

考研英语

2010-2025 英二

翻译练习本

Text 1

Paragraph 1:

Hunting for a job late last year, lawyer Gant Redmon stumbled across CareerBuilder, a job database on the Internet.

去年年底找工作时,甘特·雷德蒙律师偶然发现了一个名为Career Builder的互联网求职数据库

He searched for a job with no success but was attracted by the site's "personal search agent".

It's an interactive feature that lets visitors key in job criteria such as location, title, and salary, then E-mails them when a matching position is posted in the database.

Redmon chose the keywords legal, international property and Washington, D.C.

Three weeks later, he got his first notification of a job opening.

"I struck gold," says Redmon, who E-mailed his resume to the employer and won a position as

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2010

Text 1

Paragraph 1:

The longest bull run in a century of art-market history ended on a dramatic note with a sale of 56 works by Damien Hirst, Beautiful Inside My Head Forever, at Sotheby's in London on September 15th 2008.

All but two pieces sold, fetching more than £70m, a record for a sale by a single artist.

It was a last victory.

As the auctioneer called out bids, in New York one of the oldest banks on Wall Street, Lehman Brothers, filed for bankruptcy.

Paragraph 2:

The world art market had already been losing momentum for a while after rising bewilderingly since 2003 .

At its peak in 2007 it was worth some \$65 billion, reckons Clare McAndrew, founder of Arts Economics, a research firm - double the figure five years earlier.

Since then it may have come down to \$50 billion.

But the market generates interest far beyond its size because it brings together great wealth, enormous egos, greed, passion and controversy in a way matched by few other industries.

Paragraph 3:

In the weeks and months that followed Mr.Hirst's sale, spending of any sort became deeply unfashionable.

In the art world that meant collectors stayed away from galleries and salerooms.

Sales of contemporary art fell by two-thirds, and in the most overheated sector, they were down by nearly 90% in the year to November 2008.

Within weeks the world's two biggest auction houses, Sotheby's and Christie's, had to pay out nearly \$200m in guarantees to clients who had placed works for sale with them.

Paragraph 4:

The current downturn in the art market is the worst since the Japanese stopped buying Impressionists at the end of 1989.

This time experts reckon that prices are about 40% down on their peak on average, though some have been far more fluctuant.

But Edward Dolman, Christie's chief executive, says: "I'm pretty confident we're at the bottom."

Paragraph 5:

What makes this slump different from the last, he says, is that there are still buyers in the market.

Almost everyone who was interviewed for this special report said that the biggest problem at the moment is not a lack of demand but a lack of good work to sell.

The three Ds - death, debt and divorce - still deliver works of art to the market.

But anyone who does not have to sell is keeping away, waiting for confidence to return.

Text 2**Paragraph 1:**

I was addressing a small gathering in a suburban Virginia living room - a women's group that had invited men to join them.

Throughout the evening, one man had been particularly talkative, frequently offering ideas and anecdotes, while his wife sat silently beside him on the couch.

Toward the end of the evening, I commented that women frequently complain that their husbands don't talk to them.

This man quickly nodded in agreement.

He gestured toward his wife and said, "She's the talker in our family." The room burst into laughter; the man looked puzzled and hurt.

"It's true," he explained. "When I come home from work I have nothing to say. If she didn't keep the conversation going, we'd spend the whole evening in silence."

Paragraph 2:

This episode crystallizes the irony that although American men tend to talk more than women in public situations, they often talk less at home.

And this pattern is wreaking havoc with marriage.

Paragraph 3:

The pattern was observed by political scientist Andrew Hacker in the late 1970s.

Sociologist Catherine Kohler Riessman reports in her new book *Divorce Talk* that most of the women she interviewed - but only a few of the men - gave lack of communication as the reason for their divorces.

Given the current divorce rate of nearly 50 percent, that amounts to millions of cases in the United States every year - a virtual epidemic of failed conversation.

Paragraph 4:

In my own research, complaints from women about their husbands most often focused not on tangible inequities such as having given up the chance for a career to accompany a husband to his, or doing far more than their share of daily life-support work like cleaning, cooking and social arrangements.

Instead, they focused on communication: "He doesn't listen to me." "He doesn't talk to me." I found, as Hacker observed years before, that most wives want their husbands to be, first and foremost, conversational partners, but few husbands share this expectation of their wives.

Paragraph 5:

In short, the image that best represents the current crisis is the stereotypical cartoon scene of a man sitting at the breakfast table with a newspaper held up in front of his face, while a woman glares at the back of it, wanting to talk.

Text 3

Paragraph 1:

Over the past decade, many companies had perfected the art of creating automatic behaviors - habits - among consumers.

These habits have helped companies earn billions of dollars when customers eat snacks or wipe counters almost without thinking, often in response to a carefully designed set of daily cues.

Paragraph 2:

"There are fundamental public health problems, like dirty hands instead of a soap habit, that remain killers only because we can't figure out how to change people's habits," said Dr. Curtis, the director of the Hygiene Center at the London School of Hygiene & Tropical Medicine.

"We wanted to learn from private industry how to create new behaviors that happen automatically."

Paragraph 3:

The companies that Dr. Curtis turned to - Procter & Gamble, Colgate- Palmolive and Unilever -had invested hundreds of millions of dollars finding the subtle cues in consumers' lives that corporations could use to introduce new routines.

Paragraph 4:

If you look hard enough, you'll find that many of the products we use every day- chewing gums, skin moisturizers, disinfecting wipes, air fresheners, water purifiers, health snacks, teeth whiteners, fabric softeners, vitamins - are results of manufactured habits.

A century ago, few people regularly brushed their teeth multiple times a day.

Today, because of shrewd advertising and public health campaigns, many Americans habitually give their pearly whites a cavity-preventing scrub twice a day, often with Colgate, Crest or one of the other brands.

Paragraph 5:

A few decades ago, many people didn't drink water outside of a meal.

Then beverage companies started bottling the production of far-off springs, and now office workers unthinkingly sip bottled water all day long.

Chewing gum, once bought primarily by adolescent boys, is now featured in commercials as a breath freshener and teeth cleanser for use after a meal.

Skin moisturizers are advertised as part of morning beauty rituals, slipped in between hair brushing and putting on makeup.

Paragraph 6:

"Our products succeed when they become part of daily or weekly patterns," said Carol Berning, a consumer psychologist who recently retired from Procter & Gamble, the company that sold \$76 billion of Tide, Crest and other products last year.

"Creating positive habits is a huge part of improving our consumers' lives, and it's essential to making new products commercially viable."

Paragraph 7:

Through experiments and observation, social scientists like Dr. Berning have learned that there is power in tying certain behaviors to habitual cues through ruthless advertising.

As this new science of habit has emerged, controversies have erupted when the tactics have been used to sell questionable beauty creams or unhealthy foods.

Text 4**Paragraph 1:**

Many Americans regard the jury system as a concrete expression of crucial democratic values, including the principles that all citizens who meet minimal qualifications of age and literacy are equally competent to serve on juries; that jurors should be selected randomly from a representative cross section of the community; that no citizen should be denied the right to serve on a jury on account of race, religion, sex, or national origin; that defendants are entitled to trial by their peers; and that verdicts should represent the conscience of the community and not just the letter of the law.

The jury is also said to be the best surviving example of direct rather than representative democracy.

In a direct democracy, citizens take turns governing themselves, rather than electing representatives to govern for them.

Paragraph 2:

But as recently as in 1968, jury selection procedures conflicted with these democratic ideals.

In some states, for example, jury duty was limited to persons of supposedly superior intelligence, education, and moral character.

Although the Supreme Court of the United States had prohibited intentional racial discrimination in jury selection as early as the 1880 case of *Strauder v.*

West Virginia, the practice of selecting so-called elite or blue-ribbon juries provided a convenient way around this and other antidiscrimination laws.

Paragraph 3:

The system also failed to regularly include women on juries until the mid-20th century.

Although women first served on state juries in Utah in 1898, it was not until the 1940s that a majority of states made women eligible for jury duty.

Even then several states automatically exempted women from jury duty unless they personally asked to have their names included on the jury list.

This practice was justified by the claim that women were needed at home, and it kept juries unrepresentative of women through the 1960s.

Paragraph 4:

In 1968, the Congress of the United States passed the Jury Selection and Service Act, ushering in a new era of democratic reforms for the jury.

This law abolished special educational requirements for federal jurors and required them to be selected at random from a cross section of the entire community.

In the landmark 1975 decision *Taylor v. Louisiana*, the Supreme Court extended the requirement that juries be representative of all parts of the community to the state level.

The Taylor decision also declared sex discrimination in jury selection to be unconstitutional and ordered states to use the same procedures for selecting male and female jurors.

翻译题**Paragraph 1:**

"Sustainability" has become a popular word these days, but to Ted Ning, the concept will always have personal meaning.

Having endured a painful period of unsustainability in his own life made it clear to him that sustainability-oriented values must be expressed through everyday action and choice.

Paragraph 2:

Ning recalls spending a confusing year in the late 1990s selling insurance.

He'd been through the dot-com boom and burst and, desperate for a job, signed on with a Boulder agency.

Paragraph 3:

It didn't go well.

"It was a really bad move because that's not my passion," says Ning, whose dilemma about the job translated, predictably, into a lack of sales.

"I was miserable. I had so much anxiety that I would wake up in the middle of the night and stare at the ceiling. I had no money and needed the job. Everyone said, 'Just wait, you'll turn the corner, give it some time.'"

2011

Text 1

Paragraph 1:

Ruth Simmons joined Goldman Sachs's board as an outside director in January 2000; a year later she became president of Brown University.

For the rest of the decade she apparently managed both roles without attracting much criticism.

But by the end of 2009 Ms. Simmons was under fire for having sat on Goldman's compensation committee; how could she have let those enormous bonus payouts pass unremarked? By February the next year Ms. Simmons had left the board.

The position was just taking up too much time, she said.

Paragraph 2:

Outside directors are supposed to serve as helpful, yet less biased, advisers on a firm's board.

Having made their wealth and their reputations elsewhere, they presumably have enough independence to disagree with the chief executive's proposals.

If the sky, and the share price, is falling, outside directors should be able to give advice based on having weathered their own crises.

Paragraph 3:

The researchers from Ohio University used a database that covered more than 10,000 firms and more than 64,000 different directors between 1989 and 2004.

Then they simply checked which directors stayed from one proxy statement to the next.

The most likely reason for departing a board was age, so the researchers concentrated on those "surprise" disappearances by directors under the age of 70.

They found that after a surprise departure, the probability that the company will subsequently have to restate earnings increases by nearly 20%.

The likelihood of being named in a federal class-action lawsuit also increases, and the stock is likely to perform worse.

The effect tended to be larger for larger firms.

Although a correlation between them leaving and subsequent bad performance at the firm is suggestive, it does not mean that such directors are always jumping off a sinking ship.

Often they "trade up," leaving riskier, smaller firms for larger and more stable firms.

Paragraph 4:

But the researchers believe that outside directors have an easier time of avoiding a blow to their reputations if they leave a firm before bad news breaks, even if a review of history shows that they were on the board at the time any wrongdoing occurred.

Firms who want to keep their outside directors through tough times may have to create incentives.

Otherwise outside directors will follow the example of Ms. Simmons, once again very popular on campus.

Text 2

Paragraph 1:

Whatever happened to the death of newspapers? A year ago the end seemed near.

The recession threatened to remove the advertising and readers that had not already fled to the internet.

Newspapers like the *San Francisco Chronicle* were chronicling their own doom.

America's Federal Trade Commission launched a round of talks about how to save newspapers.

Should they become charitable corporations? Should the state subsidize them? It will hold another meeting soon.

But the discussions now seem out of date.

Paragraph 2:

In much of the world there is little sign of crisis.

German and Brazilian papers have shrugged off the recession.

Even American newspapers, which inhabit the most troubled corner of the global industry, have not only survived but often returned to profit.

Not the 20% profit margins that were routine a few years ago, but profit all the same.

Paragraph 3:

It has not been much fun.

Many papers stayed afloat by pushing journalists overboard.

The American Society of News Editors reckons that 13,500 newsroom jobs have gone since 2007.

Readers are paying more for slimmer products.

Some papers even had the nerve to refuse delivery to distant suburbs.

Yet these desperate measures have proved the right ones and, sadly for many journalists, they can be pushed further.

Paragraph 4:

Newspapers are becoming more balanced businesses, with a healthier mix of revenues from readers and advertisers.

American papers have long been highly unusual in their reliance on ads.

Fully 87% of their revenues came from advertising in 2008, according to the Organization for Economic Cooperation & Development (OECD).

In Japan the proportion is 35%.

Not surprisingly, Japanese newspapers are much more stable.

Paragraph 5:

The whirlwind that swept through newsrooms harmed everybody, but much of the damage has been concentrated in areas where newspapers are least distinctive.

Car and film reviewers have gone.

So have science and general business reporters.

Foreign bureaus have been savagely cut off.

Newspapers are less complete as a result.

But completeness is no longer a virtue in the newspaper business.

Text 3

Paragraph 1:

We tend to think of the decades immediately following World War II as a time of prosperity and growth, with soldiers returning home by the millions, going off to college on the G.I. Bill and lining up at the marriage bureaus.

Paragraph 2:

But when it came to their houses, it was a time of common sense and a belief that less could truly be more.

During the Depression and the war, Americans had learned to live with less, and that restraint, in combination with the postwar confidence in the future, made small, efficient housing positively stylish.

Paragraph 3:

Economic condition was only a stimulus for the trend toward efficient living.

The phrase “less is more” was actually first popularized by a German, the architect Ludwig Mies van der Rohe, who like other people associated with the Bauhaus, a school of design, emigrated to the United States before World War II and took up posts at American architecture schools.

These designers came to exert enormous influence on the course of American architecture, but none more so than Mies.

Mies’s signature phrase means that less decoration, properly organized, has more impact than a lot.

Elegance, he believed, did not derive from abundance.

Like other modern architects, he employed metal, glass and laminated wood—materials that we take for granted today but that in the 1940s symbolized the future.

Mies’s sophisticated presentation masked the fact that the spaces he designed were small and efficient, rather than big and often empty.

Paragraph 4:

The apartments in the elegant towers Mies built on Chicago’s Lake Shore Drive, for example, were smaller—two-bedroom units under 1,000 square feet—than those in their older neighbors along the city’s Gold Coast.

But they were popular because of their airy glass walls, the views they afforded and the elegance of the buildings’ details and proportions, the architectural equivalent of the abstract art so popular at the time.

Paragraph 5:

The trend toward “less” was not entirely foreign.

In the 1930s Frank Lloyd Wright started building more modest and efficient houses—usually around 1,200 square feet—than the spreading two-story ones he had designed in the 1890s and the early 20th century.

Paragraph 6:

The “Case Study Houses” commissioned from talented modern architects by California Arts & Architecture magazine between 1945 and 1962 were yet another homegrown influence on the “less is more” trend.

Aesthetic effect came from the landscape, new materials and forthright detailing.

In his Case Study House, Ralph Rapson may have mispredicted just how the mechanical revolution would impact everyday life—few American families acquired helicopters, though most eventually got clothes dryers—but his belief that self-sufficiency was both desirable and inevitable was widely shared.

Text 4

Paragraph 1:

Will the European Union make it? The question would have sounded strange not long ago.

Now even the project's greatest cheerleaders talk of a continent facing a "Bermuda triangle" of debt, population decline and lower growth.

Paragraph 2:

As well as those chronic problems, the EU faces an acute crisis in its economic core, the 16 countries that use the single currency.

Markets have lost faith that the euro zone's economies, weaker or stronger, will one day converge thanks to the discipline of sharing a single currency, which denies uncompetitive members the quick fix of devaluation.

Paragraph 3:

Yet the debate about how to save Europe's single currency from disintegration is stuck.

It is stuck because the euro zone's dominant powers, France and Germany, agree on the need for greater harmonisation within the euro zone, but disagree about what to harmonise.

Paragraph 4:

Germany thinks the euro must be saved by stricter rules on borrowing, spending and competitiveness, backed by quasi-automatic sanctions for governments that do not obey.

These might include threats to freeze EU funds for poorer regions and EU mega-projects, and even the suspension of a country's voting rights in EU ministerial councils.

It insists that economic co-ordination should involve all 27 members of the EU club, among whom there is a small majority for free-market liberalism and economic rigour; in the inner core alone, Germany fears, a small majority favour French interference.

Paragraph 5:

A "southern" camp headed by France wants something different: "European economic government" within an inner core of euro-zone members.

Translated, that means politicians intervening in monetary policy and a system of redistribution from richer to poorer members, via cheaper borrowing for governments through common Eurobonds or complete fiscal transfers.

Finally, figures close to the French government have murmured, euro-zone members should agree to some fiscal and social harmonisation: e.g., curbing competition in corporate-tax rates or labour costs.

Paragraph 6:

It is too soon to write off the EU.

It remains the world's largest trading block.

At its best, the European project is remarkably liberal: built around a single market of 27 rich and poor countries, its internal borders are far more open to goods, capital and labour than any comparable trading area.

It is an ambitious attempt to blunt the sharpest edges of globalisation, and make capitalism benign.

翻译题

Paragraph 1:

Who would have thought that, globally, the IT industry produces about the same volume of greenhouse gases as the world's airlines do — roughly 2 percent of all CO₂ emissions?

Paragraph 2:

Many everyday tasks take a surprising toll on the environment.

A Google search can leak between 0.2 and 7.0 grams of CO₂, depending on how many attempts are needed to get the “right” answer.

To deliver results to its users quickly, then, Google has to maintain vast data centres around the world, packed with powerful computers.

