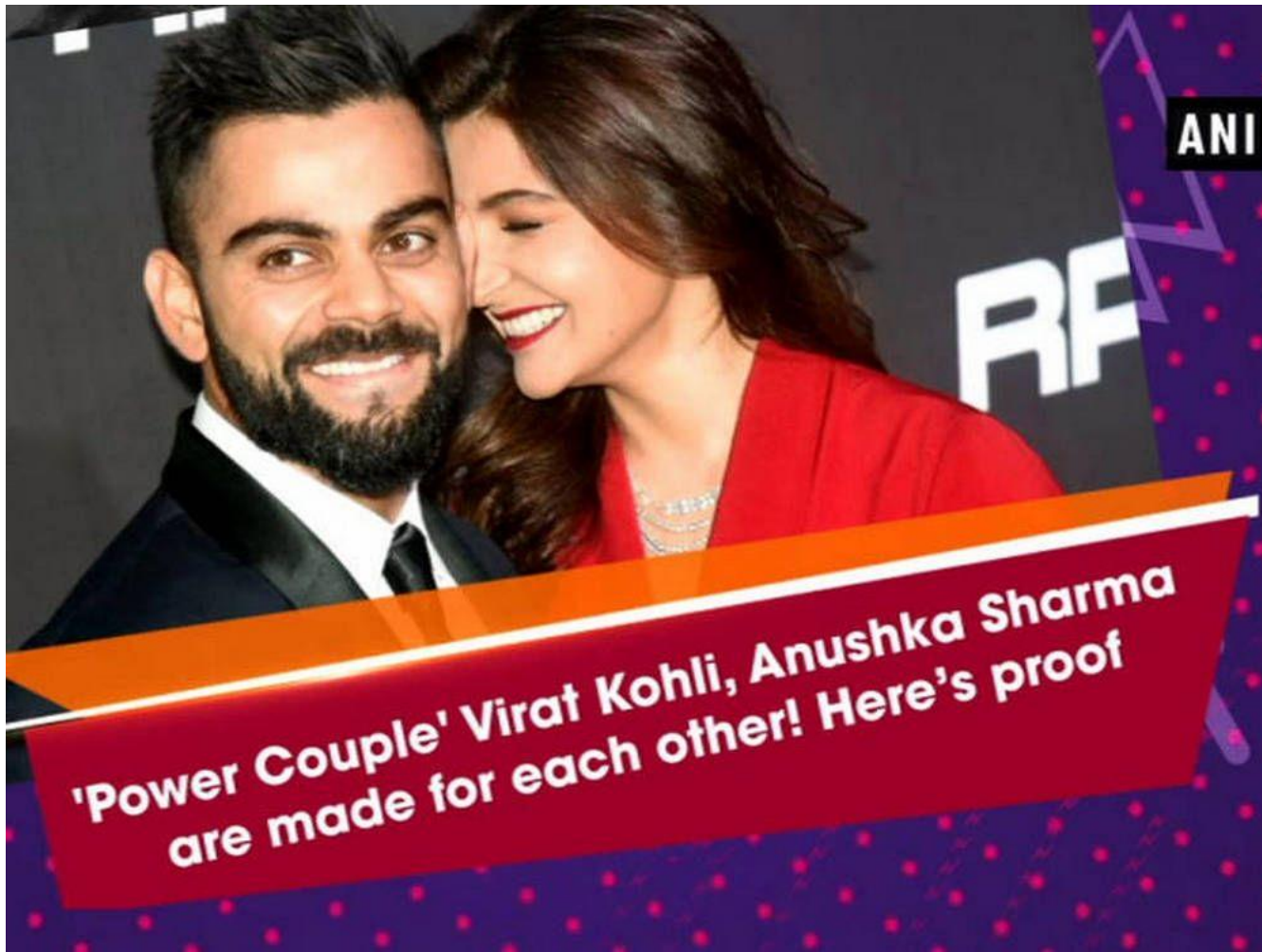


**TO VOUCH FOR STH/SB-** to say that you know from experience that something is true or good, or that someone has a good character

...thanks to friend that worked here and could vouch for me

It's easier to find a job, when you know smb, who can vouch for you





**'Power Couple' Virat Kohli, Anushka Sharma  
are made for each other! Here's proof**

# SCRAPE THROUGH

## SCRAPE THROUGH

PASS A TEST BUT ONLY JUST

I did no revision and only just SCRAPED  
THROUGH the final exams.

