。刚开始可能会艰难，但会给你长久回报。

*Taking some time to master a few money management skills will **pay off** for years to come. 花时间掌握以下理财技能将会在未来带给你好结果。

248、come out of one's shell = get out of comfort zone

*She used to be shy but things began to change after she signed up for a summer camp. Gradually she **came out of her shell** and built up confidence over time. 她曾经羞涩，但当她参加了夏令营，一切得到了转机。逐渐的，她走出牢笼，并且建立了自信。

249、in the haste of 在...的匆忙之中

***In the haste of our busy lives** we neglect many of the basic laws of gratitude, and thus miss out entirely on their positive effects. 在忙碌的生活中，我们忽视了许多基本的感谢，并且失去了全部的积极影响。

***In the haste of everyday life** we hardly realize how much more we receive than give. 在生活的匆忙之中，我们很难意识到我们得到的比付出的多多少。

250、put weight into 看重

*Sometimes we **put too much weight into** trying to control every tiny aspect of our lives that we completely miss the forest for the trees. 有时候我们过于看重生活中的每个细节，而因小失大。

251.fixate on 关注

*People who know a thing or two about investment don't **fixate on** price; they understand the importance of value. 懂投资的人不会关注价格，因为他们懂得价值的重要。

*Young people shouldn't **fixate on** the current wage; job prospect is something they should consider. 年轻人不应该关注眼前的薪水，工作前景才是他们应该考虑的。

252.keep an eye on 留意，照看

*Successful people also **keep an eye on** their bank fees—how much they pay for ATM use and other transactions. 成功人士也留意他们花在银行上的钱--ATM的手续费或是其他交易费用。

253.hold ... in high regard 重视

*People of all ages might follow celebrities, but young people are more likely to hold their opinions in high regard. 全年齡的人们都喜欢效仿名人，但是年轻人更重视他们的观点。

*As a leading expert, she is **held in** very **high regard**. 作为重要的专家，她非常受重视。

254.be accustomed to sth. 习惯于

*Older generations might **be** more **accustomed to** admiring celebrities for their talent as entertainers, not their political activism or relief work. 老一辈更习惯于欣赏名人的才艺，而不是他们的政治行为或是救济行为。

*Many students **are accustomed to** studying alone as opposed to with a group of peers. 许多学生习惯于自学而不是和同龄人一起。

255.in a ... fashion 以...方式

***in a** timely **fashion** 及时地

***in a** similar **fashion** 相似地

*Celebrities have blogs, Twitter feeds, Facebook pages, or YouTube accounts, all of which they can use to converse with their fans **in a** more intimate **fashion**. 名人以博客、推特、脸书、或是油管，这样更亲密的方式来和粉丝交谈

256.put stock in 信任

*put little stock in sb 不大信任某人

*put great stock in sb 重视某人

**The dark side of the society may lead some young people to become cynical and put less stock in what others say.* 社会的黑暗面可能导致一些年轻人变得愤世嫉俗并且对他人失去信任。

257.on top of... 另外= in addition to ...

**On top of* teaching, I still have a platform to run. 除教书外，我还要运行平台。

258.bump into 碰见

**Nowadays people are not quite acquainted with neighbors because the only place where they'd bump into each other is the elevator.* 当下人们和周围邻居不是那么熟悉因为他们能碰见的地点只有电梯。

259.win sb over 赢得某人的欢心，说服某人 gain the support or favor of someone by action or persuasion

**Her sense of humor had won him over at once.* 她的幽默感立刻说服了他。

**If you want to win her over by impressing her with your money, chances are it's not going to work.* 如果你想通过钱来赢得她的欢心，十有八九会失败。

260.break the monotony of ... 打破....的单调

**Field trips do two things to make learning more palatable to kids: they provide a break from the monotony of class, and they give children an opportunity to absorb information in more direct and interesting ways.* 外出活动对孩子有两点好处：能打破课堂单调，并且给孩子一个机会去吸收知识通过更生动有趣的方式。

**Varying what you do can help to break up the monotony of life and keep your mental battery charged.* 改变可以帮助你打破生活的单调并且使你的心灵不断充电。

261、be done doing 做完某事

**When you have to take on several tasks simultaneously, chances are you'll feel utterly exhausted when you are done.* 当你不得不同时做一些任务时，十有八九在完成后你会筋疲力竭。

**According to Schultz(星巴克老总), he doesn't plan to run for president. "Despite the*

encouragement of others, I have no intention of entering the presidential fray. *I'm not done serving at Starbucks,*" Schultz, 他没计划竞选总裁。"要不是大家的支持, 我并没有加入竞选的意愿。

(fray: a situation of intense competitive activity)

262、take aim at 针对, 瞄准

*This one-on-one tutoring *takes aim at* underachievers. 这个是一一对一的针对较落后学生的家教。

*It is morally unreasonable for advertisements to *take aim at* children under the age of 8. They have no capacity to distinguish right from wrong. 针对8岁以下孩子的广告在道德上就是不合理的, 他们还没有能力去辨别对错。

263、put A before B 使A优先于B

put others before oneself 优先考虑他人利益; 先人后己;

put quality before quantity 宁缺勿滥

put faith before anything 把信仰摆在第一位;

264、Tongues are wagging over sth 人们议论纷纷

**Tongues are wagging* throughout the world of political insiders with news that former president and potential future first gentleman Bill Clinton had a great chat with Donald Trump shortly before the real estate magnate announced his candidacy for president. 圈里知情的人们议论纷纷的是, 地产巨头Donald Trump在其不久前刚宣布参选总统后, 前总统和未来总统克林顿和Donald Trump有一番交谈。(大选的共和党辩论大家知道吗? Donald Trump由于票选高作为center stage, 但因为之前和克林顿的电话而被攻击。这句就说的这个事儿。)

**Tongues are wagging over the office romance.* 人们纷纷议论这段办公室恋情。

265、cover up 掩盖 = conceal

*Lies cannot *cover up* the facts. 谎言不会掩盖事实。

*Kids are perceptive and know something is up, so trying to *cover up* a harsh reality to protect them only fuels their worries more. 孩子有敏锐的洞察力, 知道发生了什么事。所以, 为了保护他们, 尽量的掩盖严酷的事实, 反而会使他们更加的担心。

266、be entitled to sth 有...的资格, 有权...