While producing large quantities of CO₂, these computers emit a great deal of heat, so the centres need to be well air-conditioned, which uses even more energy.

Paragraph 3:

However, Google and other big tech providers monitor their efficiency closely and make improvements.

Monitoring is the first step on the road to reduction, but there is much more to be done, and not just by big companies.

2012

Text 1

Paragraph 1:

Homework has never been terribly popular with students and even many parents, but in recent years it has been particularly scorned.

School districts across the country, most recently Los Angeles Unified, are revising their thinking on this educational ritual.

Unfortunately, L.A. Unified has produced an inflexible policy which mandates that with the exception of some advanced courses, homework may no longer count for more than 10% of a student's academic grade.

Paragraph 2:

This rule is meant to address the difficulty that students from impoverished or chaotic homes might have in completing their homework.

But the policy is unclear and contradictory.

Certainly, no homework should be assigned that students cannot complete on their own or that they cannot do without expensive equipment.

But if the district is essentially giving a pass to students who do not do their homework because of complicated family lives, it is going riskily close to the implication that standards need to be lowered for poor children.

Paragraph 3:

District administrators say that homework will still be a part of schooling; teachers are allowed to assign as much of it as they want.

But with homework counting for no more than 10% of their grades, students can easily skip half their homework and see very little difference on their report cards.

Some students might do well on state tests without completing their homework, but what about the students who performed well on the tests and did their homework? It is quite possible that the homework helped.

Yet rather than empowering teachers to find what works best for their students, the policy imposes a flat, across-the-board rule.

Paragraph 4:

At the same time, the policy addresses none of the truly thorny questions about homework.

If the district finds homework to be unimportant to its students' academic achievement, it should move to reduce or eliminate the assignments, not make them count for almost nothing.

Conversely, if homework matters, it should account for a significant portion of the grade.

Meanwhile, this policy does nothing to ensure that the homework students receive is meaningful or appropriate to their age and the subject, or that teachers are not assigning more than they are willing to review and correct.

Paragraph 5:

The homework rules should be put on hold while the school board, which is responsible for setting educational policy, looks into the matter and conducts public hearings.

It is not too late for L.A. Unified to do homework right.

Text 2

Paragraph 1:

Pretty in pink: adult women do not remember being so obsessed with the colour, yet it is pervasive in our young girls' lives.

It is not that pink is intrinsically bad, but it is such a tiny slice of the rainbow and, though it may celebrate girlhood in one way, it also repeatedly and firmly fuses girls' identity to appearance.

Then it presents that connection, even among two-year-olds, between girls as not only innocent but as evidence of innocence.

Looking around, I despaired at the singular lack of imagination about girls' lives and interests.

Paragraph 2:

Girls' attraction to pink may seem unavoidable, somehow encoded in their DNA, but according to Jo Paoletti, an associate professor of American Studies, it is not.

Children were not colour-coded at all until the early 20th century: in the era before domestic washing machines all babies wore white as a practical matter, since the only way of getting clothes clean was to boil them.

What's more, both boys and girls wore what were thought of as gender-neutral dresses.

When nursery colours were introduced, pink was actually considered the more masculine colour, a pastel version of red, which was associated with strength.

Blue, with its intimations of the Virgin Mary, constancy and faithfulness, symbolised femininity.

It was not until the mid-1980s, when amplifying age and sex differences became a dominant children's marketing strategy, that pink fully came into its own, when it began to seem inherently attractive to girls, part of what defined them as female, at least for the first few critical years.

Paragraph 3:

I had not realised how profoundly marketing trends dictated our perception of what is natural to kids, including our core beliefs about their psychological development.

Take the toddler.

I assumed that phase was something experts developed after years of research into children's behaviour: wrong.

Turns out, according to Daniel Cook, a historian of childhood consumerism, it was popularised as a marketing trick by clothing manufacturers in the 1930s.

Paragraph 4:

Trade publications counselled department stores that, in order to increase sales, they should create a "third stepping stone" between infant wear and older kids' clothes.

It was only after "toddler" became a common shoppers' term that it evolved into a broadly accepted developmental stage.

Splitting kids, or adults, into ever-tinier categories has proved a sure-fire way to boost profits.

And one of the easiest ways to segment a market is to magnify gender differences — or invent them where they did not previously exist.

Text 3**Paragraph 1:**

In 2010, a federal judge shook America's biotech industry to its core.

Companies had won patents for isolated DNA for decades — by 2005 some 20% of human genes were patented.

But in March 2010 a judge ruled that genes were unpatentable.

Executives were violently agitated.

The Biotechnology Industry Organisation (BIO), a trade group, assured members that this was just a "preliminary step" in a longer battle.

Paragraph 2:

On July 29th they were relieved, at least temporarily.

A federal appeals court overturned the prior decision, ruling that Myriad Genetics could indeed hold patents to two genes that help forecast a woman's risk of breast cancer.

The chief executive of Myriad, a company in Utah, said the ruling was a blessing to firms and patients alike.

Paragraph 3:

But as companies continue their attempts at personalised medicine, the courts will remain rather busy.

The Myriad case itself is probably not over.

Critics make three main arguments against gene patents: a gene is a product of nature, so it may not be patented; gene patents suppress innovation rather than reward it; and patents' monopolies restrict access to genetic tests such as Myriad's.

A growing number seem to agree.

Last year a federal task-force urged reform for patents related to genetic tests.

In October the Department of Justice filed a brief in the Myriad case, arguing that an isolated DNA molecule "is no less a product of nature ... than are cotton fibres that have been separated from cotton seeds."

Paragraph 4:

Despite the appeals court's decision, big questions remain unanswered.

For example, it is unclear whether the sequencing of a whole genome violates the patents of individual genes within it.

The case may yet reach the Supreme Court.

Paragraph 5:

As the industry advances, however, other suits may have an even greater impact.

Companies are unlikely to file many more patents for human DNA molecules — most are already patented or in the public domain.

Firms are now studying how genes interact, looking for correlations that might be used to determine the causes of disease or predict a drug's efficacy.

Companies are eager to win patents for "connecting the dots," explains Hans Sauer, a lawyer for the BIO.

Paragraph 6:

Their success may be determined by a suit related to this issue, brought by the Mayo Clinic, which the Supreme Court will hear in its next term.

The BIO recently held a convention which included sessions to coach lawyers on the shifting landscape for patents.

Each meeting was packed.

Text 4

Paragraph 1:

The great recession may be over, but this era of high joblessness is probably beginning.

Before it ends, it will likely change the life course and character of a generation of young adults.

And ultimately, it is likely to reshape our politics, our culture, and the character of our society for years.

Paragraph 2:

No one tries harder than the jobless to find ~~silver linings in this~~ national economic disaster.

Many said that unemployment, while extremely painful, had improved them in some ways: they had become less materialistic and more financially prudent; they were more aware of the struggles of others.

In limited respects, perhaps the recession will leave society better off.

At the very least, it has awoken us from our national fever dream of easy riches and bigger houses, and put a necessary end to an era of reckless personal spending.

Paragraph 3:

But for the most part, these benefits seem thin, uncertain, and far off.

In *The Moral Consequences of Economic Growth*, the economic historian Benjamin Friedman argues that both inside and outside the U.S., lengthy periods of economic stagnation or decline have almost always left society more mean-spirited and less inclusive, and have usually stopped or reversed the advance of rights and freedoms.

Anti-immigrant sentiment typically increases, as does conflict between races and classes.

Paragraph 4:

Income inequality usually falls during a recession, but it has not shrunk in this one.

Indeed, this period of economic weakness may reinforce class divides, and decrease opportunities to cross them — especially for young people.

The research of Till Von Wachter, the economist at Columbia University, suggests that not all people graduating into a recession see their life chances dimmed: those with degrees from elite universities catch up fairly quickly to where they otherwise would have been if they had graduated in better times; it is the masses beneath them that are left behind.

Paragraph 5:

In the Internet age, it is particularly easy to see the resentment that has always been hidden within American society.

More difficult, in the moment, is discerning precisely how these lean times are affecting society's character.

In many respects, the U.S. was more socially tolerant entering this recession than at any time in its history, and a variety of national polls on social conflict since then have shown mixed results.

We will have to wait and see exactly how these hard times will reshape our social fabric.

But they certainly will reshape it, and all the more so the longer they extend.

翻译题

Paragraph 1:

When people in developing countries worry about migration, they are usually concerned at the prospect of their best and brightest departure to Silicon Valley or to hospitals and universities in the developed world.

These are the kind of workers that countries like Britain, Canada and Australia try to attract by using immigration rules that privilege college graduates.

Paragraph 2:

Lots of studies have found that well-educated people from developing countries are particularly likely to emigrate.

A big survey of Indian households in 2004 found that nearly 40% of emigrants had more than a high-school education, compared with around 3.3% of all Indians over the age 25.

This "brain drain" has long bothered policymakers in poor countries.

They fear that it hurts their economies, depriving them of much-needed skilled workers who could have taught at their universities, worked in their hospitals and come up with clever new products for their factories to make.

2013

Text 1

Paragraph 1:

In an essay entitled "Making It in America," the author Adam Davidson relates a joke from cotton country about just how much a modern textile mill has been automated: The average mill has only two employees today, "a man and a dog.

The man is there to feed the dog, and the dog is there to keep the man away from the machines."

Paragraph 2:

Davidson's article is one of a number of pieces that have recently appeared making the point that the reason we have such stubbornly high unemployment and declining middle-class incomes today is largely because of the big drop in demand because of the Great Recession, but it is also because of the advances in both globalization and the information technology revolution, which are more rapidly than ever replacing labor with machines or foreign workers.

Paragraph 3:

In the past, workers with average skills, doing an average job, could earn an average lifestyle.

But, today, average is officially over.

Being average just won't earn you what it used to.

It can't when so many more employers have so much more access to so much more above average cheap foreign labor, cheap robotics, cheap software, cheap automation and cheap genius.

Therefore, everyone needs to find their extra — their unique value contribution that makes them stand out in whatever is their field of employment.

Paragraph 4:

Yes, new technology has been eating jobs forever, and always will.

But there's been an acceleration.

As Davidson notes, "In the 10 years ending in 2009, [U.S.] factories shed workers so fast that they erased almost all the gains of the previous 70 years; roughly one out of every three manufacturing jobs — about 6 million in total— disappeared."

Paragraph 5:

There will always be change— new jobs, new products, new services.

But the one thing we know for sure is that with each advance in globalization and the I.T. revolution, the best jobs will require workers to have more and better education to make themselves above average.

Paragraph 6:

In a world where average is officially over, there are many things we need to do to support employment, but nothing would be more important than passing some kind of G.I. Bill for the 21 st century that ensures that every American has access to post- high school education.

Text 2

Paragraph 1:

A century ago, the immigrants from across the Atlantic included settlers and sojourners.

Along with the many folks looking to make a permanent home in the United States came those who had no intention to stay, and who would make some money and then go home.

Between 1908 and 1915, about 7 million people arrived while about 2 million departed.

About a quarter of all Italian immigrants, for example, eventually returned to Italy for good.

They even had an affectionate nickname, "uccelli di passaggio," birds of passage.

Paragraph 2:

Today, we are much more rigid about immigrants.

We divide newcomers into two categories: legal or illegal, good or bad.

We hail them as Americans in the making, or brand them as aliens to be kicked out.

That framework has contributed mightily to our broken immigration system and the long political paralysis over how to fix it.

We don't need more categories, but we need to change the way we think about categories.

We need to look beyond strict definitions of legal and illegal.

To start, we can recognize the new birds of passage, those living and thriving in the gray areas.

We might then begin to solve our immigration challenges.

Paragraph 3:

Crop pickers, violinists, construction workers, entrepreneurs, engineers, home health-care aides and physicists are among today's birds of passage.

They are energetic participants in a global economy driven by the flow of work, money and ideas.

They prefer to come and go as opportunity calls them.

They can manage to have a job in one place and a family in another.

Paragraph 4:

With or without permission, they straddle laws, jurisdictions and identities with ease.

We need them to imagine the United States as a place where they can be productive for a while without committing themselves to staying forever.

We need them to feel that home can be both here and there and that they can belong to two nations honorably.

Paragraph 5:

Accommodating this new world of people in motion will require new attitudes on both sides of the immigration battle.

Looking beyond the culture war logic of right or wrong means opening up the middle ground and understanding that managing immigration today requires multiple paths and multiple outcomes, including some that are not easy to accomplish legally in the existing system.

Text 3

Paragraph 1:

Scientists have found that although we are prone to snap overreactions, if we take a moment and think about how we are likely to react, we can reduce or even eliminate the negative effects of our quick, hard-wired responses.

Paragraph 2:

Snap decisions can be important defense mechanisms; if we are judging whether someone is dangerous, our brains and bodies are hard-wired to react very quickly, within milliseconds.

But we need more time to assess other factors.

To accurately tell whether someone is sociable, studies show, we need at least a minute, preferably five.

It takes a while to judge complex aspects of personality, like neuroticism or open-mindedness.

Paragraph 3:

But snap decisions in reaction to rapid stimuli aren't exclusive to the interpersonal realm.

Psychologists at the University of Toronto found that viewing a fast-food logo for just a few milliseconds primes us to read 20 percent faster, even though reading has little to do with eating.

We unconsciously associate fast food with speed and impatience and carry those impulses into whatever else we're doing. Subjects exposed to fast-food flashes also tend to think a musical piece lasts too long.

Paragraph 4:

Yet we can reverse such influences.

If we know we will overreact to consumer products or housing options when we see a happy face (one reason good sales representatives and real estate agents are always smiling), we can take a moment before buying.

If we know female job screeners are more likely to reject attractive female applicants, we can help screeners understand their biases — or hire outside screeners.

Paragraph 5:

John Gottman, the marriage expert, explains that we quickly "thin slice" information reliably only after we ground such snap reactions in "thick sliced" long-term study.

When Dr. Gottman really wants to assess whether a couple will stay together, he invites them to his island retreat for a much longer evaluation: two days, not two seconds.

Paragraph 6:

Our ability to mute our hard-wired reactions by pausing is what differentiates us from animals: dogs can think about the future only intermittently or for a few minutes.

But historically we have spent about 12 percent of our days contemplating the longer term.

Although technology might change the way we react, it hasn't changed our nature.

We still have the imaginative capacity to rise above temptation and reverse the high-speed trend.

Text 4**Paragraph 1:**

Europe is not a gender-equality heaven.

In particular, the corporate workplace will never be completely family-friendly until women are part of senior management decisions, and Europe's top corporate-governance positions remain overwhelmingly male.

Indeed, women hold only 14 per cent of positions on European corporate boards.

Paragraph 2:

The European Union is now considering legislation to compel corporate boards to maintain a certain proportion of women — up to 60 per cent.

This proposed mandate was born of frustration.

Last year, European Commission Vice President Viviane Reding issued a call to voluntary action.

Reding invited corporations to sign up for gender balance goals of 40 per cent female board membership.

But her appeal was considered a failure: only 24 companies took it up.

Paragraph 3:

Do we need quotas to ensure that women can continue to climb the corporate ladder fairly as they balance work and family?

Paragraph 4:

"Personally, I don't like quotas," Reding said recently. "But I like what the quotas do."

Quotas get action: they "open the way to equality and they break through the glass ceiling," according to Reding, a result seen in France and other countries with legally binding provisions on placing women in top business positions.

Paragraph 5

I understand Reding's reluctance — and her frustration.

I don't like quotas either; they run counter to my belief in meritocracy, governance by the capable.

But, when one considers the obstacles to achieving the meritocratic ideal, it does look as if a fairer world must be temporarily ordered.

Paragraph 6:

After all, four decades of evidence has now shown that corporations in Europe as well as the US are evading the meritocratic hiring and promotion of women to top positions — no matter how much "soft pressure" is put upon them.

When women do break through to the summit of corporate power — as, for example, Sheryl Sandberg recently did at Facebook — they attract massive attention precisely because they remain the exception to the rule.

Paragraph 7:

If appropriate public policies were in place to help all women — whether CEOs or their children's caregivers — and all families, Sandberg would be no more newsworthy than any other highly capable person living in a more just society.

翻译题

Paragraph 1:

I can pick a date from the past 53 years and know instantly where I was, what happened in the news and even the day of the week.

I've been able to do this since I was four.

Paragraph 2:

I never feel overwhelmed with the amount of information my brain absorbs.

My mind seems to be able to cope and the information is stored away neatly.

When I think of a sad memory, I do what everybody does - try to put it to one side.

I don't think it's harder for me just because my memory is clearer.

Powerful memory doesn't make my emotions any more acute or vivid.

I can recall the day my grandfather died and the sadness I felt when we went to the hospital the day before.

I also remember that the musical play Hair opened on Broadway on the same day — they both just pop into my mind in the same way.

2014

Text 1

Paragraph 1:

What would you do with \$590m? This is now a question for Gloria MacKenzie, an 84-year-old widow who recently emerged from her small, tin-roofed house in Florida to collect the biggest undivided lottery jackpot in history.

If she hopes her new-found fortune will yield lasting feelings of fulfilment, she could do worse than read *Happy Money* by Elizabeth Dunn and Michael Norton.

Paragraph 2:

These two academics use an array of behavioral research to show that the most rewarding ways to spend money can be counterintuitive.

Fantasies of great wealth often involve visions of fancy cars and extravagant homes.

Yet satisfaction with these material purchases wears off fairly quickly.

What was once exciting and new becomes old-hat; regret creeps in.

It is far better to spend money on experiences, say Ms Dunn and Mr Norton, like interesting trips, unique meals or even going to the cinema.