Be switched on  
to your rights

Byddwch yn  
ymwybodol  
o'ch hawliau



cyngor ar  
bopeth

citizens  
advice

Get Switched On! Reevaluate Your  
Life and Get What You  
Want...NOW!



**Chip Eichelberger CSP**

the dizzy heights of sth (humorous)


a very important position:

E.g. Do you think Tess will reach the dizzy heights of Senior Editor before she's 30?

“ **SUCCESS** ALL  
DEPENDS ON THE  
**SECOND LETTER.** ”

line manager - Your line manager is the person at work who is in charge of your department, group, or project.





People tend to grow fearful, when they taste failure, face a daunting challenge or fall ill. Yet, that is precisely the time to become even bolder. Those who are victors at heart are the greatest of all champions!!!!

Carmelo Anthony

against (all) the odds/ against all odds. If you do or achieve something against (all) the odds (against all odds), you do or achieve it although there were a lot of problems and you were not likely to succeed. Ex.: Against all the odds, he recovered.

**AGAINST ALL THE ODDS**



daunting (adj.) If something is daunting, it makes you worried because it is difficult or frightening.

daunted (adj.) - feeling afraid or worried. Ex.:  
He was a bit daunted by the prospect of meeting her parents

A feather in one's cap - an achievement to be proud of.

Eg: It's a real feather in our cap to be playing in the state championship.

# Come out with flying colours

- come out/pass with flying colors = to achieve a great success

The image is from the days of sailing ships returning from a successful sea battle flying their flags, known as colors

“If we’re going to bring out the best in people, we, too, need to sow seeds of encouragement.”

- Joel Osteen

To help others Improve  
offer Encouragement  
not Judgment





**Every person  
deserves to be  
treated with dignity**



A motivational quote by Richard Branson. The background is a photograph of two hands, one from a darker-skinned person and one from a lighter-skinned person, holding each other. The hands are positioned in the center-right of the frame. The background is a soft-focus image of a sunset or sunrise over a field of tall grass, with a teal-colored sky and a warm, golden light. The text is overlaid on the left side of the image.

If somebody offers you an amazing  
**OPPORTUNITY**  
but you are not sure you can do it  
**SAY YES**  
then learn how to do it later!

*Richard Branson / [www.geckoandfly.com](http://www.geckoandfly.com)*



**THERE WILL BE  
HATERS, DOUBTERS,  
NON-BELIEVERS,  
AND THEN THERE  
WILL BE YOU,  
PROVING THEM WRONG.**



# Why I find The Prospect Of A Labour Victory Terrifying



**Believe in yourself! Have**

**FAITH**

**in your abilities! Without a humble but resonable**

**CONFIDENCE**

**in your own powers you cannot be successful or**

**HAPPY**

*Norman Vincent Peale | [www.geckoandfly.com](http://www.geckoandfly.com)*

A person in a red shirt is climbing a dark, craggy rock face. The background is a clear blue sky. The text is overlaid on the right side of the image.

Our greatest weakness lies in  
**GIVING UP**  
The most certain way to  
**SUCCEED**  
is always to try just one more time

*Thomas A. Edison | [www.geckoandfly.com](http://www.geckoandfly.com)*





You have to learn the rules of  
**THE GAME**

And then you have to  
play better than anyone else.

*Albert Einstein / [www.geckoandfly.com](http://www.geckoandfly.com)*



## GOLDEN BOOK

*Principles from How to Win Friends and Influence People*

### Become a Friendlier Person

1. Don't criticize, condemn or complain.
  2. Give honest, sincere appreciation.
  3. Arouse in the other person an eager want.
  4. Become genuinely interested in other people.
  5. Smile.
  6. Remember that a person's name is to that person the sweetest and most important sound in any language.
  7. Be a good listener. Encourage others to talk about themselves.
  8. Talk in terms of the other person's interests.
  9. Make the other person feel important - and do it sincerely.
- 

### Win People to Your Way of Thinking

10. The only way to get the best of an argument is to avoid it.
11. Show respect for the other person's opinion. Never say, "You're wrong."
12. If you are wrong, admit it quickly and emphatically.
13. Begin in a friendly way.
14. Get the other person saying "yes, yes" immediately.
15. Let the other person do a great deal of the talking.
16. Let the other person feel that the idea is his or hers.
17. Try honestly to see things from the other person's point of view.
18. Be sympathetic with the other person's ideas and desires.
19. Appeal to the nobler motives.
20. Dramatize your ideas.
21. Throw down a challenge.