**A college degree does not necessarily mean you are entitled to a decent job. 大学成绩并不是必须的意味着你资格获得好工作。*

**Children of overprotective parents usually have trouble fending for themselves because they live under the illusion that they are entitled to trouble-free lives. 被家长过度保护的孩子经常在独立生活上有困难因为他们生活在无忧无虑的幻觉中。*

267、underachieve v. 学习不好

underachiever n. 学习不好的人

**Children of the poor tend to underachieve and thus remain poor in later life, which turns into a vicious circle. 穷人家的孩子容易学习不好并且导致未来的生活依旧艰辛，进入恶性循环。*

268、better off 状态好的

**You should tell your friend who has just been through a nasty break-up that she is better off without the wrong kind.*

你应该告诉你那刚经历了不愉快分手的朋友，离开错的人她会更好。

269、in a state of 在...的状态下

**People in big cities tend to live in a state of mind dissatisfaction. 大城市的人容易处在内心不满足的状态下。*

**Impoliteness can be excused in a state of emergency. 无礼行为在紧急情况下是能被理解的。*

270、be concerned about 担心

**In times of economic recession, even if you have a job, you may be concerned about losing it or maybe you are worried about other family members who are at risk of losing a job. 在经济衰退时期，尽管你有工作，你也会担心自己或是家人有丢掉工作的风险。*

**If you are insecure, you are constantly concerned about how others perceive you. 如果你没安全感，你总是担心别人怎么看你。*

271、sticking point 症结，关键，阻塞点

**To promote a sense of camaraderie and belonging has become a sticking point in team building. 提升友情和归属感已经成为团队建设的关键所在。*

**When you're struggling to stick with a new habit, it can be important to examine each link*

in the chain and figure out which one is your **sticking point**. 当你试图培养一个在新的习惯时，测试其中每个环节并且解决哪个是症结是很重要的。

272、on the lookout for 寻觅

*Everyone is **on the lookout for** tactics and hacks that can make success easier. 每个人都在寻觅让成功来的更容易的策略和应对。

273、Put another way, 换句话说=in another word

*Admitting to mistakes is a crucial step on the road to self-improvement. **Put another way**, people cannot begin the process of working on weaknesses if they are reluctant to acknowledge where they have failed. 承认错误是自我提升的重要一步。换句话说，人们不能开始去战胜弱点如果他们不情愿接受失败。

274、rush hour 上下班高峰

*You may find that driving to the gym after work is frustrating because you end up hitting more **rush hour** traffic. 你会发现下班后开车去健身房是特让人烦恼的，因为你会遇上上下班高峰。

*Chances are you'll be caught up in the traffic jam during **rush hour**. 十有八九你会遇到上下班高峰时交通堵塞。

275、run out 用完，耗尽

*You'd better hurry because we are **running out of** time. 你最好快点因为我们用完时间了。

*Michael's shop was what a bookish child might dream up as a fantasy home, a place far from any responsibilities, where he would never **run out of** stories. Micheal的书店是爱读书的孩子梦寐以求的幻想之地，一个不需要责任，有无穷无尽的故事的地方。

276、be fed up with 对...感到厌烦，受够了

***Fed up with the situation**, he decided to take matters into his own hands and conduct a personal science experiment of the boldest kind. 受够了这种境遇，他决定自己采取措施开始大胆尝试个人的科学实验

*If you **are fed up with** living in the shadow of other people, you should probably come out of your shell and start to develop your own lifestyle. 如果你受够了活在别人的阴影下，你应该突破桎梏，并且开始建立自己的生活方式。

277、sneak up on 悄悄接近，偷偷靠近

The more automatic a behavior becomes, the less likely we are to notice it. This helps to explain how the consequences of bad habits can **sneak up on us. 行为变得越无意识，我们就越难注意到。这就解释了坏习惯是悄然产生的。*

Nobody sets out to acquire bad habits, they **sneak up on you when you're not paying attention. 没人想去沾染坏习惯，它们悄悄接近你于无形中。*

The quiet ones always **sneak up on you. 有些人总是不鸣则已一鸣惊人。*

278、take notice of 注意到

Your coworkers and other supervisors will **take notice of your hard work, and it will pay off. 你的同事或其他主管会注意到你的努力工作，你的付出都是有回报的。*

If you want to master one kind of skill, you should **take notice of what it takes to acquire it. 如果你想掌握一项技能，你需要注意到它需要什么。*

279、word of mouth 口口相传，口碑

The secret was known to a small number of discreet patrons and shared strictly **by word of mouth. 这个秘密只有少数谨慎小心的资助人了解，他们严格口口相传。*

Three hundred years ago, news travelled **by word of mouth or letter, and circulated in taverns and coffee houses in the form of pamphlets, newsletters and broadsides. 三百年前，新闻通过口耳相传或一封封的信件在世界上传播，在小客栈和咖啡馆里以小册子、简报和路边社的形式流传。*

280、at the expense of 以...为代价 = at the cost of

We shouldn't enjoy an economic boom **at the expense of environment. 我们不应该让经济上飞跃以环境为代价。*

If we are not meeting these needs of security, self-esteem, autonomy, and connection, our minds will actually begin rationalizing ways to get them met, even **at the expense of our physical or mental health. 如果我们不能满足如下的诉求：安全、自重、自主、合作，我们意念会以合理化的方式实现它们，甚至以身心健康为代价。(If one is never able to meet their need for esteem, they will become chronically depressed and sometimes commit suicide. If one never meets their need for autonomy, they will fall into a state of codependence or learned helplessness. 如果一个人不能满足尊重的需求，他会慢性的陷入抑郁，有的甚至自杀。如果一个人不能自主，他会陷入依赖或是常常无助。)*

附送好言好语：

“I do not fix problems. I fix my thinking. Then problems fix themselves.”