These purchases often become more valuable with time- as stories or memories - particularly if they involve feeling more connected to others.

Paragraph 3:

This slim volume is packed with tips to help wage slaves as well as lottery winners get the most "happiness bang for your buck."

It seems most people would be better off if they could shorten their commutes to work, spend more time with friends and family and less of it watching television (something the average American spends a whopping two months a year doing, and is hardly jollier for it).

Buying gifts or giving to charity is often more pleasurable than purchasing things for oneself, and luxuries are most enjoyable when they are consumed sparingly.

This is apparently the reason McDonald's restricts the availability of its popular McRib — a marketing trick that has turned the pork sandwich into an object of obsession.

Paragraph 4:

Readers of *Happy Money* are clearly a privileged lot, anxious about fulfilment, not hunger.

Money may not quite buy happiness, but people in wealthier countries are generally happier than those in poor ones.

Yet the link between feeling good and spending money on others can be seen among rich and poor people around the world, and scarcity enhances the pleasure of most things for most people.

Not everyone will agree with the authors' policy ideas, which range from mandating more holiday time to reducing tax incentives for American homebuyers.

But most people will come away from this book believing it was money well spent.

Text 2

Paragraph 1:

An article in Scientific American has pointed out that empirical research says that, actually, you think you're more beautiful than you are.

We have a deep-seated need to feel good about ourselves and we naturally employ a number of self-enhancing strategies to achieve this.

Social psychologists have amassed oceans of research into what they call the "above average effect", or "illusory superiority", and shown that, for example, 70% of us rate ourselves as above average in leadership, 93% in driving and 85% at getting on well with others - all obviously statistical impossibilities.

Paragraph 2:

We rose-tint our memories and put ourselves into self-affirming situations.

We become defensive when criticised, and apply negative stereotypes to others to boost our own esteem.

We stalk around thinking we're hot stuff.

Paragraph 3:

Psychologist and behavioural scientist Nicholas Epley oversaw a key study into self-enhancement and attractiveness.

Rather than have people simply rate their beauty compared with others, he asked them to identify an original photograph of themselves from a lineup including versions that had been altered to appear more and less attractive.

Visual recognition, reads the study, is "an automatic psychological process, occurring rapidly and intuitively with little or no apparent conscious deliberation".

If the subjects quickly chose a falsely flattering image — which most did — they genuinely believed it was really how they looked.

Paragraph 4:

Epley found no significant gender difference in responses.

Nor was there **any** evidence that those who self-enhanced the most (that is, the participants who thought the most positively doctored pictures were real) were doing so to make up for profound insecurities.

In fact, those who thought that the images higher up the attractiveness scale were real directly corresponded with those who showed other markers for having higher self-esteem.

"I don't think the findings that we have are any evidence of personal delusion," says Epley.

"It's a reflection simply of people generally thinking well of themselves."

If you are depressed, you won't be self-enhancing.

Paragraph 5:

Knowing the results of Epley's study, it makes sense that many people hate photographs of themselves viscerally — on one level, they don't even recognise the person in the picture as themselves.

Facebook, therefore, is a self-enhancer's paradise, where people can share only the most flattering photos, the cream of their wit, style, beauty, intellect and lifestyles.

It's not that people's profiles are dishonest, says Catalina Toma of Wisconsin-Madison University, "but they portray an idealised version of themselves."

Text 3

Paragraph 1:

The concept of man versus machine is at least as old as the industrial revolution, but this phenomenon tends to be most acutely felt during economic downturns and fragile recoveries.

And yet, it would be a mistake to think we are right now simply experiencing the painful side of a boom and bust cycle.

Certain jobs have gone away for good, outmoded **by** machines.

Since technology has such an insatiable appetite for eating up human jobs, this phenomenon will continue to restructure our economy in ways we cannot immediately foresee.

Paragraph 2:

When there is rapid improvement in the price and performance of technology, jobs that were once thought to be immune from automation suddenly become threatened.

This argument has attracted a lot of attention, via the success of the book *Race Against the Machine*, by Erik Brynjolfsson and Andrew McAfee, who both hail from MIT's Center for Digital Business.

Paragraph 3:

This is a powerful argument, and a scary one.

And yet, John Hagel, author of *The Power of Pull* and other books, says Brynjolfsson and McAfee miss the reason **why** these jobs are so vulnerable to technology in the first place.

Paragraph 4:

Hagel says we have designed jobs in the U.S. that tend to be "tightly scripted" and "highly standardized" ones that leave no room for "individual initiative or creativity".

In short, these are the types of jobs that machines can perform much better at than human beings.

That is how we have put a giant target sign on the backs of American workers, Hagel says.

Paragraph 5:

It's time to reinvent the formula for how work is conducted, since we are still relying on a very 20th century notion of work, Hagel says.

In our rapidly changing economy, we more than ever need people in the workplace who can take initiative and exercise their imagination "to respond to unexpected events".

That is not something machines are good at.

They are designed to perform very predictable activities.

Paragraph 6:

As Hagel notes, Brynjolfsson and McAfee indeed touched on this point in their book.

We need to reframe race against the machine as race with the machine.

In other words, we need to look at the ways in which machines can augment human labor rather than replace it.

So then the problem is not really about technology, but rather, "how do we innovate our institutions and our work practices?"

Text 4

Paragraph 1:

When the government talks about infrastructure contributing to the economy the focus is usually on roads, railways, broadband and energy.

Housing is seldom mentioned.

Paragraph 2:

Why is that? To some extent the housing sector must shoulder the blame.

We have not been good at communicating the real value that housing can contribute to economic growth.

Then there is the scale of the typical housing project.

It is hard to shove for attention among multibillion-pound infrastructure projects, so it is inevitable that the attention is focused elsewhere.

But perhaps the most significant reason is that the issue has always been so politically charged.

Paragraph 3:

Nevertheless, the affordable housing situation is desperate.

Waiting lists increase all the time and we are simply not building enough new homes.

Paragraph 4:

The comprehensive spending review offers an opportunity for the government to help rectify this.

It needs to put historical prejudices to one side and take some steps to address our urgent housing need.

Paragraph 5:

There are some indications that it is preparing to do just that.

The communities minister, Don Foster, has hinted that George Osborne, Chancellor of the Exchequer, may introduce more flexibility to the current cap on the amount that local authorities can borrow against their housing stock debt.

Evidence shows that 60,000 extra new homes could be built over the next five years if the cap were lifted, increasing GDP by 0.6%.

Paragraph 6:

Ministers should also look at creating greater certainty in the rental environment, which would have a significant impact on the ability of registered providers to fund new developments from revenues.

Paragraph 7:

But it is not just down to the government.

While these measures would be welcome in the short term, we must face up to the fact that the existing £ 4.5bn programme of grants to fund new affordable housing, set to expire in 2015, is unlikely to be extended beyond then.

The Labour party has recently announced that it will retain a large part of the coalition's spending plans if it returns to power.

The housing sector needs to accept that we are very unlikely to ever return to the era of large-scale public grants.

We need to adjust to this changing climate.

Paragraph 8:

While the government's commitment to long-term funding may have changed, the very pressing need for more affordable housing is real and is not going away.

翻译题

Paragraph 1:

Most people would define optimism as being endlessly happy, with a glass that's perpetually half full.

But that's exactly the kind of false cheerfulness that positive psychologists wouldn't recommend.

"Healthy optimism means being in touch with reality," says Tal Ben-Shahar, a Harvard professor.

According to Ben-Shahar, realistic optimists are those who make the best of things that happen, but not those who believe everything happens for the best.

Paragraph 2:

Ben-Shahar uses three optimistic exercises.

When he feels down — say, after giving a bad lecture — he grants himself permission to be human.

He reminds himself that not every lecture can be a Nobel winner; some will be less effective than others.

Next is reconstruction.

He analyzes the weak lecture, learning lessons for the future about what works and what doesn't.

Finally, there is perspective, which involves acknowledging that in the grand scheme of life, one lecture really doesn't matter.

2015

Text 1

Paragraph 1:

A new study suggests that contrary to most surveys, people are actually more stressed at home than at work.

Researchers measured people's cortisol, which is a stress marker, while they were at work and while they were at home and found it higher at what is supposed to be a place of refuge.

Paragraph 2:

"Further contradicting conventional wisdom, we found that women as well as men have lower levels of stress at work than at home," writes one of the researchers, Sarah Damaske.

In fact women even say they feel better at work, she notes.

"It is men, not women, who report being happier at home than at work." Another surprise is that the findings hold true for both those with children and without, but more so for nonparents.

This is why people who work outside the home have better health.

Paragraph 3:

What the study doesn't measure is whether people are still doing work when they're at home, whether it is household work or work brought home from the office.

For many men, the end of the workday is a time to kick back.

For women who **stay** home, they never get to leave the office.

And for women who work outside the home, they often are playing catch-up-with-household tasks.

With the blurring of roles, and the fact that the home front lags well behind the workplace in making adjustments for working women, it's not surprising that women are more stressed at home.

Paragraph 4:

But it's not just a gender thing.

At work, people pretty much know what they're supposed to be doing: working, making money, doing the tasks they **have** to do in order to draw-an income.

The bargain is very pure: Employee puts in hours of physical or mental labor and employee draws out life-sustaining moola.

Paragraph 5:

On the home front, however, people have no such clarity.

Rare is the household in which the division of labor is so clinically and methodically laid out.

There are a lot of tasks to be done, there are inadequate rewards for most of them.

Your home colleagues — your family — have no clear rewards for their labor; they need to be talked into it, or if they're teenagers, threatened with complete removal of all electronic devices.

Plus, they're your family.

You cannot fire your family.

You never really get to go home from home.

Paragraph 6:

So it's not surprising that people are more stressed at home.

Not only are the tasks apparently infinite, the co-workers are-much harder to motivate.

Text 2

Paragraph 1:

For years, studies have found that first-generation college students—those who do not have a parent with a college degree—lag other students on a range of education achievement factors.

Their grades are lower and their dropout rates are higher.

But since such students are most likely to advance economically if they succeed in higher education, colleges and universities have pushed for decades to recruit more of them.

This has created “a paradox” in that recruiting first-generation students, but then watching many of them fail, means that higher education has “continued to reproduce and widen, rather than close” an achievement gap based on social class, according to the depressing beginning of a paper forthcoming in the journal *Psychological Science*.

Paragraph 2:

But the article is actually quite optimistic, as it outlines a potential solution to this problem, suggesting that an approach (which involves a one-hour, next-to-no-cost program) can close 63 percent of the achievement gap (measured by such factors as grades) between first-generation and other students.

Paragraph 3:

The authors of the paper are from different universities, and their findings are based on a study involving 147 students (who completed the project) at an unnamed private university.

First generation was defined as not having a parent with a four-year college degree.

Most of the first-generation students (59.1 percent) were recipients of Pell Grants, a federal grant for undergraduates with financial need, while this was true only for 8.6 percent of the students with at least one parent with a four-year degree.

Paragraph 4:

Their thesis—that a relatively modest intervention could have a big impact—was based on the view that first-generation students may be most lacking not in potential but in practical knowledge about how to deal with the issues that face most college students.

They cite past research by several authors to show that this is the gap that must be narrowed to close the achievement gap.

Paragraph 5:

Many first-generation students “struggle to navigate the middle-class culture of higher education, learn the ‘rules of the game,’ and take advantage of college resources,” they write.

And this becomes more of a problem when colleges don’t talk about the class advantages and disadvantages of different groups of students.

“Because US colleges and universities seldom acknowledge how social class can affect students’ educational experiences, many first-generation students lack insight about why they are struggling and do not understand how students ‘like them’ can improve.”

Text 3

Paragraph 1:

Even in traditional offices, “the *lingua franca* of corporate America has gotten much more emotional and much more right-brained than it was 20 years ago,” said Harvard Business School professor Nancy Koehn.

She started spinning off examples.

“If you and I parachuted back to Fortune 500 companies in 1990, we would see much less frequent use of terms like *journey*, *mission*, *passion*.

There were goals, there were strategies, there were objectives, but we didn’t talk about *energy*, we didn’t talk about *passion*.”

Paragraph 2:

Koehn pointed out that this new era of corporate vocabulary is very “team” - oriented—and not by coincidence.

“Let’s not forget sports—in male-dominated corporate America, it’s still a big deal.

It's not explicitly conscious; it's the idea that I'm a coach, and you're my team, and we're in this together.

There are lots and lots of CEOs in very different companies, but most think of themselves as coaches and this is their team and they want to win.”

Paragraph 3:

These terms are also intended to infuse work with meaning—and, as Rakesh Khurana, another professor, points out, increase allegiance to the firm.

“You have the importation of terminology that historically used to be associated with non-profit organizations and religious organizations: terms like *vision*, *values*, *passion*, and *purpose*,” said Khurana.

Paragraph 4:

This new focus on personal fulfillment can help keep employees motivated amid increasingly loud debates over *work-life balance*.

The “mommy wars” of the 1990s are still going on today, prompting arguments about why women still can't have it all and books like Sheryl Sandberg's *Lean In*, whose title has become a buzzword in its own right.

Terms like *unplug*, *offline*, *life-hack*, *bandwidth*, and *capacity* are all about setting boundaries between the office and the home.

But if your work is your “passion”, you'll be more likely to devote yourself to it, even if that means going home for dinner and then working long after the kids are in bed.

Paragraph 5:

But this seems to be the irony of office speak: Everyone makes fun of it, but managers love it, companies depend on it, and regular people willingly absorb it.

As a linguist once said, “You can get people to think it's nonsense at the same time that you buy into it.”

In a workplace that's fundamentally indifferent to your life and its meaning, office speak can help you figure out how you relate to your work—and how your work defines who you are.

Text 4

Paragraph 1:

Many people talked of the 288,000 new jobs the Labor Department reported for June, along with the drop in the unemployment rate to 6.1 percent, as good news.

And they were right.

For now it appears the economy is creating jobs at a decent pace.

We still have a long way to go to get back to full employment, but at least we are now finally moving forward at a faster pace.

Paragraph 2:

However, there is another important part of the jobs picture that was largely overlooked.

There was a big jump in the number of people who report voluntarily working part-time.

This figure is now 830,000 (4.4 percent) above its year ago level.

Paragraph 3:

Before explaining the connection to the Obamacare, it is worth making an important distinction.

Many people who work part-time jobs actually want full-time jobs.

They take part-time work because this is all they can get.

An increase in involuntary part-time work is evidence of weakness in the labor market and it means that many people will be having a very hard time making ends meet.

Paragraph 4:

There was an increase in involuntary part-time in June, but the general direction has been down.

Involuntary part-time employment is still far higher than before the recession, but it is down by 640,000 (7.9 percent) from its year ago level.

Paragraph 5:

We know the difference between voluntary and involuntary part-time employment because people tell us.

The survey used by the Labor Department asks people if they worked less than 35 hours in the reference week.

If the answer is "yes," they are classified as working part-time.

The survey then asks whether they worked less than 35 hours in that week because they wanted to work less than full time or because they had no choice.

They are only classified as voluntary part-time workers if they tell the survey taker they chose to work less than 35 hours a week.

Paragraph 6:

The issue of voluntary part-time relates to Obamacare because one of the main purposes was to allow people to get insurance outside of employment.

For many people, especially those with serious health conditions or family members with serious health conditions, before Obamacare the only way to get insurance was through a job that provided health insurance.

Paragraph 7:

However, Obamacare has allowed more than 12 million people to either get insurance through Medicaid or the exchanges.

These are people who may previously have felt the need to get a full-time job that provided insurance in order to cover themselves and their families.

With Obamacare there is no longer a link between employment and insurance.

翻译题

Paragraph 1:

Think about driving a route that's very familiar.

It could be your commute to work, a trip into town or the way home.

Whichever it is, you know every twist and turn like the back of your hand.

On these sorts of trips it's easy to lose concentration on the driving and pay little attention to the passing scenery.

The consequence is that you perceive that the trip has taken less time than it actually has.

Paragraph 2:

This is the well-travelled road effect: People tend to underestimate the time it takes to travel a familiar route.

Paragraph 3:

The effect is caused by the way we allocate our attention.

When we travel down a well-known route, because we don't have to concentrate much, time seems to flow more quickly.

And afterwards, when we come to think back on it, we can't remember the journey well because we didn't pay much attention to it.

So we assume it was shorter.

2016

Text 1

Paragraph 1:

It's true that high-school coding classes aren't essential for learning computer science in college.

Students without experience can catch up after a few introductory courses, said Tom Cortina, the assistant dean at Carnegie Mellon's School of Computer Science.

Paragraph 2:

However, Cortina said, early exposure is beneficial.

When younger kids learn computer science, they learn that it's not just a confusing, endless string of letters and numbers — but a tool to build apps, or create artwork, or test hypotheses.

It's not as hard for them to transform their thought processes as it is for older students.

Breaking down problems into bite-sized chunks and using code to solve them becomes normal.

Giving more children this training could increase the number of people interested in the field and help fill the jobs gap, Cortina said.

Paragraph 3:

Students also benefit from learning something about coding before they get to college, where introductory computer-science classes are packed to the brim, which can drive the less-experienced or -determined students away.

Paragraph 4:

The Flatiron School, where people pay to learn programming, started as one of the many coding bootcamps that's become popular for adults looking for a career change.

The high-schoolers get the same curriculum, but "we try to gear lessons toward things they're interested in," said Victoria Friedman, an instructor.

For instance, one of the apps the students-are developing suggests movies based on your mood.

Paragraph 5:

The students in the Flatiron class probably won't drop out of high school and build the next Facebook.