The bravest sight in all this world is a  
man fighting against odds.

— *Franklin Knight Lane* —

AZ QUOTES



**You do a drama, and you are limited by the rules of reality, and in science fiction, you create your own reality. Some people find that daunting; I find it challenging.**

**- David Twohy -**

**quoteparrot.com**

success is a journey  
not a destination

PEARLISE SOUL | ITUNES | GOOGLE PLAY | AMAZON MP3 | SPOTIFY



# Advice from a horse

Ilan Shamir



**Take life's hurdles in your stride, Loosen the reins**

**Be free spirited**

**Keep the burrs from under your saddle**

**Carry your friends when they need it**

**Keep stable**

**Gallop to greatness**

[michellemcclunan.com](http://michellemcclunan.com)

A high- flying banker

We are under constant pressure  
to look good, bring up perfect families  
and have high-flying careers  
I didn't plan to have a high-flying job  
and a large family

When you become a mother  
your child becomes your main priority

[FBCoverStreet.com](http://FBCoverStreet.com)





Never pick a fight with people  
who buy ink by the barrel.

Mark Twain

what's the  
opposite of  
half-hearted?



enthusiastic, excited, animated,  
eager, avid, energetic,  
spirited, zealous, determined,  
warm





# Discover Your Innate Abilities



when you finally settle on which 2  
you're gonna bring home from the club



I CHOOSE YOU





Everyone sees what you appear to be...



...few really know what you are.

(Machiavelli)

Appearances can  
be deceiving

# take sth in your stride

UK US take sth in stride

---

to calmly deal with something that is unpleasant and not let it affect what you are doing

спокойно воспринимать что-либо, легко переносить что-либо

*There are often problems at work but she seems to take it all in her stride.*

# High-flying graduates



# IDIOM

*to come /turn up  
trumps*

## MEANING

to get a good but  
unexpected result,  
a surprise win

## EXAMPLE

Our team was losing  
the match but scored  
a goal in the final  
minute and came up  
trumps.



## ORIGIN


The TRUMP CARD in  
a game is the highest  
or best card to have.



**to do loads of networking =*getting to know people who can help you develop your career prospects***

I also visited company websites and did lots of networking on LinkedIn. I signed myself up to several job alerts – this is a good way to hear about lots of jobs all at once.





Suddenly in the end when it's  
over, you feel a big weight on  
your shoulders. That's the role of  
the captain. Unfortunately, it's  
sometimes like that in sport.

Guy Forget

---

PICTUREQUOTES.COM



PICTUREQUOTES



# From all walks of life

(Coming from different backgrounds,  
e.g. jobs, social status, positions in society)

Example sentence:

People ***from all walks of life*** are studying  
English nowadays.



**to do a work placement - *проходить стажировку***

On some courses, work placements are compulsory in order to get your degree, while on others you can opt to do a placement as one of your modules.

**TO SHADOW - to follow someone at work in order to learn about that person's job.**

But first you have to do a workplacement where you shadow a barrister  
Shadowing helps to gain an in-depth understanding of the workplace

## ***Benefits of Job Shadowing***

- Gain firsthand experience.
- Assess their abilities and goals.
- Expand their network.





# IDIOM

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## EXAMPLE

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the match but scored  
a goal in the final  
minute and came up  
trumps.



## ORIGIN

The TRUMP CARD in  
a game is the highest  
or best card to have.



to shadow (somebody) = *to be with somebody who is doing a particular job, so that you can learn about it*

I shadowed the barrister both in London and Birmingham courts, observing hearings in criminal law matters





#### Web scraping - Wikipedia

[https://en.wikipedia.org/wiki/Web\\_scraping](https://en.wikipedia.org/wiki/Web_scraping) ▼

Web scraping, web harvesting, or web data extraction is data scraping used for extracting data from websites. Web scraping software may access the World Wide Web directly using the Hypertext Transfer Protocol, or through a web browser.