— Louise Hay

281、above and beyond 超过(in excess of the expectations or demands of) 除...之外 (in addition to)

*He was always there to help us out in difficult times, *above and beyond* the call of duty. 在义务之外，他经常在我们有困难的时候帮助我们。

*A good leader should consider giving employees an extra day or two off each quarter, *above and beyond* sick days. 好的领导应该考虑给员工每季度除病假之外，额外的一两天假期。

*Asking friends how you can help is important because it shows you are willing to go *above and beyond*. 告诉朋友你愿意帮忙是很重要的，因为这展现了你愿意更亲近。

*He said he would *go above and beyond* the ethics standards Obama laid out. (from CNN) 他说他更想超越奥巴马设立的道德标准。

282、weed out 淘汰出局

*How can you tailor your business to attract such rock-star employees and *weed out* the pikers? (piker:胆小鬼，缩手缩脚的人) 你如何调整你的工作来吸引明星雇员并且淘汰缩手缩脚的人？

*Real-life challenges will *weed out* those who lack persistence. 现实生活的挑战会淘汰那些不够坚韧的人。

283、sweet spot 最有效点

*“Once the learner has attained some degree of mastery, ratcheting up the difficulty will help her stay in her ‘*sweet spot*’ of engagement, where the task is not too hard as to be frustrating and not so easy as to be boring.” 一旦学生已经掌握到了一定程度，提升难度会帮助她处于最有效点的模式中，这之中任务不能难到让人沮丧也不能太简单了以至于无聊。

*A challenging plan means you cannot afford to slack, which creates a *sweet spot* where you can be super productive. 一个富有挑战性的计划意味着你不能松懈，你需要建立最有效点让你最高效。

284、wrestle with 全力对付、努力克服

*There is an issue that parents and teachers *wrestle with* all the time: should we be making learning easier for kids, or harder? 这是个家长和老师一直在努力克服的问题：我们应该让孩子的学习更简单还是更难？

*When I *wrestle with* computer problems, one of the most common pieces of advice I receive is to update the operating system. 在我努力解决电脑的问题时，我得到的最统一的答案是升级操作系统。

*The journalists have to *wrestle with* whether, when, why and how they share these kinds of messages with the public. 新闻工作者必须努力应对他们是否应该、什么时间、为何发布、如何发布信息给大众。

285、instill ... in sb 灌输某人...

*Many schools all try to **instill** perseverance in the face of adversity **in** their students. 许多学校都努力灌输给学生在面对逆境时应有的不屈不挠的精神。

*History **instills** a sense of cultural identity **in** students. 历史灌输给学生文化认同感。

286、respond to 回应，响应

*If kids have graduated with nothing but success, this won't be called an efficient education because they haven't learned how to **respond to** frustration and failure. 如果孩子在毕业的时候只获得成功，这会是不成功的教育因为他们还没学会如何面对挫折和失败。

*When you find it hard to keep up and **respond to** the teacher in class, you should probably hire a tutor after school. 当你发现在班里跟上并回应老师有难度时，你或许应该在课后找个家教。

287、lighten the load 减轻负担

***Lightening the** students' **load** of schoolwork will allow them to learn more effectively without becoming frustrated or exhausted. 减轻学生的课业负担会使他们学更多有效的东西而不是变得沮丧和疲倦。

*True friends can always cheer you up and **lighten the load** of life. 真正的朋友会经常鼓励你并且减轻你生活的负担。

288、In the meantime 同时

*Parents should encourage kids to make life choices on their own. And **in the meantime**, they should also keep an eye on the decision-making process just in case guidance will be needed. 家长应该鼓励孩子去独立选择自己的生活，同时他们也应该时常关注孩子，以防他们在做决定时需要指导帮助。

289、chicken out 退缩

*They don't **chicken out** from a challenge. Work is something that drives them to greater independence. 他们不会在挑战面前退缩，工作就是驱使他们越来越独立。

290、on one's own terms 按照某人的条件来

*People who prefer to be alone and appreciate solitude would want things **on their own terms**. 选择独自一人并且喜欢独处的人 would want things 希望事情按照他们的意愿来。

*He was spoiled and could only be dealt with **on his own terms**. 他被宠坏了只能接受按照他条件来的事。

*on good terms with sb 与某人关系友好

291、ruminate about 反思，沉思

*You might be worrying about the future, **ruminating about** something that happened in the past, thinking about what you should have said or done. 你会担心未来，反思过去发生的，思考你本应该说的做的。

292、cling to 坚持

*If you **cling to** expectations about how life should be, which aren't being met, you are getting off on the wrong foot. 如果你坚持期待不切合实际的生活，你从开始就是错的。

*clingy to perception/idea/thought/hope

293、with ease 不费力地，轻易地

*Public transportation can get you through your daily commute **with ease**. 公共交通给你每日便利出行。

294、seek out 找出，寻求

*Don't lose faith; we can always **seek** a way **out**. 不要失去信心，我们总是可以找到出路的。

*Talk about your job hunt with only the most energizing friends, family members and colleagues, and **seek out** positive acquaintances. 只和你最有活力的家人朋友分享你的求职故事，寻找他们中有正能量的人。

295、on a ... basis 以...方式进行

*Stay in close touch with what's going on in your partner's life – communicate openly **on a regular basis**. 密切关注你的生活--以经常性的方式开诚交流。

*The problem can only be answered **on a case-by-case basis**. 这个问题只能以具体问题具体分析的方式解决。

296、beat around the bush 说话绕圈子，拐弯抹角

*When you talk about expected salary with your boss, don't **beat around the bush**. Being

straightforward is the best policy. 当你和老板谈理想薪水时，不要拐弯抹角，直截了当是最好的方式。

*Get to the point and don't try to cushion the blow or *beat around the bush*. 直截了当，不要去缓冲打击或拐弯抹角。

297、personal connections 人脉，人际关系

*To get things done in a small town, you need to seek *personal connections* and ask for favors. 在小城市做事，你需要发掘疏通人脉并了解他们的喜好。

*The office is not an ideal place to develop intimate *personal connections*. 办公室不是建立亲密人际关系的理想地点。