Programming languages have a quick turnover, so the "Ruby on Rails" language they learned may not even be relevant by the time they enter the job market.

But the skills they learn — how to think logically through a problem and organize the results — apply to any coding language, said Deborah Seehom, an education consultant for the state of North Carolina.

Paragraph 6:

Indeed, the Flatiron students might not go into IT at all.

But creating a future army of coders is not the sole purpose of the classes.

These kids are going to be surrounded by computers — in their pockets, in their offices, in their homes — for the rest of their lives.

The younger they learn how computers think, how to coax the machine into producing what they want — the earlier they learn that they have the power to do that — the better.

Text 2

Paragraph 1:

Biologists estimate that as many as 2 million lesser prairie chickens — a kind of bird living on stretching grasslands — once lent red to the often grey landscape of the midwestern and southwestern United States.

But just some 22,000 birds remain today, occupying about 16% of the species' historic range.

Paragraph 2:

The crash was a major reason the U.S. Fish and Wildlife Service (USFWS) decided to formally list the bird as threatened.

"The lesser prairie chicken is in a desperate situation," said USFWS Director Daniel Ashe.

Some environmentalists, however, were disappointed.

They had pushed the agency to designate the bird as "endangered," a status that gives federal officials greater regulatory power to crack down on threats.

But Ashe and others argued that the "threatened" tag gave the federal government flexibility to try out new, potentially less confrontational conservation approaches.

In particular, they called for forging closer collaborations with western state governments, which are often uneasy with federal action, and with the private landowners who control an estimated 95% of the prairie chicken's habitat.

Paragraph 3:

Under the plan, for example, the agency said it would not prosecute landowners or businesses that unintentionally kill, harm, or disturb the bird, as long as they had signed a range-wide management plan to restore prairie chicken habitat.

Negotiated by USFWS and the states, the plan requires individuals and businesses that damage habitat as part of their operations to pay into a fund to replace every acre destroyed with 2 new acres of suitable habitat.

The fund will also be used to compensate landowners who set aside habitat.

USFWS also set an interim goal of restoring prairie chicken populations to an annual average of 67,000 birds over the next 10 years.

And it gives the Western Association of Fish and Wildlife Agencies (WAFWA), a coalition of state agencies, the job of monitoring progress.

Overall, the idea is to let "states remain in the driver's seat for managing the species," Ashe said.

Paragraph 4:

Not everyone buys the win-win rhetoric.

Some Congress members are trying to block the plan, and at least a dozen industry groups, four states, and three environmental groups are challenging it in federal court.

Not surprisingly, industry groups and states generally argue it goes too far; environmentalists say it doesn't go far enough.

"The federal government is giving responsibility for managing the bird to the same industries that are pushing it to extinction," says biologist Jay Lininger.

Text 3

Paragraph 1:

That everyone's too busy these days is a cliché.

But one specific complaint is made especially mournfully: There's never any time to read.

Paragraph 2:

What makes the problem thornier is that the usual time-management techniques don't seem sufficient.

The web's full of articles offering tips on making time to read: "Give up TV" or "Carry a book with you at all times."

But in my experience, using such methods to free up the odd 30 minutes doesn't work.

Sit down to read and the flywheel of work-related thoughts keeps spinning - or else you're so exhausted that a challenging book's the last thing you need.

The modern mind, Tim Parks, a novelist and critic, writes, "is overwhelmingly inclined toward communication ... It is not simply that one is interrupted; it is that one is actually inclined to interruption."

Deep reading requires not just time, but a special kind of time which can't be obtained merely by becoming more efficient.

Paragraph 3:

In fact, "becoming more efficient" is part of the problem.

Thinking of time as a resource to be maximised means you approach it instrumentally, judging any given moment as well spent only in so far as it advances progress toward some goal.

Immersive reading, by contrast, depends on being willing to risk inefficiency, goallessness, even time-wasting.

Try to slot it in as a to-do list item and you'll manage only goal-focused reading — useful, sometimes, but not the most fulfilling kind."

The future comes at us like empty bottles along an unstoppable and nearly infinite conveyor belt," writes Gary Eberle in his book *Sacred Time*, and "we feel a pressure to fill these different-sized bottles (days, hours, minutes) as they pass, for if they get by without being filled, we will have wasted them."

No mind-set could be worse for losing yourself in a book.

Paragraph 4:

So what does work? Perhaps surprisingly, scheduling regular times for reading.

You'd think this might fuel the efficiency mind-set, but in fact, Eberle notes, such ritualistic behaviour helps us "step outside time's flow" into "soul time.

" You could limit distractions by reading only physical books, or on single-purpose e-readers."

Carry a book with you at all times" can actually work, too— providing you dip in often enough, so that reading becomes the default state from which you temporarily surface to take care of business, before dropping back down.

On a really good day, it no longer feels as if you're "making time to read," but just reading, and making time for everything else.

Text 4

Paragraph 1:

Against a backdrop of drastic changes in economy and population structure, younger Americans are drawing a new 21st-century road map to success, a latest poll has found.

Paragraph 2:

Across generational lines, Americans continue to prize many of the same traditional milestones of a successful life, including getting married, having children, owning a home, and retiring in their sixties.

But while young and old mostly agree on what constitutes the finish line of a fulfilling life, they offer strikingly different paths for reaching it.

Paragraph 3:

Young people who are still getting started in life were more likely than older adults to prioritize personal fulfillment in their work, to believe they will advance their careers most by regularly changing jobs, to favor communities with more public services and a faster pace of life, to agree that couples should be financially secure before getting married or having children, and to maintain that children are best served by two parents working outside the home, the survey found.

Paragraph 4:

From career to community and family, these contrasts suggest that in the aftermath of the searing Great Recession, those just starting out in life are defining priorities and expectations that will increasingly spread through virtually all aspects of American life, from consumer preferences to housing patterns to politics.

Paragraph 5:

Young and old converge on one key point: Overwhelming majorities of both groups said they believe it is harder for young people today to get started in life than it was for earlier generations.

While younger people are somewhat more optimistic than their elders about the prospects for those starting out today, big majorities in both groups believe those “just getting started in life” face a tougher climb than earlier generations in reaching such signpost achievements as securing a good-paying job, starting a family, managing debt, and finding affordable housing.

Paragraph 6:

Pete Schneider considers the climb tougher today.

Schneider, a 27-year-old auto technician from the Chicago suburbs, says he struggled to find a job after graduating from college.

Even now that he is working steadily, he said, “I can’t afford to pay my monthly mortgage payments on my own, so I have to rent rooms out to people to make that happen.”

Looking back, he is struck that his parents could provide a comfortable life for their children even though neither had completed college when he was young.

“I still grew up in an upper middle-class home with parents who didn’t have college degrees,” Schneider said.

“I don’t think people are capable of that anymore.”

翻译题

Paragraph 1:

The supermarket is designed to lure customers into spending as much time as possible within its doors.

The reason for this is simple: The longer you stay in the store, the more stuff you'll see, and the more stuff you see, the more you'll buy.

And supermarkets contain a lot of stuff.

The average supermarket, according to the Food Marketing Institute, carries some 44,000 different items, and many carry tens of thousands more.

The sheer volume of available choice is enough to send shoppers into a state of information overload.

According to brain-scan experiments, the demands of so much decision-making quickly become too much for us.

After about 40 minutes of shopping, most people stop struggling to be rationally selective, and instead begin shopping emotionally — which is the point at which we accumulate the 50 percent of stuff in our cart that we never intended buying.

2017

Text 1

Paragraph 1:

Every Saturday morning, at 9 am, more than 50,000 runners set off to run 5km around their local park.

The Parkrun phenomenon began with a dozen friends and has inspired 400 events in the UK and more abroad. -

Events are free, staffed by thousands of volunteers.

Runners range from four years old to grandparents; their times range from Andrew Baddeley's world record 13 minutes 48 seconds up to an hour.

Paragraph 2:

Parkrun is succeeding where London's Olympic "legacy" is failing.

Ten years ago on Monday, it was announced that the Games of the 30th Olympiad would be in London.

Planning documents pledged that the great legacy of the Games would be to lever a nation of sport lovers away from their couches.

The population would be fitter, healthier and produce more winners.

It has not happened.

The number of adults doing weekly sport did rise, by nearly 2 million in the run-up to 2012 - but the general population was growing faster.

Worse, the numbers are now falling at an accelerating rate.

The opposition claims primary school pupils doing at least two hours of sport a week have nearly halved.

Obesity has risen among adults and children.

Official retrospections continue as to why London 2012 failed to "inspire a generation."

The success of Parkrun offers answers.

Paragraph 3:

Parkun is not a race but a time trial: Your only competitor is the clock.

The ethos welcomes anybody.

There is as much joy over a puffed-out first-timer being clapped over the line as there is about top talent shining.

The Olympic bidders, by contrast, wanted to get more people doing sport and to produce more elite athletes.

The dual aim was mixed up: The stress on success over taking part was intimidating for newcomers.

Paragraph 4:

Indeed, there is something a little absurd in the state getting involved in the planning of such a fundamentally "grassroots" concept as community sports associations.

If there is a role for government, it should really be getting involved in providing common goods — making sure there is space for playing fields and the money to pave tennis and netball courts, and encouraging the provision of all these activities in schools.

But successive governments have presided over selling green spaces, squeezing money from local authorities and declining attention on sport in education.

Instead of wordy, worthy strategies, future governments need to do more to provide the conditions for sport to thrive.

Or at least not make them worse.

Text 2

Paragraph 1:

With so much focus on children's use of screens, it's easy for parents to forget about their own screen use.

"Tech is designed to really suck you in," says Jenny Radesky in her study of digital play, "and digital products are there to promote maximal engagement. It makes it hard to disengage, and leads to a lot of bleed-over into the family routine."

Paragraph 2:

Radesky has studied the use of mobile phones and tablets at mealtimes by giving mother-child pairs a food-testing exercise.

She found that mothers who used devices during the exercise started 20 per cent fewer verbal and 39 per cent fewer nonverbal interactions with their children.

During a separate observation, she saw that phones became a source of tension in the family.

Parents would be looking at their emails while the children would be making excited bids for their attention.

Paragraph 3:

Infants are wired to look at parents' faces to try to understand their world, and if those faces are blank and unresponsive - as they often are when absorbed in a device — it can be extremely disconcerting for the children.

Radesky cites the "still face experiment" devised by developmental psychologist Ed Tronick in the 1970s.

In it, a mother is asked to interact with her child in a normal way before putting on a blank expression and not giving them any visual social feedback: The child becomes increasingly distressed as she tries to capture her mother's attention.

"Parents don't have to be exquisitely present at all times, but there needs to be a balance and parents need to be responsive and sensitive to a child's verbal or nonverbal expressions of an emotional need," says Radesky.

Paragraph 4:

On the other hand, Tronick himself is concerned that the worries about kids' use of screens are born out of an "oppressive ideology that demands that parents should always be interacting" with their children: "It's based on a somewhat fantasised, very white, very upper-middle-class ideology that says if you're failing to expose your child to 30,000 words you are neglecting them."

Tronick believes that just because a child isn't learning from the screen doesn't mean there's no value to it— particularly if it gives parents time to have a shower, do housework or simply have a break from their child.

Parents, he says, can get a lot out of using their devices to speak to a friend or get some work out of the way.

This can make them feel happier, which lets them be more available to their child the rest of the time.

Text 3

Paragraph 1:

Today, widespread social pressure to immediately go to college in conjunction with increasingly high expectations in a fast-moving world often causes students to completely overlook the possibility of taking a gap year.

After all, if everyone you know is going to college in the fall, it seems silly to stay back a year, doesn't it? And after going to school for 12 years, it doesn't feel natural to spend a year doing something that isn't academic.

Paragraph 2:

But while this may be true, it's not a good enough reason to condemn gap years.

There's always a constant fear of falling behind everyone else on the socially perpetuated "race to the finish line," whether that be toward graduate school, medical school or a lucrative career.

But despite common misconceptions, a gap year does not hinder the success of academic pursuits - in fact, it probably enhances it.

Paragraph 3:

Studies from the United States and Australia show that students who take a gap year are generally better prepared for and perform better in college than those who do not.

Rather than pulling students back, a gap year pushes them ahead by preparing them for independence, new responsibilities and environmental changes – all things that first-year students often struggle with the most.

Gap year experiences can lessen the blow when it comes to adjusting to college and being thrown into a brand new environment, making it easier to focus on academics and activities rather than acclimation blunders.

Paragraph 4:

If you're not convinced of the inherent value in taking a year off to explore interests, then consider its financial impact on future academic choices.

According to the National Center for Education Statistics, nearly 80 percent of college students end up changing their majors at least once.

This isn't surprising, considering the basic mandatory high school curriculum leaves students with a poor understanding of the vast academic possibilities that await them in college.

Many students find themselves listing one major on their college applications, but switching to another after taking college classes.

It's not necessarily a bad thing, but depending on the school, it can be costly to make up credits after switching too late in the game.

At Boston College, for example, you would have to complete an extra year were you to switch to the nursing school from another department.

Taking a gap year to figure things out initially can help prevent stress and save money later on.

Text 4

Paragraph 1:

Though often viewed as a problem for western states, the growing frequency of wildfires is a national concern because of its impact on federal tax dollars, says Professor Max Moritz, a specialist in fire ecology and management.

Paragraph 2:

In 2015, the US Forest Service for the first time spent more than half of its \$5.5 billion annual budget fighting fires - nearly double the percentage it spent on such efforts 20 years ago.

In effect, fewer federal funds today are going towards the agency's other work - such as forest conservation, watershed and cultural resources management, and infrastructure upkeep - that affect the lives of all Americans.

Paragraph 3:

Another nationwide concern is whether public funds from other agencies are going into construction in fire-prone districts.

As Moritz puts it, how often are federal dollars building homes that are likely to be lost to a wildfire?

Paragraph 4:

"It's already a huge problem from a public expenditure perspective for the whole country," he says.

"We need to take a magnifying glass to that. Like, 'Wait a minute, is this OK?' Do we want instead to redirect those funds to concentrate on lower-hazard parts of the landscape?"

Paragraph 5:

Such a view would require a corresponding shift in the way US society today views fire, researchers say.

Paragraph 6:

For one thing, conversations about wildfires need to be more inclusive.

Over the past decade, the focus has been on climate change — how the warming of the Earth from greenhouse gases is leading to conditions that worsen fires.

Paragraph 7:

While climate is a **key** element, Moritz says, it shouldn't come at the expense of the rest of the equation.

Paragraph 8:

"The human **s**ystems and the landscapes we live on are linked, and the interactions go both ways," he says.

Failing to recognize that, he notes, leads to "an overly simplified view of what the solutions might be.

Our perception of the problem and of what the solution is becomes very limited."

Paragraph 9:

At the same time, people continue to treat fire as an event that needs to be wholly controlled and unleashed only out of necessity, says Professor Balch at the University of Colorado.

But acknowledging fire's inevitable presence in human life is an attitude crucial to developing the laws, policies, and practices that make it as safe as possible, she says.

Paragraph 10:

"We've disconnected ourselves from living with fire," Balch says.

"It is really important to understand and try and tease out what is the human connection with fire today."

翻译题

Paragraph 1:

My dream has always been to work somewhere in an-area between fashion and publishing.

Two years before graduating from secondary school, I took a sewing and design course thinking that I would move on to a fashion design course.

However, during that course I realized I was not good enough in this area to compete with other creative personalities in the future, so I decided that it was not the right path for me.

Before applying for university I told everyone that I would study journalism, because writing was, and still is, one of my favourite activities.

But, to be honest, I said it, because I thought that fashion and me together was just a **dream** — I knew that no one could imagine me in the fashion industry at all! So I decided to look for some fashion-related courses that included writing.

This is when I noticed the course "Fashion Media & Promotion."

2018

Text 1

Paragraph 1:

It is curious that Stephen Koziatek feels almost as though he has to justify his efforts to give his students a better future.

Paragraph 2:

Mr.Koziatek is part of something pioneering.

He is a teacher at a New Hampshire high school where learning is not something of books and tests and mechanical memorization, but practical.

When did it become accepted wisdom that students should be able to name the 13th president of the United States but be utterly overwhelmed by a broken bike chain?

Paragraph 3:

As Koziatek knows, there is learning in just about everything.

Nothing is necessarily gained by forcing students to learn geometry at a graffitied desk stuck with generations of discarded chewing gum.

They can also learn geometry by assembling a bicycle.

Paragraph 4:

But he's also found a kind of insidious prejudice.

Working with your hands is seen as almost a mark of inferiority.

Schools in the family of vocational education "have that stereotype...that it's for kids who can't make it academically," he says.

Paragraph 5:

On one hand, that viewpoint is a logical product of America's evolution.

Manufacturing is not the economic engine that it once was.

The job security that the US economy once offered to high school graduates has largely evaporated.

More education is the new principle.

We want more for our kids, and rightfully so.

Paragraph 6:

But the headlong push into bachelor's degrees for all — and the subtle devaluing of anything less — misses an—important point: That's not the only thing the American economy needs.

Yes, a bachelor's degree opens more doors.

But even now, 54 percent of the jobs in the country are middle-skill jobs, such as construction and high-skill manufacturing.

But only 44 percent of workers are adequately trained.

Paragraph 7:

In other words, at a time when the working class has turned the country on its political head, frustrated that the opportunity that once defined America is vanishing, one obvious solution is staring us in the face.

There is a gap in working-class jobs, but the workers who need those jobs most aren't equipped to do them.

Koziatek's Manchester School of Technology High School is trying to fill that gap.

Paragraph 8:

Koziatek's school is a wake-up call.

