



词汇: *self-improvement* 自我提高

Education is a good opportunity for those of us who **strive** to **better** ourselves. But for people in **full-time** employment, getting the **balancing act** between work and studying can prove a **stumbling block**. So, what are the benefits of **hitting the books** once in work?

**Uni** is often considered a logical step for people who wish to continue their education after school. While options of **Master's degrees**, **PhDs** and other **postgraduate qualifications** exist, many students leave after obtaining their Bachelor's and head into the world of work. After years of doing the same job, some feel adding new skills or knowledge to their locker may open up new opportunities or help them to get a promotion. Studying **part-time** in the evenings and weekends can be a great way to **juggle** responsibilities.

In terms of the benefits, learning new techniques that you can bring into the workplace can make you more of an **authority** in your area and a **go-to person** for advice. If the business has a **skills shortage**, you may be able to **step up to the plate** and fill that gap. In short, studying more could make you more promotable down the line and more useful to the business.

If you study in a classroom, your experience of the workplace could bring a **wealth of knowledge** to other students and provide real-life examples for you to draw on. You may also meet **like-minded** people who you can add to your professional network in the future. And while adult learners have to consider things like children, homelives and work, many adult and part-time courses are more flexible and spread over a number of years. Some courses can even be done partly or entirely online, which means that you can manage your time more easily studying from home and you don't need to factor in travel time.

So, there are a variety of options for those who wish to return to studying. And increasing your skills may open up new careers or opportunities in your professional life.

## 词汇表

<b>strive</b>	努力
<b>better</b>	提高（自身）水平
<b>full-time</b>	专职的
<b>balancing act</b>	平衡
<b>stumbling block</b>	绊脚石，障碍
<b>hit the books</b>	学习
<b>uni</b>	大学（ <b>university</b> 的非正式说法）
<b>Master's degree</b>	硕士学位
<b>PhD</b>	博士
<b>postgraduate</b>	研究生
<b>qualifications</b>	学历
<b>part-time</b>	部分时间地
<b>juggle</b>	尽力同时应付
<b>authority</b>	权威
<b>go-to person</b>	必找的人
<b>skills shortage</b>	技能短缺
<b>step up to the plate</b>	迎难而上，挺身而出
<b>a wealth of knowledge</b>	丰富的知识
<b>like-minded</b>	志趣相投的

## 测验与练习

### 1. 阅读课文并回答问题。

1. What benefits are there to studying part-time while also working?
2. What are the benefits to a business if a worker takes a part-time course?
3. In what ways could someone's experience of the workplace benefit them in adult education?
4. What sorts of people can you meet on part-time courses?
5. What are the benefits of a course based entirely online?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. I met some really interesting and \_\_\_\_\_ people at the railway exhibition.

Master's	stumbling block	like-minded	striving
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2. Bobbie is amazing. She's always \_\_\_\_\_ to learn new things and improve.

PhD	striving	skills shortage	go-to
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3. If you want to get this project done on time, you need to step up to the \_\_\_\_\_.

striving	wealth of knowledge	PhD	plate
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4. I can't come out tonight. I need to \_\_\_\_\_ and study for my exam tomorrow.

postgraduate	hit the books	authority	go-to
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5. It can be tricky to learn how to \_\_\_\_\_ things in your work and social life.

juggle	PhD	go-to	striving
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## 答案

### 1. 阅读课文并回答问题。

1. What benefits are there to studying part-time while also working?

**It can make you an authority in an area, a go-to person for advice on the subject and more promotable.**

2. What are the benefits to a business if a worker takes a part-time course?

**It could help a person fill a skills shortage a business may have.**

3. In what ways could someone's experience of the workplace benefit them in adult education?

**Work experience could provide knowledge of the subject matter and real-life examples.**

4. What sorts of people can you meet on part-time courses?

**Like-minded people who you can add to your professional network.**

5. What are the benefits of a course based entirely online?

**It makes time management easier as you don't have to travel to the classroom.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. I met some really interesting and **like-minded** people at the railway exhibition.

2. Bobbie is amazing. She's always **striving** to learn new things and improve.

3. If you want to get this project done on time, you need to step up to the **plate**.

4. I can't come out tonight. I need to **hit the books** and study for my exam tomorrow.

5. It can be tricky to learn how to **juggle** things in your work and social life.