298、haggle over sth 讨价还价，乱砍

*It seems to be a Chinese tradition to *haggle over* the price of virtually anything that is bought. 在中国传统观念上，任能买的东西都可以讨价还价。

*Bigger companies have more negotiating power when they *haggle over* prices with airlines, hotels and insurance companies. 在与航空公司、酒店、保险公司进行讨价还价时，大公司拥有更强的议价能力。

299、slip up 疏忽，出错，跌倒

*You may *slip up* and fail, but then you will pick yourself up and learn the most from the fall. 你可能会跌倒失败，但是你可以站起来并从挫折中学到最多。

*If the leader *slips up* once in a while, having others point out the problem can set the leader back on the right course. 如果领导有时候疏忽了，让别人指出问题可以帮助领导回归正确。

300、on the right track 走对了路，在正轨上

*get/put/set sb on the right track

*If you feel motivated every day at work, you'd know you're *on the right track*. 如果你每天工作时都充满动力，你已经走在正轨上了。

*Only at the end of the road does one think of turning on the right track. 只有在路的尽头，人们才会去考虑回到正轨上。

301、get a glimpse into 窥见，了解到

*This platform is a great way for me to connect with students and *get a glimpse into* their

learning. 平台是一个好的方式能让我和学生沟通并且了解他们的学习情况。

302、comment on 评论，评价

It is interesting to check out how celebrities **comment on current affairs in their blogs. 看名人他们在他们博客里评论时事很有趣。*

303、go out of one's way 特地、不怕麻烦

Leaders who are willing to **go out of their way to give employees a pep talk during hard times should be held in high regard. 能特地给员工在他们辛苦的时候说些鼓舞之言的领导是很有威望的。*

304、pep talk 鼓舞士气的话

A little **pep talk can come in handy when your people don't have enough grit to face up to the challenges. 一小句鼓舞士气的话在人们没有勇气面对挑战时能派上用场。*

305、down time 不能工作的时间，不可用的时间

During your **down time choose activities that you enjoy, that allow you to really relax and clear your mind. 在你的停机时间选择进行一项你喜欢的活动，将使你完全放松并让你精神焕发。*

He would not hide himself in the office and comment to blogs, but would try to connect person as much possible when he had some **down time. 他不会用办公时间关注评价博客，但是会尽可能在不能工作的时间与人沟通。*

306、go with the flow 顺其自然，跟着感觉走

Many people find it more comfortable to keep silent and to **go with the flow as it were. 很多人觉得保持沉默并顺其自然更惬意。*

People who **go with the flow tend to have a sharp instinct they depend on. 跟着感觉走的人更倾向于依靠敏锐的天资。*

307、have the guts to do (guts:fortitude, determination) 有胆量敢做...

He wouldn't **have the guts to try anything new. 他没胆量尝试任何新鲜的东西。*

It is comforting to find on occasion individuals who **have the guts to speak out about the important issues of our time. 偶尔发现个有胆量说来重要的问题的人是令人欣慰的。*

308、on occasion=once in a while=from time to time 偶尔

**It feels good to have someone to confide to on occasion.* 偶尔，能有个人来倾诉是很好
的。

309、come in handy 派得上用场，有用

**Skills offered in work preparation programs will come in handy when students set out for job markets.* 实习期学到的技巧在就业时排的上用场。

310、gain momentum 发展加快，势头增大

**Globalization has made it possible for more companies to gain momentum around the world.* 全球化已经让更多的公司在世界范围内发展迅速。

**Choosing easier tasks to help you get started and gain momentum, then focus on items that are a bit more difficult and challenging.* 选择较为简单的任务，之后投入在稍难的任务和挑战，让你能够开始并且有所发展。

附赠好言好语：

Being a geek is all about being honest about what you enjoy and not being afraid to demonstrate that affection. It means never having to play it cool about how much you like something. It's basically a license to proudly emote on a somewhat childish level rather than behave like a supposed adult. Being a geek is extremely liberating.— Simon Pegg

311、bring ... to light 揭露，发现，公开

**The boom of talk shows and reality shows has brought to light many different kinds of people.* 办的火热的脱口秀和真人秀上展现了不同类的人。

312、turn over a new leaf 重新开始

=start over

**Even you turn over a new leaf, you can't expect to change completely right away.* 一旦你改变了以往的做法，你也不能指望马上有效果。

313、throw in the towel 认输、放弃

=give up

*Every successful person has faced many fears, made many mistakes, and wanted to **throw in the towel** countless times. But they didn't. 每一位成功者都面临过无数的恐惧，犯过许多的错误，有过很多时候想认输。

314、crunch time 关键时刻

*The finals are just around the corner. This week can be a **crunch time** for most students. 期末临近，这周对大多学生来说是关键时刻。

315、cut sb some slack 放某人一马(allow someone some leeway in their conduct) leeway:余地

*The press is willing to **cut the President some slack** because they like him. 媒体愿意放总统一马，因为大家喜欢他。

*The students were exhausted, so I chose to **cut them some slack** and overlook a lot of things that used to enrage me. 学生已经很累了，所以我决定放他们一马，忽略以前那些让我生气的事。

316、it dawned on sb 某人忽然明白了(和in hindsight一样用于做事后回想时，慨叹出一个道理)

*Then **it dawned on me**: they are just stereotypes. 我忽然明白了：他们太墨守成规。

317、give sb a break 让某人休息一下 / 放某人一马

*Sometimes he would take over all the things I do to **give me a break**. 有时他愿意把我做的事情全部接收让我休息一下。

*You've got too much on your plate. **Give yourself a break**. 你已经安排了太多的事情了，放自己一马。

318、be at risk of 有...的危险

*During this time of the year, children **are at high risk of** getting sick. 每年的这个时刻，孩子就有生病的风险。

319、The same goes for= It is the same case with ...也一样

*City is a better place to take care of the elderly. **The same goes for** the children. 在城市能更好的照顾老人，对孩子来说也一样。

*Young adults would seek fame over material gain. **The same goes for** the middle-aged. 年轻