When education becomes one-size-fits-all, it risks overlooking a nation's diversity of gifts.

Text 2

Paragraph 1:

While fossil fuels—coal, oil, gas—still generate roughly 85 percent of the world's energy supply, it's clearer than ever that the future belongs to renewable sources such as wind and solar.

The move to renewables is picking up momentum around the world: They now account for more than half of new power sources going on line.

Paragraph 2:

Some growth stems from a commitment by governments and farsighted businesses to fund cleaner energy sources.

But increasingly the story is about the plummeting prices of renewables, especially wind and solar.

The cost of solar panels has dropped by 80 percent and the cost of wind turbines by close to one-third in the past eight years.

Paragraph 3:

In many parts of the world renewable energy is already a principal energy source.

In Scotland, for example, wind turbines provide enough electricity to power 95 percent of homes.

While the rest of the world takes the lead, notably China and Europe, the United States is also seeing a remarkable shift.

In March, for the first time, wind and solar power accounted for more than 10 percent of the power generated in the US, reported the US Energy Information Administration.

Paragraph 4:

President Trump has underlined fossil fuels—especially coal—as the path to economic growth.

In a recent speech in Iowa, he dismissed wind power as an unreliable energy source.

But that message did not play well with many in Iowa, where wind turbines dot the fields and provide 36 percent of the state's electricity generation—and where tech giants like Microsoft are being attracted by the availability of clean energy to power their data centers.

Paragraph 5:

The question “what happens when the wind doesn't blow or the sun doesn't shine?” has provided a quick put-down for skeptics.

But a boost in the storage capacity of batteries is making their ability to keep power flowing around the clock more likely.

Paragraph 6:

The advance is driven in part by vehicle manufacturers, who are placing big bets on battery-powered electric vehicles.

Although electric cars are still a rarity on roads now, this massive investment could change the picture rapidly in coming years.

Paragraph 7:

While there's a long way to go, the trend lines for renewables are spiking.

The pace of change in energy sources appears to be speeding up—perhaps just in time to have a meaningful effect in slowing climate change.

What Washington does—or doesn't do—to promote alternative energy may mean less and less at a time of a global shift in thought.

Text 3

Paragraph 1:

The power and ambition of the giants of the digital economy is astonishing- Amazon has just announced the purchase of the upmarket grocery chain Whole Foods for \$ 13.

Sbn, but two years ago Facebook paid even more than that to acquire the WhatsApp messaging service, which doesn't have any physical product at all.

What WhatsApp offered Facebook was an intricate and finely detailed web of its users' friendships and social lives.

Paragraph 2:

Facebook promised the European commission then that it would not link phone numbers to Facebook identities, but it broke the promise almost as soon as the deal went through.

Even without knowing what was in the messages, the knowledge of who sent them and to whom was enormously revealing and still could be.

What political journalist, what party whip, would not want to know the makeup of the WhatsApp groups in which Theresa May's enemies .

are currently plotting? It may be that the value of Whole Foods to Amazon is not so much the 460 shops it owns, but the records of which customers have purchased what.

Paragraph 3:

Competition law appears to be the only way to address these imbalances of power.

But it is clumsy.

For one thing, it is very slow compared to the pace of change within the digital economy.

By the time a problem has been addressed and remedied it may have vanished in the marketplace, to be replaced by new abuses of power.

But there is a deeper conceptual problem, too.

Competition law as presently interpreted deals with financial disadvantage to consumers and this is not obvious when the users of these services don't pay for them.

The users of their services are not their customers.

That would be the people who buy advertising from them - and Facebook and Google, the two virtual giants, dominate digital advertising to the disadvantage of all other media and entertainment companies.

Paragraph 4:

The product they're selling is data, and we, the users, convert our lives to data for the benefit of the digital giants.

Just as some ants farm the bugs called aphids for the honeydew they produce when they feed, so Google farms us for the data that our digital lives yield.

Ants keep predatory insects away from where their aphids feed; Gmail keeps the spammers out of our inboxes.

It doesn't feel like a human or democratic relationship, even if both sides benefit.

Text 4

Paragraph 1:

To combat the trap of putting a premium on being busy, Cal Newport, author of *Deep Work: Rules for Focused Success in a Distracted World*, recommends building a habit of "deep work" - the ability to focus without distraction.

Paragraph 2:

There are a number of approaches to mastering the art of deep work - be it lengthy retreats dedicated to a specific task; developing a daily ritual; or taking a "journalistic" approach to seizing moments of deep work when you can throughout the day.

Whichever approach, the key is to determine your length of focus time and stick to it.

Paragraph 3:

Newport also recommends "deep scheduling" to combat constant interruptions and get more done in less time."

At any given point, I should have deep work scheduled for roughly the next month.

Once on the calendar, I protect this time like I would a doctor's appointment or important meeting", he writes.

Paragraph 4:

Another approach to getting more done in less time is to rethink how you prioritise your day - in particular how we craft our to-do lists.

Tim Harford, author of *Messy: The Power of Disorder to Transform Our Lives*, points to a study in the early 1980s that divided undergraduates into two groups: some were advised to set out monthly goals and study activities; others were told to plan activities and goals in much more detail, day by day.

Paragraph 5:

While the researchers assumed that the well-structured daily plans would be most effective when it came to the execution of tasks, they were wrong: the detailed daily plans demotivated students.

Harford argues that inevitable distractions often render the daily to-do list ineffective, while leaving room for improvisation in such a list can reap the best results.

Paragraph 6:

In order to make the most of our focus and energy, we also need to embrace downtime, or as Newport suggests, "be lazy".

Paragraph 7:

"Idleness is not just a vacation, an indulgence or a vice; it is as indispensable to the brain as vitamin D is to the body... [idleness] is, paradoxically, necessary to getting any work done," he argues.

Paragraph 8:

Srini Pillay, an assistant professor of psychiatry at Harvard Medical School, believes this counterintuitive link between downtime and productivity may be due to the way our brains operate.

When our brains switch between being focused and unfocused on a task, they tend to be more efficient.

Paragraph 9:

"What people don't realise is that in order to complete these tasks they need to use both the focus and unfocus circuits in their brain," says Pillay.

翻译题

Paragraph 1:

A fifth grader gets a homework assignment to select his future career path from a list of occupations.

He ticks "astronaut" but quickly adds "scientist" to the list and selects it as well.

The boy is convinced that if he reads enough, he can explore as many career paths as he likes.

And so he reads - everything from encyclopedias to science fiction novels.

He reads so passionately that his parents have to institute a "no reading policy" at the dinner table.

Paragraph 2:

That boy was Bill Gates, and he hasn't stopped reading yet - not even after becoming one of the most successful people on the planet.

Nowadays, his reading material has changed from science fiction and reference books: recently, he revealed that he reads at least 50 nonfiction books a year.

Gates chooses nonfiction titles because they explain how the world works.

"Each book opens up new avenues of knowledge to explore", Gates says.

2019

Text 1

Paragraph 1:

Unlike so-called basic emotions such as sadness, fear, and anger, guilt emerges a little later, in conjunction with a child's growing grasp of social and moral norms.

Children aren't born knowing how to say "I'm sorry"; rather, they learn over time that such statements appease parents and friends – and their own consciences.

This is why researchers generally regard so-called moral guilt, in the right amount, to be a good thing.

Paragraph 2:

In the popular imagination, of course, guilt still gets a bad rap.

It is deeply uncomfortable – it's the emotional equivalent of wearing a jacket weighted with stones.

Yet this understanding is outdated.

"There has been a kind of revival or a rethinking about what guilt is and what role guilt can serve," says Amrisha Vaish, a psychology researcher at the University of Virginia, adding that this revival is part of a larger recognition that emotions aren't binary – feelings that may be advantageous in one context may be harmful in another.

Jealousy and anger, for example, may have evolved to alert us to important inequalities.

Too much happiness can be destructive.

Paragraph 3:

And guilt, by prompting us to think more deeply about our goodness, can encourage humans to make up for errors and fix relationships.

Guilt, in other words, can help hold a cooperative species together.

It is a kind of social glue.

Paragraph 4:

Viewed in this light, guilt is an opportunity.

Work by Tina Malti, a psychology professor at the University of Toronto, suggests that guilt may compensate for an emotional deficiency.

In a number of studies, Malti and others have shown that guilt and sympathy may represent different pathways to cooperation and sharing.

Some kids who are low in sympathy may make up for that shortfall by experiencing more guilt, which can rein in their nastier impulses.

And vice versa: High sympathy can substitute for low guilt.

Paragraph 5:

In a 2014 study, for example, Malti looked at 244 children.

Using caregiver assessments and the children's self-observations, she rated each child's overall sympathy level and his or her tendency to feel negative emotions after moral transgressions.

Then the kids were handed chocolate coins, and given a chance to share them with an anonymous child.

For the low-sympathy kids, how much they shared appeared to turn on how inclined they were to feel guilty.

The guilt-prone ones shared more, even though they hadn't magically become more sympathetic to the other child's deprivation.

Paragraph 6:

"That's good news," Malti says. "We can be prosocial because we caused harm and we feel regret."

Text 2

Paragraph 1:

Forests give us shade, quiet and one of the harder challenges in the fight against climate change.

Even as we humans count on forests to soak up a good share of the carbon dioxide we produce, we are threatening their ability to do so.

The climate change we are hastening could one day leave us with forests that emit more carbon than they absorb.

Paragraph 2:

Thankfully, there is a way out of this trap – but it involves striking a subtle balance.

Helping forests flourish as valuable "carbon sinks" long into the future may require reducing their capacity to absorb carbon now.

California is leading the way, as it does on so many climate efforts, in figuring out the details.

Paragraph 3:

The state's proposed Forest Carbon Plan aims to double efforts to thin out young trees and clear brush in parts of the forest.

This temporarily lowers carbon-carrying capacity.

But the remaining trees draw a greater share of the available moisture, so they grow and thrive, restoring the forest's capacity to pull carbon from the air.

Healthy trees are also better able to fend off insects.

The landscape is rendered less easily burnable.

Even in the event of a fire, fewer trees are consumed.

Paragraph 4:

The need for such planning is increasingly urgent.

Already, since 2010, drought and insects have killed over 100 million trees in California, most of them in 2016 alone, and wildfires have burned hundreds of thousands of acres.

Paragraph 5:

California plans to treat 35,000 acres of forest a year by 2020, and 60,000 by 2030 – financed from the proceeds of the state's emissions-permit auctions.

That's only a small share of the total acreage that could benefit, about half a million acres in all, so it will be vital to prioritize areas at greatest risk of fire or drought.

Paragraph 6:

The strategy also aims to ensure that carbon in woody material removed from the forests is locked away in the form of solid lumber or burned as biofuel in vehicles that would otherwise run on fossil fuels.

New research on transportation biofuels is already under way.

Paragraph 7:

State governments are well accustomed to managing forests, but traditionally they've focused on wildlife, watersheds and opportunities for recreation.

Only recently have they come to see the vital part forests will have to play in storing carbon.

California's plan, which is expected to be finalized by the governor next year, should serve as a model.

Text 3

Paragraph 1:

American farmers have been complaining of labor shortages for several years.

The complaints are unlikely to stop without an overhaul of immigration rules for farm workers.

Paragraph 2:

Congress has obstructed efforts to create a more straightforward visa for agricultural workers that would let foreign workers stay longer in the U.S. and change jobs within the industry.

If this doesn't change, American businesses, communities, and consumers will be the losers.

Paragraph 3:

Perhaps half of U.S. farm laborers are undocumented immigrants.

As fewer such workers enter the country, the characteristics of the agricultural workforce are changing.

Today's farm laborers, while still predominantly born in Mexico, are more likely to be settled rather than migrating and more likely to be married than single.

They're also aging.

At the start of this century, about one-third of crop workers were over the age of 35.

Now more than half are.

And picking crops is hard on older bodies.

One oft-debated cure for this labor shortage remains as implausible as it's been all along: Native U.S. workers won't be returning to the farm.

Paragraph 4:

Mechanization isn't the answer, either – not yet, at least.

Production of corn, cotton, rice, soybeans, and wheat has been largely mechanized, but many high-value, labor-intensive crops, such as strawberries, need labor.

Even dairy farms, where robots do a small share of milking, have a long way to go before they're automated.

Paragraph 5:

As a result, farms have grown increasingly reliant on temporary guest workers using the H-2A visa to fill the gaps in the workforce.

Starting around 2012, requests for the visas rose sharply; from 2011 to 2016 the number of visas issued more than doubled.

The H-2A visa has no numerical cap, unlike the H-2B visa for nonagricultural work, which is limited to 66,000 a year.

Even so, employers complain they aren't given all the workers they need.

The process is cumbersome, expensive, and unreliable.

One survey found that bureaucratic delays led the average H-2A worker to arrive on the job 22 days late.

The shortage is compounded by federal immigration raids, which remove some workers and drive others underground.

Paragraph 6:

In a 2012 survey, 71 percent of tree-fruit growers and almost 80 percent of raisin and berry growers said they were short of labor.

Some western farmers have responded by moving operations to Mexico.

From 1998 to 2000, 14.5 percent of the fruit Americans consumed was imported.

Little more than a decade later, the share of imports was 25.8 percent.

Paragraph 7:

In effect, the U.S. can import food or it can import the workers who pick it.

Text 4

Paragraph 1:

Arnold Schwarzenegger, Dia Mirza and Adrian Grenier have a message for you: It's easy to beat plastic.

They're part of a bunch of celebrities starring in a new video for World Environment Day – encouraging you, the consumer, to swap out your single-use plastic staples like straws and cutlery to combat the plastics crisis.

Paragraph 2:

The key messages that have been put together for World Environment Day do include a call for governments to enact legislation to curb single-use plastics.

But the overarching message is directed at individuals.

Paragraph 3:

My concern with leaving it up to the individual, however, is our limited sense of what needs to be achieved.

On their own, taking our own bags to the grocery store or quitting plastic straws, for example, will accomplish little and require very little of us.

They could even be detrimental, satisfying a need to have “done our bit” without ever progressing onto bigger, bolder, more effective actions – a kind of “moral licensing” that allays our concerns and stops us doing more and asking more of those in charge.

Paragraph 4:

While the conversation around our environment and our responsibility toward it remains centered on shopping bags and straws, we’re ignoring the balance of power that implies that as “consumers” we must shop sustainably, rather than as “citizens” hold our governments and industries to account to push for real systemic change.

Paragraph 5:

It’s important to acknowledge that the environment isn’t everyone’s priority – or even most people’s.

We shouldn’t expect it to be.

In her latest book, *Why Good People Do Bad Environmental Things*, Wellesley College professor Elizabeth R.

DeSombre argues that the best way to collectively change the behavior of large numbers of people is for the change to be structural.

Paragraph 6:

This might mean implementing policy such as a plastic tax that adds a cost to environmentally problematic action, or banning single-use plastics altogether.

India has just announced it will “eliminate all single-use plastic in the country by 2022.”

There are also incentive-based ways of making better environmental choices easier, such as ensuring recycling is at least as easy as trash disposal.

Paragraph 7:

DeSombre isn’t saying people should stop caring about the environment.

It’s just that individual actions are too slow, she says, for that to be the only, or even primary, approach to changing widespread behavior.

Paragraph 8:

None of this is about writing off the individual.

It’s just about putting things into perspective.

We don’t have time to wait.

We need progressive policies that shape collective action (and rein in polluting businesses), alongside engaged citizens pushing for change.

翻译题

Paragraph 1:

It is easy to underestimate English writer James Herriot.

He had such a pleasant, readable style that one might think that anyone could imitate it.

How many times have I heard people say, "I could write a book. I just haven't the time." Easily said.

Not so easily done.

James Herriot, contrary to popular opinion, did not find it easy in his early days of, as he put it, "having a go at the writing game".

While he obviously had an abundance of natural talent, the final, polished work that he gave to the world was the result of years of practicing, re-writing and reading.

Like the majority of authors, he had to suffer many disappointments and rejections along the way, but these made him all the more determined to succeed.

Everything he achieved in life was earned the hard way and his success in the literary field was no exception.

2020

Text 1

Paragraph 1:

Rats and other animals need to be highly attuned to social signals from others so they can identify friends to cooperate with and enemies to avoid.

To find out if this extends to non-living beings, Laleh Quinn at the University of California, San Diego, and her colleagues tested whether rats can detect social signals from robotic rats.

Paragraph 2:

They housed eight adult rats with two types of robotic rat—one social and one asocial—for four days.

The robot rats were quite minimalist, resembling a chunkier version of a computer mouse with wheels-to move around and colorful markings.

Paragraph 3:

During the experiment, the social robot rat followed the living rats-around, played with the same toys, and opened cage doors to let trapped rats escape.

Meanwhile, the asocial robot simply moved forwards and backwards and side to side.

Paragraph 4:

Next, the researchers trapped the robots in cages and gave the rats the opportunity to release them by pressing a lever.

Across 18 trials each, the living rats were 52 per cent more likely on average to set the social robot free than the asocial one.

This suggests that the rats perceived the social robot as a genuine social being, says Quinn.

The rats may have bonded more with the social robot because it displayed behaviors like communal exploring and playing.

This could lead to the rats better remembering having freed it earlier, and wanting the robot to return the favour when they get trapped, she says .

Paragraph 5:

"Rats have been shown to engage in multiple forms of reciprocal help and cooperation, including what is referred to as direct reciprocity where a rat will help another rat that has previously helped them," says Quinn.

Paragraph 6:

The readiness of the rats to befriend the social robot was surprising given its minimal design.

The robot was the same size as a regular rat but resembled a simple plastic box on wheels.