Data scraping · Category:Web scraping · Scrapy · Data Toolbar

#### Data scraping - Wikipedia

[https://en.wikipedia.org/wiki/Data\\_scraping](https://en.wikipedia.org/wiki/Data_scraping) ▼

Because of this, tool kits that scrape web content were created. A web scraper is an API or tool to extract data from a web site. Companies like Amazon AWS and Google provide web scraping tools, services and public data available free of cost to end users.

Description · Technical variants · Screen scraping · Web scraping

#### Scraping | Define Scraping at Dictionary.com

[www.dictionary.com/browse/scraping](http://www.dictionary.com/browse/scraping) ▼

Scraping definition, the act of a person or thing that scrapes. See more.

#### Scrape | Define Scrape at Dictionary.com

[www.dictionary.com/browse/scrape](http://www.dictionary.com/browse/scrape) ▼

Scrape definition, to deprive of or free from an outer layer, adhering matter, etc., or to smooth by drawing or rubbing something, especially a sharp or rough instrument, over the surface: to scrape a table to remove paint and varnish. See more.

#### scrape Meaning in the Cambridge English Dictionary

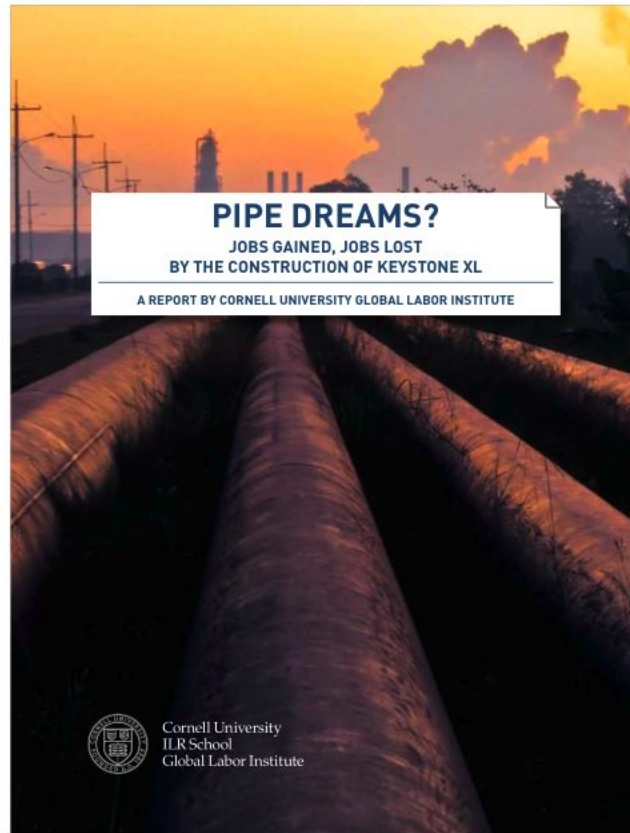
<https://dictionary.cambridge.org/dictionary/english/scrape> ▼

# Easy way to Scrape Google Search results

**to do loads of networking =*getting to know people who can help you develop your career prospects***

I also visited company websites and did lots of networking on LinkedIn. I signed myself up to several job alerts – this is a good way to hear about lots of jobs all at once.