人相比物质更在乎名誉， 中年人也一样。

320、up in the air 悬而未决

*The unknown appeals to young people because their future decisions are still **up in the air** and everything is possible. 未知吸引着年轻人因为他们的未来仍然充满了可能。

*The test results are still **up in the air**; they have no idea what the future holds for them. 测试成绩悬而未决， 他们对未来一无所知。

321、clothing is inappropriate/ indecent/ revealing/ insulting/ provocative 衣服不得体 / 不体面 / 暴露 / 无礼的 / 挑拨的

*If a student shows up at school with **clothing too revealing**, that could send a wrong message. 如果学生在校穿衣过于暴露， 这会发出错误的信号。

322、get in trouble 有麻烦

*My brother used to be a trouble-maker. My parents had to go see the principal every time he **got in trouble**. 我弟弟曾是个小麻烦， 每次闯祸了之后我父母都不得不去见校长。

323、challenge the rulebooks time and again 总是不守规矩

*Successful people tend to be daring and they are not afraid of **challenging the rulebooks time and again**. 成功人士更勇敢并且从不惧怕挑战规矩。

324、be suspended for 因为...而被停课

*He **was suspended for** bullying and violent behavior. 他因为恐吓和暴力行为被停课。

*Students would **be suspended for** cheating in exams. 学生会以为在考试中交头接耳而停课。

325、behavior/appearance should be regulated 行为 / 衣着应该被制约

*Teenagers tend to be rebellious and immature. Their **behaviors should be regulated**; teachers and parents should work together. 青少年倾向于叛逆和早熟， 他们的行为应该被制约， 老师和家长应该共同努力。

326、mandate uniforms or specific dress codes/ uniforms are required 强制要求着装 / 着装规范应该被要求

The school has an obligation to make sure no kid is made fun of or bullied because they don't wear the name brand clothes. That's why **uniform should be required. 学校有义务保证孩子们不被取笑和欺负因为他们没穿名牌服装。这就是为何要求按规定着装。*

In most workplaces, **specific dress codes are required. 在大多数工作场合偶有着装规范要求。*

327、dress codes are a matter of order and safety 着装规范事关秩序和安全

Student appearance should be regulated because **dress codes can be a matter of order and safety. 学生的穿着外表应该被要求因为着装规范事关秩序和安全。*

328、an expression of ...的表达

Young people always want to try out new options like getting a tattoo or getting pierced; they believe it's **an expression of their identity. 年轻人总想着尝试新的选择比如纹身或是穿孔，他们认为这是身份的表达。*

329、be made fun of and bullied 被嘲笑或欺凌

This judgement about clothing will, unfortunately, always pervade the life of teenagers, but at least a teenager in uniform is saved from **being made fun of or bullied. 很不幸，这个服装要求在青少年很普遍，但是至少穿校服能保护他们免于被嘲笑和欺凌。*

330、look dreadful 看上去糟糕的

I have to admit some school uniforms do **look dreadful and feel uncomfortable. 我必须说有的学校的校服看上去太糟糕并且穿着不舒服。*

331、in a professional setting 在职场环境下

Dress business formal if you work with customers **in a professional setting, such as a bank or office. 应该穿正装如果你工作是和顾客在职场环境下接触，比如银行或是办公室。*

332、have a grasp of 领会、掌握

You will **have an accurate **grasp of** your measurements when you purchase clothing with a tailor to help you out. 你会精确掌握尺寸情况当你在买衣服的时候有裁缝帮你。*

333、require sb to do 要求某人做某事

*Some workplaces do not **require** employees **to** wear a blazer or full suit. 有些工作环境不要
求雇员穿夹克或是正装。

334、be wary of 小心，当心

***Be wary of** the "casual" in business casual. Foregoing formal clothing does not mean
wearing jeans, sneakers, and sweatshirts. 注意商务休闲中的“休闲”，上述提到的正式服装
不是指穿牛仔裤、球鞋或是运动衫。

335、opt for 选择=choose

*In case of an interview, **opting for** a white, light blue solid, or conservative-striped shirt is
the safest choice. 针对面试，选择白色、淡蓝色或是保守式条纹衬衫是保险的选择。

336、outfit 装扮、服装（gym outfit运动装, sweethearts outfit情侣装）

*The most important thing about your interview **outfit** is that you feel comfortable. 面试中最
重要的服装是你穿起来舒服的。

337、give sb room for maneuver 给某人留下发挥的空间

*They're looking for someone friendly and confident who will work well in their current team.
This **gives you lots of room for maneuver** with your interview outfit and an opportunity to
express your personality. 他们在寻找友善而自信且在团队工作出色的人。这给你在
面试着装和表明你个性的机会上留下很多发挥空间。

338、Regardless of ... 不管，不顾

*Everybody should be given the chance to compete, **regardless of** their gender or religion. 每
个人都应该享有竞争机会，不论性别信仰。

***Regardless of** your age or stature, life is always filled with unanswered questions. 无论你的
年龄和身份，生活总是充满着未知。

339、sb is a good fit 某人很合适

*A sharp suit will play well for the corporate world but you could keep it slightly more casual
for a creative job to show that **you're a good fit**. 亮眼的着装会为你在工作领域中带来好
处，但是在创意性的工作中着装可以更加轻便休闲一点来展示你很合适。

340、track down 找到

*Once you've narrowed down which occasions you want to focus on first, you can start **tracking down** outfits for specific events. (narrow down 缩小范围) 一旦你想重点关注的场合范围被你缩小，你就可以找到在特殊场合合适的着装。

341、take sb/sth. seriously 把...当回事儿,认真对待

*With my new clothes, a somewhat decent haircut, and a nice pair of black shoes, I noticed people began to **take me more seriously**. 穿上新的衣服、剪了得体的发型、脚踏上档次的黑皮鞋，我发现人们开始把我当回事了。

342、step up 提高

*From Gucci suits to designer shoes to five-figure watches, I **stepped up** my appearance as much as I could within my financial constraints. 从Gucci的西装到定制皮鞋到五位数的手表，我在经济能力范围内逐步提高着我的着装。

*If you want to excel, you have to **step up** your effort. 如果你想超越，你必须提高你的付出。

*I had never run a half marathon before and I decided to **step upto** the challenge this year. 我以前从未跑完整个马拉松，我决定今年开始逐步挑战。