"We'd assumed we'd have to give it a moving head and tail, facial features, and put a scent on it to make it smell like a real rat, but that wasn't necessary," says Janet Wiles at the University of Queensland in Australia, who helped with the research.

Paragraph 7:

The finding shows how sensitive rats are to social cues, even when they come from basic robots. says Wiles.

Similarly, children tend to treat robots as if they are fellow beings, even when they display only simple social signals.

"We humans seem to be fascinated by robots, and it turns out other animals are too," says Wiles.

Text2

Paragraph 1:

It is true that CEO pay has gone up-top ones may make 300 times the pay of typical workers on average, and since the mid-1970s, CEO pay for large publicly traded American corporations has, by varying estimates, gone up by about 500%.

The typical CEO of a top American corporation now makes about \$18.9 million a year.

Paragraph 2:

The best model for understanding the growth of CEO pay is that of limited CEO talent in a world where business opportunities for the top firms are growing rapidly.

The efforts of America's highest-earning 1% have been one of the more dynamic elements of the global economy.

It's not popular to say.

but one reason their pay has gone up so much is that CEOs really have-upped their game relative to many other workers in the U.S. economy.

Paragraph 3:

Today's CEO, at least for major American firms, must have many more skills than simply being able to "run the company."

CEOs must have a good sense of financial markets and maybe even how the company should trade in them .

They also need better public relations skills than their predecessors, as the costs of even a minor slipup can be significant.

Then there's the fact that large American companies are much more globalized than ever before, with supply chains spread across a larger number of countries.

To lead in that system requires knowledge that is fairly mind-boggling.

Plus, virtually all major American companies are becoming tech companies, one way or another.

Beyond this, major CEOs still have to do all the day-to-day work they have always done.

Paragraph 4:

The common idea that high CEO pay is mainly about ripping people off doesn't explain history very well.

By most measures, corporate governance has become a lot tighter and more rigorous since the 1970s.

Yet it is principally during this period of stronger governance that CEO pay has been high and rising.

That suggests it is in the broader corporate interest to recruit top candidates for increasingly tough jobs.

Paragraph 5:

Furthermore, the highest CEO salaries are paid to outside candidates, not to the cozy insider picks, another sign that high CEO pay is not some kind of depredation at the expense of the rest of the company.

And the stock market reacts positively when companies tie CEO pay to, say, stock prices, a sign that those practices build up corporate value not just for the CEO.

Text 3

Paragraph 1:

Madrid was hailed as a public health beacon last November when it rolled out ambitious restrictions on the most polluting cars.

Seven months and one election day later, a new conservative city council suspended enforcement of the clean air zone, a first step toward its possible demise.

Paragraph 2:

Mayor Jose Luis Martinez-Almeida made opposition to the zone a centrepiece of his election campaign, despite its success in improving air quality.

A judge has now overruled the city's decision to stop levying fines, ordering them reinstated.

But with legal battles ahead, the zone's future looks uncertain at best.

Paragraph 3:

Among other weaknesses, the measures cities must employ when left to tackle dirty air on their own are politically contentious, and therefore vulnerable.

That's because they inevitably put the costs of cleaning the air on to individual drivers—who must pay fees or buy better vehicles—rather than on to the car manufacturers whose cheating is the real cause of our toxic pollution.

Paragraph 4:

It's not hard to imagine a similar reversal happening in London.

The new ultra-low emission zone (Ulez) is likely to be a big issue in next year's mayoral election.

And if Sadiq Khan wins and extends it to the North and South Circular roads in 2021 as he intends, it is sure to spark intense opposition from the far larger number of motorists who will then be affected.

Paragraph 5:

It's not that measures such as London's Ulez are useless. Far from it.

Local officials are using the levers that are available to them to safeguard residents' health in the face of a serious threat.

The zones do deliver some improvements to air quality, and the science tells us that means real health benefits—fewer heart attacks, strokes and premature births, less cancer, dementia and asthma. Fewer untimely deaths.

Paragraph 6:

But mayors and councilors can only do so much about a problem that is far bigger than any one city or town.

They are acting because national governments—Britain's and others across Europe—have failed to do so.

Paragraph 7:

Restrictions that keep highly polluting cars out of certain areas — city centres, "school streets", even individual roads — are a response to the absence of a larger effort to properly enforce existing regulations and require auto companies to bring their vehicles into compliance.

Wales has introduced special low speed limits to minimise pollution.

We're doing everything but insist that manufacturers clean up their cars.

Text 4**Paragraph 1:**

Now that members of Generation Z are graduating college this spring—the most commonly -accepted definition says this generation was born after 1995, give or take a year—the attention has been rising steadily in recent weeks.

Gen Zs are about to hit the streets looking for work in a labor market that's tighter than it's been in decades.

And employers are planning on hiring about 17 percent more new graduates for jobs in the U.S. this year than last, according to a survey conducted by the National Association of Colleges and Employers.

Everybody wants to know how the people who will soon inhabit those empty office cubicles will differ from those who came before them.

Paragraph 2:

If "entitled" is the most common adjective, fairly or not, applied to millennials (those born between 1981 and 1995), the catchwords for Generation Z are practical and cautious.

According to the career counselors and experts who study them, Generation Zs are clear-eyed, economic pragmatists.

Despite graduating into the best economy in the past 50 years, Gen Zs know what an economic train wreck looks like.

They were impressionable kids during the crash of 2008, when many of their parents lost their jobs or their life savings or both.

They aren't interested in taking any chances.

The booming economy seems to have done little to assuage this underlying generational sense of anxious urgency, especially for those who have college debt.

College loan balances in the U.S. now stand at a record \$1.5 trillion, according to the Federal Reserve.

Paragraph 3:

One survey from Accenture found that 88 percent of graduating seniors this year chose their major with a job in mind.

In a 2019 survey of University of Georgia students, meanwhile, the career office found the most desirable trait in a future employer was the ability to offer secure employment (followed by professional development and training, and then inspiring purpose).

Job security or stability was the second most important career goal (work-life balance was number one), followed by a sense of being dedicated to a cause or to feel good about serving the greater good.

Paragraph 4:

That's a big change from the previous generation.

"Millennials wanted more flexibility in their lives," notes Tanya Michelsen, Associate Director of YouthSight, a UK-based brand manager that conducts regular 60-day surveys of British youth, in findings that might just as well apply to American youth.

"Generation Zs are looking for more certainty and stability, because of the rise of the gig economy.

They have troubles seeing a financial future and they are quite risk averse."

翻译题

Paragraph 1:

It's almost impossible to go through life without experiencing some kind of failure.

People who do so probably live so cautiously that they go nowhere.

Put simply, they're not really living at all.

But, the wonderful thing about failure is that it's entirely up to us to decide how to look at it.

Paragraph 2:

We can choose to see failure as "the end of the world".

Or, we can look at failure as the incredible learning experience that it often is.

Every time we fail at something, we can choose to look for the lesson we're meant to learn.

These lessons are very important; they're how we grow, and how we keep from making that same mistake again.

Failures stop us only if we let them.

Paragraph 3:

Failure can also teach us things about ourselves that we would never have learned otherwise.

For instance, failure can help you discover how strong a person you are.

Failing at something can help you discover your truest friends, or help you find unexpected motivation to succeed.

2021

Text 1

Paragraph 1:

“Reskilling” is something that sounds like a buzzword but is actually a requirement if we plan to have a future where a lot of would-be workers do not get left behind.

We know we are moving into a period where the jobs in demand will change rapidly, as will the requirements of the jobs that remain.

Research by WEF detailed in the Harvard Business Review, finds that on average 42 per cent of the “core skills” within job roles will change by 2022.

That is a very short timeline, so we can only imagine what the changes will be further in the future.

Paragraph 2:

The question of who should pay for reskilling is a thorny one.

For individual companies, the temptation is always to let go of workers whose skills are no longer in demand and replace them with those whose skills are.

That does not always happen.

AT&T is often given as the gold standard of a company who decided to do a massive reskilling program rather than go with a fire- and-hire strategy, ultimately retraining 18,000 employees.

Prepandemic, other companies including Amazon and Disney had also pledged to create their own plans.

When the skills mismatch is in the broader economy though, the focus usually turns to government to handle.

Efforts in Canada and elsewhere have been arguably languid at best, and have given us a situation where we frequently hear of employers begging for workers, even at times and in regions where unemployment is high.

Paragraph 3;

With the pandemic, unemployment is very high indeed.

In February, at 3.5 per cent and 5.5 per cent respectively, unemployment rates in Canada and the United States were at generational lows and worker shortages were everywhere.

As of May, those rates had spiked up to 13.3 per cent and 13.7 per cent, and although many worker shortages had disappeared, not all had done so.

In the medical field, to take an obvious example, the pandemic meant that there were still clear shortages of doctors, nurses and other medical personnel.

Paragraph 4:

Of course, it is not like you can take an unemployed waiter and train him to be a doctor in a few weeks, no matter who pays for it.

But even if you cannot close that gap, maybe you can close others, and doing so would be to the benefit of all concerned.

That seems to be the case in Sweden, where the pandemic kick-started a retraining program where business as well as government had a role.

Paragraph 5:

There the efforts started in mid-March, when the layoffs also started.

Scandinavian Airlines (SAS) was at the apex of it: When forced to furlough 90 per cent of their cabin staff, they decided to start up a short retraining program that reskilled the laid off workers to support hospital staff.

The effort was a collective one and involved other companies as well as a Swedish university.

Paragraph 6:

Reskilling in this way would be challenging in a North American context.

You can easily imagine a chorus of “you can’t do that,” because teachers or nurses or whoever have special skills, and using any support staff who has been quickly trained is bound to end in disaster.

Maybe. Or maybe it is something that can work well in Sweden, with its history of co-operation between business, labour and government, but not in North America where our history is very different.

Then again, maybe it is akin to wartime, when extraordinary things take place, but it is business as usual after the fact.

And yet, as in war the pandemic is teaching us that many things, including rapid reskilling, can be done if there is a will to do them.

In any case, Sweden’s work force is now more skilled, in more things, and more flexible than it was before.

Paragraph 7:

Of course, reskilling programs, whether for pandemic needs or the postpandemic world, are expensive and at a time when everyone’s budgets are lean this may not be the time to implement them.

Then again, extending income support programs to get us through the next months is expensive, too, to say nothing of the cost of having a swath of long-term unemployed in the post-COVID years.

Given that, perhaps we should think hard about whether the pandemic can jump-start us to a place where reskilling becomes much more than a buzzword.

Text 2

Paragraph 1:

With the global population predicted to hit close to 10 billion by 2050, and forecasts that agricultural production in some regions will need to nearly double to keep pace, food security is increasingly making headlines.

In the UK, it has become a big talking point recently too, for a rather particular reason: Brexit.

Paragraph 2:

Brexit is seen by some as an opportunity to reverse a recent trend towards the UK importing food.

The country produces only about 60 per cent of the food it eats, down from almost three-quarters in the late 1980s.

A move back to self-sufficiency, the argument goes, would boost the farming industry, political sovereignty and even the nation's health.

Sounds great – but how feasible is this vision?

Paragraph 3:

According to a report on UK food production from the University of Leeds, UK, 85 per cent of the country's total land area is associated with meat and dairy production.

That supplies 80 per cent of what is consumed, so even covering the whole country in livestock farms wouldn't allow us to cover all our meat and dairy needs.

Paragraph 4:

There are many caveats to those figures, but they are still grave.

To become much more self-sufficient, the UK would need to drastically reduce its consumption of animal foods, and probably also farm more intensively – meaning fewer green fields, and more factory-style production.

Paragraph 5:

But switching to a mainly plant-based diet wouldn't help.

There is a good reason why the UK is dominated by animal husbandry: most of its terrain doesn't have the right soil or climate to grow crops on a commercial basis.

Just 25 per cent of the country's land is suitable for crop-growing, most of which is already occupied by arable fields.

Even if we converted all the suitable land to fields of fruit and veg – which would involve taking out all the nature reserves and removing thousands of people from their homes – we would achieve only a 30 per cent boost in crop production.

Paragraph 6:

Just 23 per cent of the fruit and vegetables consumed in the UK are currently home-grown, so even with the most extreme measures we could meet only 30 per cent of our fresh produce needs.

That is before we look for the space to grow the grains, sugars, seeds and oils that provide us with the vast bulk of our current calorie intake.

Text 3

Paragraph 1:

When Microsoft bought task management app Wunderlist and mobile calendar Sunrise in 2015.

It picked up two newcomers that were attracting considerable buzz in Silicon Valley.

Microsoft's own Office dominates the market for “productivity” software, but the start-ups represented a new wave of technology designed from the ground up for the smartphone world.

Paragraph 2:

Both apps, however, were later scrapped, after Microsoft said it had used their best features in its own products.

Their teams of engineers stayed on, making them two of the many “acqui-hires” that the biggest companies have used to feed their insatiable hunger for tech-talent.

Paragraph 3:

To Microsoft's critics, the fates of Wunderlist and Sunrise are examples of a remorseless drive by Big Tech to chew up any innovative companies that lie in their path.

“They bought the seedlings and closed them down,” complained Paul Arnold, a partner at San Francisco-based Switch Ventures, putting paid to businesses that might one day turn into competitors.

Microsoft declined to comment.

Paragraph 4:

Like other start-up investors.

Mr. Arnold's own business often depends on selling start-ups to larger tech companies, though he admits to mixed feelings about the result: "I think these things are good for me, if I put my selfish hat on.

But are they good for the American economy? I don't know."

Paragraph 5:

The US Federal Trade Commission says it wants to find the answer to that question.

This week, it asked the five most valuable US tech companies for information about their many small acquisitions over the past decade.

Although only a research project at this stage, the request has raised the prospect of regulators wading into early-stage tech markets that until now have been beyond their reach.

Paragraph 6:

Given their combined market value of more than \$5.5tn, rifling through such small deals—many of them much less prominent than Wunderlist and Sunrise—might seem beside the point.

Between them, the five companies (Apple, Microsoft, Google, Amazon and Facebook) have spent an average of only \$3.4bn a year on sub-\$1bn acquisitions over the past five years—a drop in the ocean compared with their massive financial reserves, and the more than \$130bn of venture capital that was invested in the US last year.

Paragraph 7:

However, critics say that the big companies use such deals to buy their most threatening potential competitors before their businesses have a chance to gain momentum, in some cases as part of a "buy and kill" tactic to simply close them down.

Text 4

Paragraph 1:

We're fairly good at judging people based on first impressions, thin slices of experience ranging from a glimpse of a photo to a five-minute interaction, and deliberation can be not only extraneous but intrusive.

In one study of the ability she dubbed "thin slicing," the late psychologist Nalini Ambady asked participants to watch silent 10-second video clips of professors and to rate the instructor's overall effectiveness.

Their ratings correlated strongly with students' end-of-semester ratings.

Another set of participants had to count backward from 1,000 by nines as they watched the clips, occupying their conscious working memory.

Their ratings were just as accurate, demonstrating the intuitive nature of the social processing.

Paragraph 2:

Critically, another group was asked to spend a minute writing down reasons for their judgment, before giving the rating.

Accuracy dropped dramatically.

Ambody suspected that deliberation focused them on vivid but misleading cues, such as certain gestures or utterances, rather than letting the complex interplay of subtle signals form a holistic impression.

She found similar interference when participants watched 15-second clips of pairs of people and judged whether they were strangers, friends, or dating partners.

Paragraph 3:

Other research shows we're better at detecting deception and sexual orientation from thin slices when we rely on intuition instead of reflection.

"It's as if you're driving a stick shift," says Judith Hall, a psychologist at Northeastern University, "and if you start thinking about it too much, you can't remember what you're doing.

But if you go on automatic pilot, you're fine.

Much of our social life is like that."

Paragraph 4:

Thinking too much can also harm our ability to form preferences.

College students' ratings of strawberry jams and college courses aligned better with experts' opinions when the students weren't asked to analyze their rationale.

And people made car-buying decisions that were both objectively better and more personally satisfying when asked to focus on their feelings rather than on details, but only if the decision was complex—when they had a lot of information to process.

Paragraph 5:

Intuition's special powers are unleashed only in certain circumstances.

In one study, participants completed a battery of eight tasks, including four that tapped reflective thinking (discerning rules, comprehending vocabulary) and four that tapped intuition and creativity (generating new products or figures of speech).

Then they rated the degree to which they had used intuition ("gut feelings," "hunches," "my heart").

Use of their gut hurt their performance on the first four tasks, as expected, and helped them on the rest.

Sometimes the heart is smarter than the head.

翻译题

Paragraph 1:

We tend to think that friends and family members are our biggest sources of connection, laughter, and warmth.

While that may well be true, researchers have also recently found that interacting with strangers actually brings a boost in mood and feelings of belonging that we didn't expect.

Paragraph 2:

In one series of studies, researchers instructed Chicago-area commuters using public transportation to strike up a conversation with someone near them.

On average, participants who followed this instruction felt better than those who had been told to stand or sit in silence.

The researchers also argued that when we shy away from casual interactions with strangers, it is often due to a misplaced anxiety that they might not want to talk to us.

Much of the time, however, this belief is false.

As it turns out, many people are actually perfectly willing to talk—and may even be flattered to receive your attention.

2022

Text 1

Paragraph 1:

On a recent sunny day, 13,000 chickens roam over Larry Brown's 40 windswept acres in Shiner, Texas.

Some rest in the shade of a parked car. Others drink water with the cows.

This all seems random, but it's by design, part of what the \$6.1 billion U.S. egg industry bets will be its next big thing: climate-friendly eggs.

