

## 2019 年 0720 工作类（报告型）

Many people aim to achieve a balance between work and other parts of their lives, but few people achieve it. What are the the problems in trying it and how to overcome it?

One of the most talked about problems in the 21st century is how to maintain a **work-life balance**. Many people are now spending more time at work and less time **at play**. Consequently, people find it hard to manage their time in order to be productive at work and spend **quality time** with their families.

Workplaces have become highly competitive, leading to **long hours** as employees show their commitment to the company. Moreover, with the availability of IT and fast communications with computers and tablets work responsibilities can follow a person home **eating into** their family or leisure time. For example, in China, some employees might be working in an office doing twelve hour days, six days a week, this is not a healthy lifestyle.

By **focusing on** the work-life balance issues we can discuss some approaches employers and employees might **adopt**. Firstly, governments should enforce their working hours legislation to encourage employers to maintain a schedule so people are able to return home at reasonable times. Consequently, this will allow workers to enjoy their family life to the full. For instance, by enjoying a regular and healthy lifestyle, employees can appreciate life and have a fulfilling family experience. Notwithstanding this, employers will benefit from having people who enjoy their work life and help to make the business successful.

To sum up, currently there are a lot of people who cannot manage their work-home balance. By limiting their responsibilities and time spent at work employers will enjoy the benefits of a happy and healthy workforce.

255 words

By Dr Rob Burton

**Vocabulary**

**work-life balance:** the idea that the demands of work and domestic life be balanced so as to optimize the well being of employees and their families. Specifically, initiatives in this area are targeted at reducing excessive working hours.

**at play** (idiom) Actively playing or involved in other leisure activities.  
The kids love the game you bought them—they've been at play for hours now.  
What do you like to do when you're at play?

**quality time** (idiom) Time spent interacting with someone in a close, meaningful way.  
This Christmas, I want to spend some real quality time with the family instead of having everyone stuck on their phones and tablets the whole time.  
I'm looking forward to having some quality time with you on our camping trip.

**long hours** (idiom) A period of time doing something, especially work, that is longer than is usual or customary.  
I'll be working long hours in the restaurant the lead up to Christmas, but the tips and pay checks will be worth it.

**eat into** (something) (idiom) To take away or use up a large amount of resources over a certain period of time.  
Changing voter demographics have been eating into the party's traditionally strong hold on state politics.  
Don't eat into your savings to pay for that fancy new smart phone.

**focus on** (someone or something) (idiom) To centre on or be dedicated to something in particular.  
Have you decided which topics the meeting will focus on?

**adopt** (someone or something) (idiom) To claim ownership of something or establish guardianship or someone.  
I told Marshall my idea for the project last week, and now he has apparently adopted it as his own.  
My parents adopted me as their son when I was just two months old.

范文解析:

本篇文章为工作类话题中的报告型大作文。从题目中可以看出，这篇报告型的大作文要求针对“平衡工作与生活”时所面临的的问题进行讨论，并为这些问题提出解决办法。通常遇到报告类大作文时，考生只需要分段回答问题即可。如本篇范文，第一个主体段回答了“**What are the the problems in trying it?**”，第二个主

体段则回答了“**How do you overcome it?**”。首先从开头段开始看起，作者通过改写的方法简单的论述了题目中所呈现的问题。其次，第一个主体段作者回答了题干中的第一个问题——在平衡工作与生活的过程中所遇到的问题。作者使用了论点，解释，以及举例说明的结构来进行论述的。这个结构是在写大作文主体段时常用的写作结构，它可以很好的对于论点进行解释说明，且逻辑清晰明了。第二个主体段作者对于第二个问题——如何解决这些问题，进行了回答。在第二段中作者使用了 **firstly, consequently, notwithstanding** 和 **for instance** 等连接词，使论点，解释和示例有逻辑地连接在一起。最后结尾段，作者总结概括了上文两段的主要内容。报告类文章的写作技巧在标准化教材第十课中有详细地讲解，同时，如果想要学习更多的关于工作类话题的大作文写作技巧和结构，欢迎大家来启德上课。



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