343、go to your head 冲昏头脑

*In the short run, dressing to impress is definitely worth it, but you also have to make sure that it doesn't **go to your head**. 短期内，用穿着来给人印象确实是值得的，但是你也得确定不能被冲昏头脑。

*If you let pride **go to your head**, you'll wind up acting like a fool. 如你让骄傲冲昏了头脑，你就会表现得像个傻瓜。

*Don't let your victories **go to your head**, or failures will follow on. 别让胜利冲昏头脑，没准失败就要来临。

344、rip sb off 敲某人竹杠，宰人

rip off 也可作名词

*I always thought a \$195 pair of Hugo Boss slacks was a **rip off** and waste of money. (slacks 宽松长裤) 我总觉得195刀每条的Hugo Boss 裤子是在宰人并且浪费钱的。

345、groom oneself 打扮自己

*The clothes you wear and the way you **groom yourself** will change the way other people hear what you say. 你的穿着和梳妆打扮会改变人们对你的看法。

346、on a budget 避免不必要的开支，节省费用

**As a frugal shopper, she always knows a few tricks to dressing well on a budget.* 作为朴素的购买者，她总是有一些窍门穿的漂亮又不贵。

**People who live on a budget have to rely on thrift store finds, the outlet malls and good bargains.* 生活拮据的人不得不依赖二手店、奥特莱斯和便宜的商品。

347、measuring stick 标尺

**I spend too much money on restaurants, for example, and I'll often justify this by thinking, "it's fine, my friends go out way more than I do." But my friends have different goals and priorities. It doesn't make much sense to use their habits as my measuring stick.* 我花了太多钱在餐馆上，比如，我也会经常解释为“没事，我朋友比我去的更多”，但是我的朋友们有不同的目标和轻重缓急。这并不足以让我用他们的习惯作为我的标尺。

**People tend to get locked in unhealthy competition with other people; they end up using a measuring stick they think matters but that actually has nothing to do with their own goals.* 人们容易陷入和别人的不良竞争，结果是他们用自认为重要然而并不适合自己目标的标尺。

348、under the radar 低调神秘

**Sometimes, changes slip in under the radar.* 变化总是在不经意间的。

**If you want to try and figure it out under the radar, websites and search engines can come in handy.* 如果你想低调地尝试并解决它，网络搜索引擎迟早有用。

349、sing a different tune 态度转变

**I bet he will sing a different tune when he finds out what the salary is.* 我打赌当他发现薪水情况时会转变态度。

**You might tell yourself that you're okay taking a risk now, but when you're the only one that isn't in a suit, you might be singing a different tune.* 你现在或许觉得冒险随便穿是可以的，但是当你是唯一一个穿着不得体的时候，你可能会转变态度。

350、fizzle out 泡汤，以失败告终

**Long distance relationships would soon lose its spark and fizzle out.* 异地恋可能会很快失去火花并最终泡汤。

**Many singles have had the experience of feeling like someone they were dating had the "possibility" to be the one, only to see it fizzle out because the timing was off.* 许多单身人士都有过这样的经历，他们觉得现在约会的人可能就是自己想要找的人，但是却因为时机

不对而以失败告终。

351、get something sorted out 把...整理好

**Get your problems sorted out beforehand so that you can ask the teacher for answers during office hours.* 把你的问题提前整理好你就能在办公时间问老师问题了。

**Only when you get your mess sorted out can you move on with your life.* 只有在你把自己收拾好才能继续你的生活。

352、brush up against 碰到，遭遇 (=run/bump up against)

**Brushing up against obstacles can be a sure thing; don't lose faith when the reality doesn't measure up to your expectation.* 遭遇挫折是一定的，当现实达不到你的预期时不要失去信心。

**Even when the adventure could brush up against all his aversions, he still decided to hang on to the end.* 尽管这次冒险让他碰到所有他反感之事，他仍然选择坚持到底。

353、push one's boundary 挑战极限

**I am a huge fan of running, because every time I run, it helps to push my boundaries and test my limits.* 我是跑步爱好者，因为每次跑步时，它让我挑战极限。

**When you take on that challenge, you are ready to push some boundaries.* 当你开始那个挑战，你已经挑战了极限。

354、hold the key to 握着命脉，十分关键

**It appears that young people hold the key to the future of the society.* 现在看，年轻人是未来社会的关键。

355、pull an all-nighter 熬夜

**I had to pull an all-nighter to make the deadline.* 我不得不熬夜做工赶在期限前。。

356、game changer 革命性的新事物

**Many believe that MOOCs can be a game changer for online education.* 很多人坚信MOOC对网络教育会是革命性的。

357、take a crack at 试一试

Is learning efficiency positively correlated to the atmosphere? A survey conducted by Huffington Post **takes a crack at answering it. 学习效率和气氛有明确关联吗？赫芬顿邮报的一项调查尝试着去回答这个问题。*

She used to be shy, but after she **took a crack at networking websites, everything about going out became no longer that scary to her. 她曾经很羞涩，但当她试着在网上，一切变得不再可怕。*

358、shift the emphasis from A to B 转换重心从A到B

Schools should **shift the emphasis from academic growth **to** well-rounded education. 学校应该将重心从学术发展到身心全面教育。*

As a start-up company, you have to **shift the emphasis from material gain **to** building up sound reputation. 作为刚起步的公司，你应该转换中心从物质利益到声誉。*

359、pass up on the opportunity 放弃机会

Before we **pass up on this opportunity, we should at least take a simulation test to see if we are up to the challenge. 在我们放弃机会之前，我们至少应该来个模拟测试看看我们是否能去挑战。*

It takes courage to face up to new challenges, but it would be a shame to **pass up on such a great opportunity. 面对新的挑战需要勇气，但是也可能会有点羞愧放弃如此好的机会。*

360、be hung up on 抓住不放，沉溺于

Sometimes when people **are hung up on the past, that's because they currently feel insecure and have a hard time coping. 有时人们沉溺于过去，那是因为他们此刻的不安以及处在艰难时期。*