Paragraph 2:

These eggs, which are making their debut now on shelves for as much as \$8 a dozen, are still labeled organic and animal-friendly, but they're also from birds that live on farms using regenerative agriculture-special techniques to cultivate rich soils that can trap greenhouse gases.

Such eggs could be marketed as helping to fight climate change.

Paragraph 3:

"I'm excited about our progress," says Brown, who harvests eggs for Denver-based NestFresh Eggs and is adding more cover crops that draw worms and crickets for the chickens to eat.

The birds' waste then fertilizes fields.

Such improvements "allow our hens to forage for higher-quality natural feed that will be good for the land, the hens, and the eggs that we supply to our customers."

Paragraph 4:

The egg industry's push is the first major test of whether animal products from regenerative farms can become the next premium offering.

In barely more than a decade, organic eggs went from being dismissed as a niche product in natural foods stores to being sold at Walmart.

More recently there were similar doubts about probiotics and plant-based meats, but both have exploded into major supermarket categories.

If the sustainable- egg rollout is successful, it could open the floodgates for regenerative beef, broccoli, and beyond.

Paragraph 5:

Regenerative products could be a hard sell, because the concept is tough to define quickly, says Julie Stanton, associate professor of agricultural economics at Pennsylvania State University Brandywine.

Such farming also brings minimal, if any, improvement to the food products (though some producers say their eggs have more protein).

Paragraph 6:

The industry is betting that the same consumers paying more for premium attributes such as free-range, non- GMO, and pasture-raised eggs will embrace sustainability.

Surveys show that younger generations are more concerned about climate change, and some of the success of plant-based meat can be chalked up to shoppers wanting to signal their desire to protect the environment.

Young adults “really care about the planet,” says John Brunnquell, president of Egg Innovations.

“They are absolutely altering the food chain beyond what I think even they understand what they’re doing.”

Text 2

Paragraph 1:

More Americans are opting to work well into the retirement, a growing trend that threatens to upend the old workforce model.

Paragraph 2:

One in three Americans who are at least 40 have or plan to have a job in retirement to prepare for a longer life, according to a survey conducted by Harris Poll for TD Ameritrade.

Even more surprising is that more than half of unretirees—those who plan to work in retirement or went back to work after retiring—said they would be employed in their later years even if they had enough money to settle down, the survey showed.

Paragraph 3:

Financial needs aren’t the only culprit for the “unretirement” trend.

Other reasons, according to the study, include personal fulfillment such as staying mentally fit, preventing boredom or avoiding depression.

About 72% of “unretire” respondents said that they would return to work once retired to keep mentally fit while 59% said it would be tied to making ends meet.

Can Congress save the economy? Fed chair says “US debt is ‘on unsustainable path’ ”.

Auto industry is still a boys’ club at the top despite GM CEO Mary Barras success.

Paragraph 4:

“The concept of retirement is evolving,” said Christine Russell senior manager of retirement at TD Ameritrade.

“It’s not just about finances.

The value of work is also driving folks to continue working past retirement.”

Paragraph 5:

One reason for the change in retirement patterns: Americans are living longer.

The share of the population 65 and older was 16% in 2018, up 3.2% from the prior year, according to the U.S. Census Bureau.

That’s also up 30.2% since 2010.

Older Americans are also the fastest-growing segment of the U.S workforce, and boomers are expected to live longer than previous generations.

The percentage of retirement-age people in the labor force has doubled over the past three decades.

About 20% of people 65 and older were in the workforce in February, up from an all-time low of 10% in January 1985, according to money manager United Income.

Paragraph 6:

Because of longer life spans, Americans are also boosting their savings to preserve their nest eggs, the TD Ameritrade study showed which surveyed 2,000 adults between 40 to 79.

Six in 10 “unretires” are increasing their savings in anticipation of a longer life, according to the survey.

Among the most popular ways they are doing this, the company said, is by reducing their overall expenses, securing life insurance or maximizing their contributions to retirement accounts. Seniors are living longer, but planning for the extended years is key.

Paragraph 7:

Unfortunately, many people who are opting to work in retirement are preparing to do so because they are worried about making ends meet in their later years, said Brent Weiss, a co-founder at Baltimore-based financial-planning firm Facet Wealth.

He suggested that preretiree should speak with a financial adviser to set long-term financial goals.

Paragraph 8:

“The most challenging moments in life are getting married, starting a family and ultimately retiring.” Weiss said.

“It’s not just a financial decision, but an emotional one. Many people believe they can’t retire.”

Text 3

Paragraph 1:

We have all encountered them, in both our personal and professional lives.

Think about the times you felt tricked or frustrated by a membership or subscription that had a seamless sign-up process but was later difficult to cancel.

Something that should be simple and transparent can be complicated, intentionally or unintentionally, in ways that impair consumer choice. These are examples of dark patterns.

Paragraph 2:

First coined in 2010 by user experience expert Harry Brignull, "dark patterns" is a catch-all term for practices that manipulate user interfaces to influence the decision-making ability of users.

Brignull identifies 12 types of common dark patterns, ranging from misdirection and hidden costs to "roach motel" where a user experience seems easy and intuitive at the start, but turns difficult when the user tries to get out.

Paragraph 3:

In a 2019 study of 53,000 product pages and 11,000 websites, researchers found that about one in 10 employs these design practices.

Though widely prevalent, the concept of dark patterns is still not well understood.

Business and nonprofit leaders should be aware of dark patterns and try to avoid the gray areas they engender.

Paragraph 4:

Where is the line between ethical, persuasive design and dark patterns? Businesses should engage in conversations with IT, compliance, risk, and legal teams to review their privacy, and include in the discussion the customer/ user experience designers and coders responsible for the company's user interface, as well as the marketers and advertisers responsible for sign-ups, checkout baskets pricing, and promotions.

Any or all these teams can play a role in creating or avoiding "digital deception."

Paragraph 5:

Lawmakers and regulators are slowly starting to address the ambiguity around dark patterns, most recently at the state level.

In March, the California Attorney General announced the approval of additional regulations under the California Consumer Privacy Act (CCPA) that "ensure that consumers will not be confused or misled when seeking to exercise their data privacy rights."

The regulations aim to ban dark patterns — this means prohibiting companies from using "confusing language or unnecessary steps such as forcing them to click through multiple screens or listen to reasons why they shouldn't opt out."

Paragraph 6:

As more states consider promulgating additional regulations, there is a need for greater accountability from within the business community.

Dark patterns also can be addressed on a self-regulatory basis, but only if organizations hold themselves accountable, not just to legal requirements but also to industry best practices and standards.

Text 4

Paragraph 1:

Although ethics classes are common around the world, scientists are unsure if their lessons can actually change behavior; evidence either way is weak, relying on contrived laboratory tests or sometimes unreliable self-reports.

But a new study published in *Cognition* found that, in at least one real-world situation, a single ethics lesson may have had lasting effects.

Paragraph 2:

The researchers investigated one class session's impact on eating meat.

They chose this particular behavior for three reasons, according to study co-author Eric Schwitzgebel, a philosopher at the University of California, Riverside: students' attitudes on the topic are variable and unstable, behavior is easily measurable, and ethics literature largely agrees that eating less meat is good because it reduces environmental harm and animal suffering.

Half of the students in four large philosophy classes read an article on the ethics of factory-farmed meat, optionally watched an 11-minute video on the topic and joined a 50-minute discussion.

The other half focused on charitable giving instead.

Then, unknown to the students, the researchers studied their anonymized meal-card purchases for that semester-nearly 14,000 receipts for almost 500 students.

Paragraph 3:

Schwitzgebel predicted the intervention would have no effect; he had previously found that ethics Professors do not differ from other professors on a range of behaviors, including voting rates, blood donation and returning library books.

But among student subjects who discussed meat ethics, meal purchases containing meat decreased from 52 to 45 percent -and this effect held steady for the study's duration of several weeks. Purchases from the other group remained at 52 percent.

Paragraph 4:

“That’s actually a pretty large effect for a pretty small intervention,” Schwitzgebel says.

Psychologist Nina Strohming at the University of Pennsylvania, who was not involved in the study, says she wants the effect to be real but cannot rule out some unknown confounding variable.

And if real, she notes, it might be reversible by another nudge: “Easy come, easy go.”

Paragraph 5:

Schwitzgebel suspects the greatest impact came from social influence—classmates or teaching assistants leading the discussions may have shared their own vegetarianism, showing it as achievable or more common.

Second, the video may have had an emotional impact.

Least rousing, he thinks, was rational argument, although his co-authors say reason might play a bigger role.

Now the researchers are probing the specific effects of teaching style, teaching assistants’ eating habits and students’ video exposure.

Meanwhile, Schwitzgebel—who had predicted no effect—will be eating his words.

翻译题**Paragraph 1:**

Although we try our best, sometimes our paintings rarely turn out as originally planned.

Changes in the light, the limitations of your painting materials and the lack of experience and technique mean that what you start out trying to achieve may not come to life the way that you expected.

Paragraph 2:

Although this can be frustrating and disappointing, it turns out that this can actually be good for you.

Unexpected results have two benefits: you pretty quickly learn to deal with disappointment and realize that when one door closes, another opens.

You also quickly learn to adapt and come up with creative solutions to the problems the painting presents and thinking outside the box will become your Second nature.

In fact, creative problem-solving skills are incredibly useful in daily life, with which you're more likely to be able to find a solution when problem arises.

2023

Text 1

Paragraph 1:

In the quest for the perfect lawn, homeowners across the country are taking a shortcut — and it is the environment that is paying the price.

About eight million square metres of plastic grass is sold each year but opposition has now spread to the highest gardening circles.

The Chelsea Flower Show has banned fake grass from this year's event, declaring it to be not part of its ethos.

The Royal Horticultural Society (RHS), which runs the annual show in west London, says it has introduced the ban because of the damage plastic grass does to the environment and biodiversity.

Paragraph 2:

Ed Horne, of the RHS, said: “We launched our sustainability strategy last year and fake grass is just not in line with our ethos and views on plastic.

We recommend using real grass because of its environmental benefits, which include supporting wildlife, alleviating flooding and cooling the environment.”

Paragraph 3:

The RHS's decision comes as campaigners try to raise awareness of the problems fake grass causes.

A Twitter account, which claims to “cut through the greenwash” of artificial grass, already has more than 20,000 followers.

It is trying to encourage people to sign two petitions, one calling for a ban on the sale of plastic grass and another calling for an “ecological damage” tax on such lawns.

They have gathered 7,276 and 11,282 signatures.

Paragraph 4:

However, supporters of fake grass point out that there is also an environmental impact with natural lawns, which need mowing and therefore usually consume electricity or petrol.

The industry also points out that real grass requires considerable amounts of water, weed killer or other treatments and that people who lay fake grass tend to use their garden more.

The industry also claims that people who lay fake grass spend an average of £500 on trees or shrubs for their garden, which provides habitat for insects.

Paragraph 5:

In response to another petition last year about banning fake lawns, which gathered 30,000 signatures, the government responded that it has “no plans to ban the use of artificial grass.”

Paragraph 6:

It added: “We prefer to help people and organizations make the right choice rather than legislating on such matters.

However, the use of artificial grass must comply with the legal and policy safeguards in place to protect biodiversity and ensure sustainable drainage, while measures such as the strengthened biodiversity duty should serve to encourage public authorities to consider sustainable alternatives.”

Text 2

Paragraph 1:

It’s easy to dismiss as absurd the federal government’s ideas for plugging the chronic funding gap of our national parks.

Can anyone really think it’s a good idea to allow Amazon deliveries to your tent in Yosemite or food trucks to line up under the redwood trees at Sequoia National Park?

Paragraph 2:

But the government is right about one thing: U.S. national parks are in crisis.

Collectively, they have a maintenance backlog of more than \$12 billion.

Roads, trails, restrooms, visitor centers and other infrastructure are crumbling.

Paragraph 3:

But privatizing and commercializing the campgrounds would not be a cure-all.

Campgrounds are a tiny portion of the overall infrastructure backlog, and businesses in the parks hand over, on average, only about 5% of their revenues to the National Park Service.

Paragraph 4:

Moreover, increased privatization would certainly undercut one of the major reasons why 300 million visitors come to the parks each year: to enjoy nature and get a break from the commercial drumbeat that overwhelms daily life.

Paragraph 5:

The real problem is that the parks have been chronically starved of funding.

We conducted a comprehensive survey examining how U.S. residents view their national parks, and we found that Americans place a very high value on them — whether or not they actually visit them.

The peer-reviewed economic survey of 700 U.S. taxpayers, conducted by mail and internet, also found that people would be willing to pay a significant amount of money to make sure the parks and their programs are kept intact.

Some 81% of respondents said they would be willing to pay additional taxes for the next 10 years to avoid any cuts to the national parks.

Paragraph 6:

The national parks provide great value to U.S. residents both as places to escape and as symbols of nature.

On top of this, they produce value from their extensive educational programs, their positive impact on the climate through carbon sequestration, their contribution to our cultural and artistic life, and of course through tourism.

The parks also help keep America's past alive, working with thousands of local jurisdictions around the country to protect historical sites — including Ellis Island and Gettysburg — and to bring the stories of these places to life.

Paragraph 7:

The parks do all this on a shoestring.

Congress allocates only \$3 billion a year to the national park system — an amount that has been flat since 2001 (in inflation-adjusted dollars) with the exception of a onetime boost in 2009 as part of the Obama stimulus package.

Meanwhile, the number of annual visitors has increased by more than 50% since 1980, and now stands at 330 million visitors per year.

Text 3

Paragraph 1:

The Internet may be changing merely what we remember, not our capacity to do so, suggests Columbia University psychology professor Betsy Sparrow.

In 2011, Sparrow led a study in which participants were asked to record 40 factoids in a computer (“an ostrich's eye is bigger than its brain,” for example).

Half of the participants were told the information would be erased, while the other half were told it would be saved.

Guess what? The latter group made no effort to recall the information when quizzed on it later, because they knew they could find it on their computers.

In the same study, a group was asked to remember both the information and the folders it was stored in.

They didn't remember the information, but they remembered how to find the folders.

In other words, human memory is not deteriorating but “adopting to new communications technology,” Sparrow says.

Paragraph 2:

In a very practical way, the Internet is becoming an external hard drive for our memories, a process known as “cognitive offloading.”

Traditionally, this role was fulfilled by data banks, libraries, and other humans.

Your father may never remember birthdays because your mother does, for instance.

Some worry that this is having a destructive effect on society, but Sparrow sees an upside.

Perhaps, she suggests, the trend will change our approach to learning from a focus on individual facts and memorization to an emphasis on more conceptual thinking — something that is not available on the Internet.

“I personally have never seen all that much intellectual value in memorizing things,” Sparrow says, adding that we haven’t lost our ability to do it.

Paragraph 3:

Still other experts say it’s too soon to understand how the Internet affects our brains.

There is no experimental evidence showing that it interferes with our ability to focus, for instance, wrote psychologists Christopher Chabris and Daniel J. Simons.

And surfing the web exercised the brain more than reading did among computer-savvy older adults in a 2008 study involving 24 participants at the Semel Institute for Neuroscience and Human Behavior at the University of California, Los Angeles.

Paragraph 4:

“There may be costs associated with our increased reliance on the Internet, but I’d have to imagine that overall the benefits are going to outweigh those costs,” observes psychology professor Benjamin Storm.

“It seems pretty clear that memory is changing, but is it changing for the better? At this point, we don’t know.”

Text 4

Paragraph 1:

Teenagers are paradoxical.

That’s a mild and detached way of saying something that parents often express with considerably stronger language.

But the paradox is scientific as well as personal.

In adolescence, helpless and dependent children who have relied on grown-ups for just about everything become independent people who can take care of themselves and help each other.

At the same time, once cheerful and compliant children become rebellious teenage risk-takers.

Paragraph 2:

A new study published in the journal *Child Development*, by Eveline Crone of the University of Leiden and colleagues, suggests that the positive and negative sides of teenagers go hand in hand.

The study is part of a new wave of thinking about adolescence.

For a long time, scientists and policy makers concentrated on the idea that teenagers were a problem that needed to be solved.

The new work emphasizes that adolescence is a time of opportunity as well as risk.

Paragraph 3:

The researchers studied “prosocial” and rebellious traits in more than 200 children and young adults, ranging from 11 to 28 years old.

The participants filled out questionnaires about how often they did things that were altruistic and positive, like sacrificing their own interests to help a friend, or rebellious and negative, like getting drunk or staying out late.

Paragraph 4:

Other studies have shown that rebellious behavior increases as you become a teenager and then fades away as you grow older.

But the new study shows that, interestingly, the same pattern holds for prosocial behavior.

Teenagers were more likely than younger children or adults to report that they did things like unselfishly help a friend.

Paragraph 5:

Most significantly, there was a positive correlation between prosociality and rebelliousness.

The teenagers who were more rebellious were also more likely to help others.

The good and bad sides of adolescence seem to develop together.

Paragraph 6:

Is there some common factor that underlies these apparently contradictory developments? One idea is that teenage behavior is related to what researchers call “reward sensitivity.”

Decision-making always involves balancing rewards and risks, benefits and costs.

“Reward sensitivity” measures how much reward it takes to outweigh risk.

Paragraph 7:

Teenagers are particularly sensitive to social rewards — winning the game, impressing a new friend, getting that boy to notice you.

Reward sensitivity, like prosocial behavior and risk-taking, seems to go up in adolescence and then down again as we age.

Somehow, when you hit 30, the chance that something exciting and new will happen at that party just doesn't seem to outweigh the effort of getting up off the couch.