# PIPE DREAMS?

JOBS GAINED, JOBS LOST  
BY THE CONSTRUCTION OF KEYSTONE XL

A REPORT BY CORNELL UNIVERSITY GLOBAL LABOR INSTITUTE



Cornell University  
ILR School  
Global Labor Institute



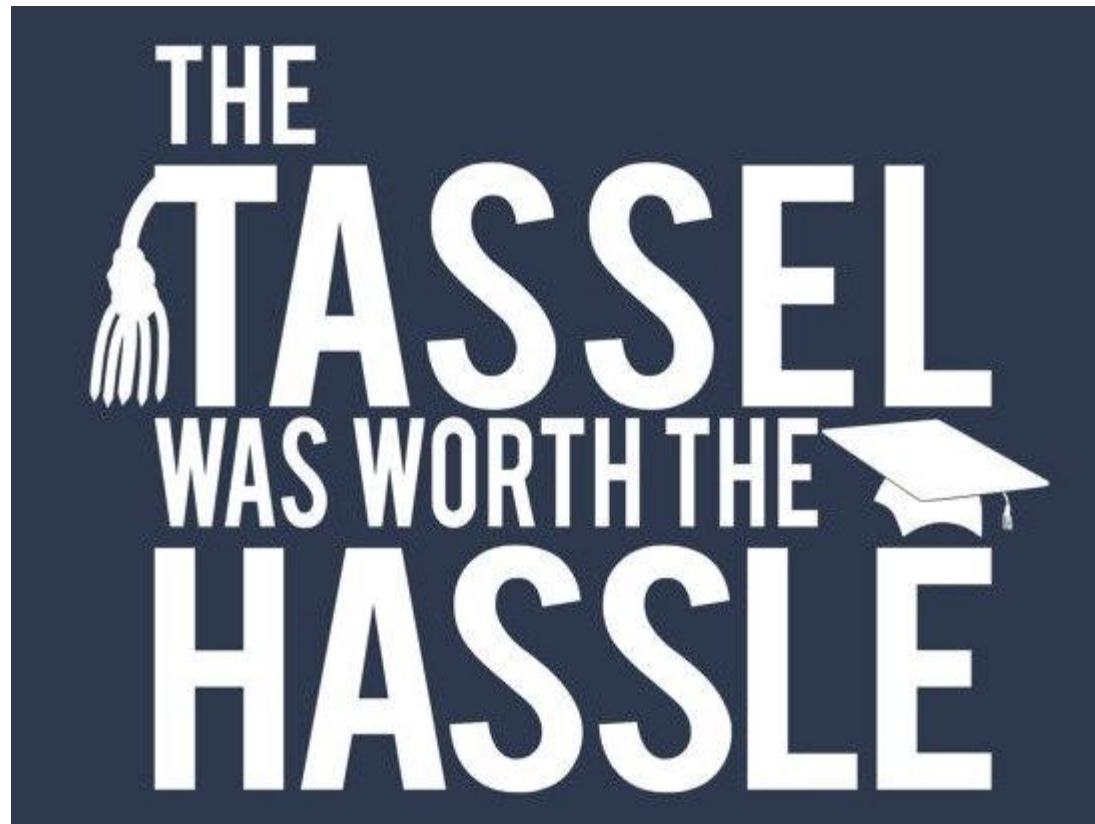
if you fall behind, run faster.  
never give up, never surrender,  
and rise up against the odds.

SUCCESS.com



GAIN  
**HANDS-ON**  
**EXPERIENCE**





# scrape through (sth)

— phrasal verb with scrape **UK**  /skreɪp/ **US**  verb [ T ]

---

★ to succeed in something but with a lot of difficulty

с большим трудом сделать что-либо


*I scraped through my exams (= just passed).*



I cut myself off from the mainstream of jazz. It stood me in good stead later on, as a musician.

(Dave Van Ronk)

[izquotes.com](http://izquotes.com)

The background of the image is a scenic landscape. In the foreground, there is a field of dry, yellowish-brown grass. In the middle ground, a small lake or body of water is visible. In the background, there are blue mountains under a cloudy sky. A small llama is standing in the field of grass on the right side of the image.

**Set your heart on  
doing good. Do it  
over and over again  
and you will be filled  
with joy.**

- Buddha



I'll take it all in stride

JAROFQUOTES.COM

Be switched on  
to your rights

Byddwch yn  
ymwybodol  
o'ch hawliau



cyngor ar  
bopeth

citizens  
advice





**Happiness is having a large,  
loving, caring, close-knit  
family in another city.**

George Burns

  
[www.idlehearts.com](http://www.idlehearts.com)



Life is too short for half-hearted  
connections and meaningless  
run-throughs.

— *Karen Kingsbury* —

AZ QUOTES

# Hand Idioms

**Get out of hand** - to lose control

My girlfriend sometimes **gets out of hand** when she drinks beer.

**Have my hands full** - to be very busy

I can't go to dinner because I **have my hands full** at work.

**Give someone a hand** - to help someone

Can you **give me a hand** fixing my bike?

**Have at hand** - to have available

I always keep a dictionary **at hand** when I read English newspapers.

**Try my hand at** - to try something for the first time

Surfing looks difficult but I want to **try my hand at** it.

**Wash my hands of** - to stop being involved with

I've decided to **wash my hands of** my friend's relationship problems.



The English Bug

[www.theenglishbug.com](http://www.theenglishbug.com)



A character reference letter should be written by **someone who knows you well**

**I attribute my success to this – I  
never gave or took any excuse.**

Florence Nightingale

**Once a Leo has  
their heart set  
on something,**

**don't even try to  
intervene. There  
is no point.**