361、on an upward trajectory 蒸蒸日上，走上坡路

Upon graduation, he got in a fancy law firm; his career was **on an upward trajectory. 毕业后，他进了理想的律所，事业蒸蒸日上。*

362、get on one's nerves 让某人心烦意乱，令人生厌

Her incessant nagging really **got on my nerves. 她没完没了的叨叨让人心烦。*

It takes great patience to put up with trouble-makers. But as a teacher, you have to practice this virtue even when students **get on your nerves. 克服困难需要耐心，但是作为老师，你必须练就这个品质及使学生让你心烦意乱。*

363、tongue-in-cheek 半开玩笑的，不当真的

This was said somewhat **tongue-in-cheek, but there is a serious point to the question. 这个问题说起来有点半开玩笑，但是也有其重要之处。*

Use **tongue-in-cheek comments and emoticons only if you know the recipient really well. 只有在你知道接受者有好心态时再用半开玩笑的评价和态度。*

364、put on some music 放点音乐

When you feel stressed out, you can **put on some music and just take your mind off work and life. 压力大时，你可以放点音乐让自己不去想工作和生活的烦心事。*

365、hold sb. back 让某人退缩（也可hold back）

Procrastination is a natural disposition that **holds us back from pursuing our dreams. 拖延是天生的惰性让我们在追梦之路上退缩。*

Sometimes people **hold back not because they are afraid of failure, but because they are afraid of letting others down. 有时候人们退缩不是因为他们害怕失败，而是因为怕让别人伤心。*

366、get in the way of 阻拦，拦路虎

A negative attitude would **get in the way of building trust with a newly assembled team. 消极的态度会成为建设新团队的信任的障碍。*

Sometimes stress and anxiety can **get in the way of creativity. 有时候压力和焦虑是创新的拦路虎。*

Procrastination often **gets in the way of good intentions. 拖延常阻拦了意愿。*

367、ebb and flow 兴衰，有起有落

The history channel offers a glimpse of the **ebb and flow of empires. 历史频道让我们一窥王朝兴衰。*

“It's like the **ebb and flow of every relationship,” Aniston says. “It's hard; it gets easy; it gets fun again.” 詹妮弗安妮斯顿说：“就像每段感情起起落落，有难，有易，有时又很有趣。”*

368、sth are ingredients for ...是...的成分

用于开头段定义议题

*Kindness, honesty and respect **are necessary ingredients** for a good relationship. 善良、诚实、尊重是建立良好关系的必需所在。

*Expertise **is the most important ingredient for** a successful job hunter. 专业知识是成功的求职者最关键的因素。

369、lash out: make a verbal attack or retort 发飙

*People tend to **lash out** at family members because they believe those close to them will not abandon them, no matter what. 人们更容易对家人发飙因为他们知道家人无论何时都不会背弃。

*At times, your friends will trigger your emotions and make you want to **lash out**, but patience enables you to take a breath and decide to react differently. 有时，你的朋友会触发你的情绪让你发飙，但是耐心让你深吸口气并换角度对待。

370、probe for 探索

*Reporters tend to **probe for** what's happening behind the scenes so that they can feed the audiences who love backstage stories. 记者喜欢探索幕后之事，能满足喜欢背后故事的观众们。

*Don't bend to authorities; follow your heart and **probe for** answers. 不要屈服于权利，跟随你的内心，探索答案吧。

371、make the deadline 赶上最后期限

*We are crunched for time, but I'm sure we can **make the deadline**. 我们在赶时间，但确定我们能赶上最后期限。

*People in the office can hardly squeeze time for family or friends because everybody is busy **making the deadline**. 工作的人很难挤出和家人朋友在一起的时间，因为每个人都忙于赶工。

372、at hand 手边的，即将到来

*Instead of getting hung up on your next failure, you should seek to explore new ways to approach the task **at hand**. 你应该探寻发掘方法处理手边的任务，而不是忧虑于再一次失败。

*I have to attend to the business proposal **at hand**, so let's talk about your plans in some other time. 我必须参与近期的商业企划，所以我们另找时间讨论你的计划。

373、big break 重大转机，重要突破

*Don't get upset. Your **big break** will come eventually. 别失望，你终会迎来巨大突破。

*You cannot just give it up since your **big break** is just at hand. 你不能放弃因为你的重大转机即将到来。

374、...go a long way 有用，大有帮助

*Experience **goes a long way** when it comes to job hunting. 经验在找工作上大有帮助。

*Honesty **goes a long way** when you want to start up a company and build your own brand from scratch. 在你白手起家成立新公司建立自己的品牌时，诚信大有帮助。

375、mess with sb 捣乱，和...开玩笑(mess up sth 捣乱，搞乱)

*Chill out. I was just **messing with you**. No harm intended. 冷静下来，我只是开玩笑，没有恶意。

*Cellphones will **mess up** your vacation. It is because you'd get distracted easily and end up being caught up in work. 手机会捣乱你的旅行，因为你会轻易被打扰最后被抓回去工作。

376、return a favor 还人情

*When people at work helped you once, you'd feel obliged to **return this favor** next time when they get in trouble. 当人们在工作中曾帮助你，你应该怀有感激，在他们陷入困难时还个人情。

*"Don't be silly, " she said to me, "you don't have to do this as **a favor to return**. We are friends; helping out is what friends are for." “别蠢了，”她对我说，“你不应该把这个事当还人情。我们是朋友，帮忙是朋友存在的意义。”

377、fret at 对...生气 / 发怒

*Don't **fret at** what has gone wrong. Fix the problem and you'll only get better at this. 不要怒于过去的错误。改掉问题你只会变得更好。

*People with long commutes always **fret at** their work and life. 远距离的通勤之人往往会对他们的工作和生活发怒。

378、bottle up 克制（后接feelings/emotion/stress）憋在心里

*It's unhealthy to **bottle up** feelings and keep your emotions at bay. 克制情感是不健康的。

*To **bottle up** stress inside doesn't mean they would automatically melt away. Instead, it could

lead to bigger problems later on. 把压力憋在心里并不意味着他们会自然化解。相反，其后可能会导致更严重的后果。

379、under way 在进行中

*She has to juggle work and school. What makes things even worse is that she also has got a legal affair **under way**. 她需要平衡工作和学校，更糟糕的是她还有法律纠纷在进行中。

*The recent decades has witnessed such charitable causes **under way** all over the world. 这几十年来见证了全球慈善事业的发展。

380、loosen up 放松一下

*Video games are design to combine fun with tactics and let you **loosen up**. 电脑游戏结合了休闲和策略并让你放松一下。

*Don't be too hard on yourself. You should try to **loosen up** from time to time. 别把自己逼太紧，你应该不时放松一下。

381、clear the air 消除误会，澄清事实

*It is common that people don't always see eye to eye, but everybody on the team should try to open up and **clear the air**. 人们无法总是观点相同，但是团队中的每个人都应该敞开心扉消除误会。

*Even the best friends could run up against misunderstandings. The point is you have to **clear the air** before things get worse. 就算是最好的朋友也会遇上误解。关键在于你要在事情变糟前澄清事实。

382、take the lead 带头

*Communication can go a long way in the workplace. The leaders should always **take the lead**. 交流在工作环境中大有帮助，领导应该常带头。

*The company advocates for getting job done and going home on time, so the management gets off work at 6pm sharp to **take the lead**. 公司提倡按时完成工作和下班，所以经理带头六点到就结束工作。

383、let up on 宽容对待，减少压力

*My father used to tell me that business is war without bullets; never show mercy or **let up on** your rivals. 我爸爸曾对我说，商场如没有硝烟的战场，从不要去怜悯和宽容对手。

*Steve Jobs never **let up on** his team, even when things would turn out quite well. 乔布斯从不纵容他的团队，即使在就要取得成功时。

384、get off work 下班

The older worker has a family and normally **gets off work early while the younger one can pull all-nighters. 有家庭而年长的上班族通常早下班，而年轻人可以熬夜。*

385、see eye to eye 看法一致

People seldom **see eye to eye on the ideal place to settle down. Some would rather rent an apartment closer to work while others favor a cottage far from the city. 在理想的定居环境上人们很难看法一致。有的选择在离上班近的地方租房，有的青睐远离城市的小别墅。*

386、in the vicinity of 在...附近

If you set your mind on a condo **in the vicinity of workplace, chances are it would cost you a fortune. 如果你在工作场所附近安家，这得花掉你一笔钱。*

387、weigh one's options 权衡选择

People would carefully **weigh their options when they have to choose between family duty and career prospects. 当必须在家庭和事业中权衡时，人们需要谨慎选择。*

388、slow to a crawl 速度放缓

When the economy booms, traffic **slows to a crawl. 经济繁荣时，交通速度就会放缓。*

It is a shame to see the most promising careers of female employees would **slow to a crawl or simply jump the track entirely. 很羞愧看到大多职业女性的大好前景，放缓速度或者完全脱离。*

389、feel burnt out and drained 感到精疲力竭

Sometimes really motivating goals and a tight schedule can leave us **feeling burnt out and drained. 有时候过于激励人的目标和密密麻麻的安排会让我们精疲力竭。*

390、relax and unwind 放松休息

To pursue a hobby unrelated to work can help you **relax and unwind. 有个无关工作的爱好可以帮我们放松休息。*

391、down the road 以后，将来，一段时间后

**Before you settle down on a permanent job, be sure to test out options and figure out what you are passionate about—something you can see yourself still wanting to do many years down the road.* 在你定下终生职业前，确保你的选择和动力所在——能让你将来仍想从事很多年的。

**Don't tell off your boss when you leave your job. You may be absolutely right, but you never know who you will meet down the road and who you may have to work with some day. (tell off斥责)* 在你离职的时候不要斥责你的老板，你也许全都对，但是你永远不会知道你将要遇见谁，你将会和谁一起工作。

392、go by the wayside 被搁置一边

**There are many habits that go by the wayside because people later lose interest and motivation.* 有很多习惯被搁置一边，因为人们不久就失去兴趣和动力了。

393、line of work 行当，行业

**Lawyers are highly respected. But people in this line of work have to struggle for years before they rise to fame.* 律师受到高度尊重。但是在这行的人们必须奋斗数年在他们成名之前。

394、go to waste 付诸东流，白费

**Your skills are yours to keep, so they won't go to waste even when you decide to switch from one job to another.* 你的本领是伴随你的，所以就算你决定换工作，它们也不会付诸东流。

**I've invested much in this project, so I cannot afford to see it all go to waste.* 我已经投资在这个项目上太多了，我不能承受这一切付诸东流。

395、fall into place: begin to make sense 变得有条不紊，井井有条

**Newcomers tend to have a tough time coping with the local surroundings, but everything will fall into place after a few months down the road.* 新人都有艰难的时期来适应环境，但在个把月后，一切都会井井有条。

396、ride on 取决于=depend on

**When you are selecting a career, there's a lot riding on your decision.* 在你选择事业时，有很多是取决于你的决定。

397、 follow in one's footsteps 跟随...的脚步

People are willing to **follow in their parents' footsteps because that particular job helped put food in their mouth, kept a roof over their head and even paid their way through school. 人们乐意跟随父母的脚步，因为他们喂你养你，为你遮风避雨，为你铺平道路。*

398、 hunt for a job 求职

When you set out to **hunt for a job, you should make sure to gather information about typical job duties, educational requirements, earnings and job outlook. (set out to打算，着手) 当你着手求职时，你应该确保收集齐了典型信息关于工作职责、学历要求、收入情况和前景发展。*

399、 put...in jeopardy 把...置于危险中

Don't even think about cheating on tests. That would only **put your future **in jeopardy**. 不要在考试时作弊。那只会把你的未来至于危险境地。*

400、 go sour 出现问题

If you badmouth your old boss in a job interview, your prospective employer will wonder what caused your relationship to **go sour. The only one who will look bad is you. 如果你在面试中对你曾经的上司出言不逊，你未来的雇主就会想知道造成关系出现问题的原因，这对你只有坏处。*