翻译题

Paragraph 1:

In the late 18th century, William Wordsworth became famous for his poems about nature.

And he was one of the founders of a movement called Romanticism, which celebrated the wonders of the natural world.

Paragraph 2:

Poetry is powerful.

Its energy and rhythm can capture a reader, transport them to another world and make them see things differently.

Through carefully selected words and phrases, poems can be dramatic, funny, beautiful, moving and inspiring.

Paragraph 3:

No one knows for sure when poetry began but it has been around for thousands of years, even before people could write.

It was a way to tell stories and pass down history.

It is closely related to song and even when written it is usually created to be performed out loud.

Poems really come to life when they are recited.

This can also help with understanding them too, because the rhythm and sounds of the words become clearer.

2024

Text 1

Paragraph 1:

In her new book *Cogs and Monsters: What Economics Is, and What It Should Be*, Diane Coyle, an economist at Cambridge University, argues that the digital economy requires new ways of thinking about progress.

“Whatever we mean by the economy growing, by things getting better, the gains will have to be more evenly shared than in the recent past,” she writes.

“An economy of tech millionaires or billionaires and gig workers, with middle-income jobs undercut by automation, will not be politically sustainable.”

Paragraph 2:

Improving living standards and increasing prosperity for more people will require greater use of digital technologies to boost productivity in various sectors, including health care and construction, says Coyle.

But people can't be expected to embrace the changes if they're not seeing the benefits — if they're just seeing good jobs being destroyed.

Paragraph 3:

In a recent interview, Coyle said she fears that tech's inequality problem could be a roadblock to deploying AI.

“We're talking about disruption,” she says.

“These are transformative technologies that change the ways we spend our time every day, that change business models that succeed.”

To make such “tremendous changes,” she adds, you need social buy-in.

Paragraph 4:

Instead, says Coyle, resentment is simmering among many as the benefits are perceived to go to elites in a handful of prosperous cities.

Paragraph 5:

According to the Brookings Institution, a short list of eight American cities that included San Francisco, San Jose, Boston, and Seattle had roughly 38% of all tech jobs by 2019.

New AI technologies are particularly concentrated: Brookings's Mark Muro and Sifan Liu estimate that just 15 cities account for two-thirds of the AI assets and capabilities in the United States.

Paragraph 6:

The dominance of a few cities in the invention and commercialization of AI means that geographical disparities in wealth will continue to soar.

Not only will this foster political and social unrest, but it could, as Coyle suggests, hold back the sorts of AI technologies needed for regional economies to grow.

Paragraph 7:

Part of the solution could lie in somehow loosening the stranglehold that Big Tech has on defining the AI agenda.

That will likely take increased federal funding for research independent of the tech giants.

Paragraph 8:

A more immediate response is to broaden our digital imaginations to conceive of AI technologies that don't simply replace jobs but expand opportunities in the sectors that different parts of the country care most about, like health care, education, and manufacturing.

Text 2

Paragraph 1:

The UK is facing a future construction crisis because of a failure to plant trees to produce wood, Confor has warned.

The forestry and wood trade body has called for urgent action to reduce the country's reliance on timber imports and provide a stable supply of wood for future generations.

Currently only 20 percent of the UK's wood requirement is home-grown while it remains the second-largest net importer of timber in the world.

Paragraph 2:

Coming at a time of fresh incentives from the UK government for landowners to grow more trees, the trade body says these don't go far enough and fail to promote the benefits of planting them to boost timber supplies.

"Not only are we facing a carbon crisis now, but we will also be facing a future construction crisis because of a failure to plant trees to produce wood," said Stuart Goodall, chief executive of Confor.

"For decades we have not taken responsibility for investing in our domestic wood supply, leaving us exposed to fluctuating prices and fighting for future supplies of wood as global demand rises and our own supplies fall."

Paragraph 3:

The UK has ideal conditions for growing wood to build low-carbon homes and is a global leader in certifying that its forests are sustainably managed, Confor says.

While around three quarters of Scottish homes are built from Scottish timber, the use of home-grown wood in England is only around 25 percent.

The causes of the UK's current position are complex and range from outdated perceptions of productive forestry to the decimation of trees by grey squirrels.

It also encompasses significant hesitation on behalf of farmers and other landowners to invest in long-term planting projects.

Paragraph 4:

While productive tree planting can deliver real financial benefits to rural economies and contribute to the UK's net-zero strategy, the focus of government support continues to be on food production and the rewilding and planting of native woodland solely for biodiversity.

Goodall added: "While food production and biodiversity health are clearly of critical importance, we need our land to also provide secure supplies of wood for construction, manufacturing and contribute to net-zero."

Paragraph 5:

"While the UK government has stated its ambition for more tree planting, there has been little action on the ground.

Confor is now calling for much greater impetus behind those aspirations to ensure we have enough wood to meet increasing demand."

Text 3

Paragraph 1:

One of the biggest challenges in keeping unsafe aging drivers off the road is convincing them that it's time to turn over the keys.

"It's a complete life-changer" when someone stops — or is forced to stop — driving, said former risk manager Anne M. Menke.

Paragraph 2:

"The American Medical Association advises physicians that in situations where clear evidence of substantial driving impairment implies a strong threat to patient and public safety, and where the physician's advice to discontinue driving privileges is ignored, it is desirable and ethical to notify the Department of Motor Vehicles," Menke wrote.

"Some states require physicians to report, others allow but do not mandate reports, while a few consider a report a breach of confidentiality.

There could be liability and penalties if a physician does not act in accordance with state laws on reporting and confidentiality," she counseled.

Paragraph 3:

Part of the problem in keeping older drivers safe is that the difficulties are addressed piecemeal by different professions with different focuses, including gerontologists, highway administration officials, automotive engineers and others, said gerontologist Elizabeth Dugan.

“There’s not a National Institute of Older Driver Studies,” she said.

“We need better evidence on what makes drivers unsafe” and what can help, said Dugan.

Paragraph 4:

One thing that does seem to work is requiring drivers to report in person for license renewal.

Mandatory in-person renewal was associated with a 31 percent reduction in fatal crashes involving drivers 85 or older, according to one study.

Passing vision tests also produced a similar decline in fatal crashes for those drivers, although there appeared to be no benefit from combining the two.

Paragraph 5:

Many older drivers don’t see eye doctors or can’t afford to.

Primary care providers have their hands full and may not be able to follow through with patients who have trouble driving because they can’t turn their heads or remember where they are going — or have gotten shorter and haven’t changed their seat settings sufficiently to reach car pedals easily.

Paragraph 6:

As long as there are other cars on the roads, self-driving cars won’t solve the problems of crashes, said Dugan.

Avoiding dangers posed by all those human drivers would require too many algorithms, she said.

But we need to do more to improve safety, said Dugan.

“If we’re going to have 100-year lives, we need cars that a 90-year-old can drive comfortably.”

Text 4

Paragraph 1:

If you look at the apps on your phone, chances are you have at least one related to your health — and probably several.

Whether it is a mental health app, a fitness tracker, a connected health device or something else, many of us are taking advantage of this technology to keep better track of our health in some shape or form.

Recent research from the Organization for the Review of Care and Health Applications found that 350,000 health apps were available on the market, 90,000 of which launched in 2020 alone.

Paragraph 2:

While these apps have a great deal to offer, it is not always clear how the personal information we input is collected, safeguarded and shared online.

Existing health privacy law, such as the Health Insurance Portability and Accountability Act, is primarily focused on the way hospitals, doctors' offices, clinics and insurance companies store health records online.

The health information these apps and health data tracking wearables are collecting typically do not receive the same legal protections.

Paragraph 3:

Without additional protections in place, companies may share (and potentially monetize) personal health information in a way consumers may not have authorized or anticipated.

In 2021, Flo Health faced a Federal Trade Commission (FTC) investigation.

The FTC alleged in a complaint that “despite express privacy claims, the company took control of users' sensitive fertility data and shared it with third parties.

” Flo Health and the FTC settled the matter with a Consent Order requiring the company to get app users' express affirmative consent before sharing their health information as well as to instruct the third parties to delete the data they had obtained.

Paragraph 4:

Section 5 of the FTC Act empowers the FTC to initiate enforcement action against unfair or deceptive acts, meaning the FTC can only act after the fact if a company's privacy practices are misleading or cause unjustified consumer harm.

While the FTC is doing what it can to ensure apps are keeping their promises to consumers around the handling of their sensitive health information, the rate at which these health apps are hitting the market demonstrates just how immense of a challenge this is.

Paragraph 5:

As to the prospects for federal legislation, commentators suggest that comprehensive federal privacy legislation seems unlikely in the short term.

States have begun implementing their own solutions to shore up protections for consumer-generated health data.

California has been at the forefront of state privacy efforts with the California Consumer Privacy Act of 2018 Virginia, Colorado and Utah have also recently passed state consumer data privacy legislation.

翻译题

Paragraph 1:

With the smell of coffee and fresh bread floating in the air, stalls bursting with colourful vegetables and tempting cheeses, and the buzz of friendly chats, farmers' markets are a feast for the senses.

They also provide an opportunity to talk to the people responsible for growing or raising your food, support your local economy and pick up fresh seasonal produce — all at the same time.

Paragraph 2:

Farmers' markets are usually weekly or monthly events, most often with outdoor stalls, which allow farmers or producers to sell their food directly to customers.

The size or regularity of markets can vary from season to season, depending on the area's agricultural calendar, and you're likely to find different produce on sale at different times of the year.

By cutting out the middleman, the farmers secure more profit for their produce.

Shoppers also benefit from seeing exactly where — and to who — their money is going.

2025

Text 1

Paragraph 1:

U.S. customers historically tipped people they assumed were earning most of their income via tips, such as restaurant servers earning less than the minimum wage.

In the early 2010s, a wide range of businesses started processing purchases with iPads and other digital payment systems.

These systems often prompted customers to tip for services that were not previously tipped.

Paragraph 2:

Today's tip requests are often not connected to the salary and service norms that used to determine when and how people tip.

Customers in the past nearly always paid tips after receiving a service, such as at the conclusion of a restaurant meal, after getting a haircut or once a pizza was delivered.

That timing could reward high-quality service and give workers an incentive to provide it.

Paragraph 3:

It's becoming more common for tips to be requested beforehand.

And new tipping technology may even automatically add tips.

Paragraph 4:

The prevalence of digital payment devices has made it easier to ask customers for a tip.

That helps explain why tip requests are creeping into new kinds of services.

Customers now routinely see menus of suggested default options — often well above 20% of what they owe.

The amounts have risen from 10% or less in the 1950s to 15% around the year 2000 to 20% or higher today.

This increase is sometimes called tipflation — the expectation of ever-higher tip amounts.

Paragraph 5:

Tipping has always been a vital source of income for workers in historically tipped services, like restaurants, where the tipped minimum wage can be as low as US \$2.13 an hour.

Tip creep and tipflation are now further supplementing the income of many low-wage service workers.

Paragraph 6:

Notably, tipping primarily benefits some of these workers, such as waiters, but not others, such as cooks and dishwashers.

To ensure that all employees were paid fair wages, some restaurants banned tipping and increased prices, but this movement towards no-tipping services has largely fizzled out.

Paragraph 7:

So to increase employee wages without raising prices, more employers are succumbing to temptations of tip creep and tipflation.

However, many customers are frustrated because they feel they are being asked for too high of a tip too often.

And, as our research emphasizes, tipping now seems to be more coercive, less generous, and often completely dissociated from service quality.

Text 2

Paragraph 1:

When it was established, the National Health Service (NHS) was visionary: offering high-quality, timely care to meet the dominant needs of the population it served.

Nearly 75 years on, with the UK facing very different health challenges, it is clear that the model is out of date.

Paragraph 2:

From life expectancy to cancer and infant mortality rates, we are lagging behind many of our peers.

With more than 6.8 million on waitlists, healthcare is becoming increasingly inaccessible for those who cannot opt to pay for private treatment; and the cost of providing healthcare is increasingly squeezing our investment in other public services.

As demand for healthcare continues to grow, pressures on the workforce — which is already near breaking point — will only become more acute.

Paragraph 3:

Many of the answers to the crisis in health and care are well rehearsed.

We need to be much better at reducing and diverting demand on health services, rather than simply managing it.

Much more needs to be invested in communities and primary care to reduce our reliance on hospitals.

And capacity in social care needs to be greater, to support the growing number of people living with long-term conditions.

Paragraph 4:

Yet despite two decades of strategies and a number of major health reforms, we have failed to make meaningful progress on any of these aims.

That is why the Reform think tank is launching a new programme of work entitled “Reimagining health”, supported by ten former health ministers.

Together, we are calling for a much more open and honest conversation about the future of health in the UK, and an “urgent rethink” of the hospital-centric model we retain.

Paragraph 5:

This must begin with the question of how we maximise the health of the nation, rather than “fix” the NHS.

It is estimated, for example, that healthcare accounts for only about 20% of health outcomes.

Much more important are the places we live, work and socialise — yet there is no clear cross-government strategy for improving these social determinants of health.

Worse, when policies like the national obesity strategy are scrapped, taxpayers are left with the hefty price tag of treating the illnesses, like diabetes, that result.

Paragraph 6:

Reform wants to ask how power and resources should be distributed in our health system.

What health functions should remain at the centre, and what should be given to local leaders, often responsible for services that create health, and with a much better understanding of the needs of their populations?

Text 3

Paragraph 1:

Heat action plans, or HAPs, have been proliferating in India in the past few years.

In general, an HAP spells out when and how officials should issue heat warnings and alert hospitals and other institutions.

Nagpur’s plan, for instance, calls for hospitals to set aside “cold wards” in the summer for treating heatstroke patients, and advises builders to give construction laborers a break from work on very hot days.

Paragraph 2:

But implementation of existing HAPs has been uneven, according to a report from the center for Policy Research.

Many lack adequate funding, it found.

And their triggering thresholds often are not customized to the local climate.

In some areas, high daytime temperatures alone might serve as an adequate trigger for alerts.

But in other places, nighttime temperatures or humidity might be as important a gauge of risk as daytime highs.

Paragraph 3:

Mumbai's April heat stroke deaths highlighted the need for more nuanced and localized warnings, researchers say.

That day's high temperature of roughly 36°C was 1°C shy of the heat wave alert threshold for coastal cities set by national meteorological authorities.

But the effects of the heat were amplified by humidity — an often neglected factor in heat alert systems — and the lack of shade at the late-morning outdoor ceremony.

Paragraph 4:

To help improve HAPs, urban planner Kotharkar's team is working on a model plan that outlines best practices and could be adapted to local conditions.

Among other things, she says, all cities should create a vulnerability map to help focus responses on the populations most at risk.

Paragraph 5:

Such mapping doesn't need to be complex, Kotharkar says.

“A useful map can be created by looking at even a few key parameters.”

For example, neighborhoods with a large elderly population or informal dwellings that cope poorly with heat could get special warnings or be bolstered with cooling centers.

The Nagpur project has already created a risk and vulnerability map, which enabled Kotharkar to tell officials which neighborhoods to focus on in the event of a heat wave this summer.

Paragraph 6:

HAPs shouldn't just include short-term emergency responses, researchers say, but also recommend medium- to long-term measures that could make communities cooler.

In Nagpur, for example, Kotharkar's team has been able to advise city officials about where to plant trees to provide shade.

HAPs could also guide efforts to retrofit homes or modify building regulations.

“Reducing deaths in an emergency is a good target to have, but it's the lowest target,” says Climate researcher Chandni Singh.

Text 4

Paragraph 1:

Navigating beyond the organised pavements and parks of our urban spaces, desire paths are the unofficial footprints of a community, revealing the unspoken preferences, shared shortcuts and collective choices of humans.

Often appearing as trodden dirt tracks through otherwise neat green spaces, these routes of collective disobedience cut corners, bisect lawns and cross hills, representing the natural capability of people (and animals) to go from point A to point B most effectively.

Paragraph 2:

Urban planners interpret desire paths as more than just convenient shortcuts; they offer valuable insights into the dynamics between planning and behaviour.

Ohio State University allowed its students to navigate the Oval, a lawn in the centre of campus, freely, then proceeded to pave the desire paths, creating a web of effective routes students had established.

Paragraph 3:

Yet, reluctance persists among other planners to integrate desire paths into formal plans, citing concerns about safety, environmental impact, or primarily, aesthetics.

A Reddit webpage devoted to the phenomenon, boasting nearly 50,000 members, showcases images of local desire paths adorned with signs instructing pedestrians to adhere to designated walkways, underscoring the rebellious nature inherent in these human-made tracks.

This clash highlights an ongoing struggle between the organic, user-driven evolution of public spaces and the desire for a visually curated and controlled urban environment.

Paragraph 4:

The Wickquasgeck Trail is an example of a historical desire path, created by Native Americans to cross the forests of Manhattan and move between settlements quickly.

This trail, when Dutch colonists arrived, was widened and made into one of the main trade roads across the island, known at the time as de Heere Straat, or Gentlemen's Street.

Following the British assumption of control in New York, the street was renamed Broadway.

Notably, Broadway stands out as one of the few areas in NYC that defies the grid-based system applied to the rest of the city, cutting a diagonal across parts of the city.

Paragraph 5:

In online spaces, desire paths have sparked a fascination that can approach obsession, with the Reddit page serving as a hub.

Contributors offer a wide array of stories, from little-known new shortcuts to long-established alternate routes.

Paragraph 6:

Animal desire paths, such as ducks forging trails through frozen ponds or dogs carving direct routes in gardens, highlight the adaptability of these trails in both human and animal experiences.

As desire paths criss-cross through both physical and virtual landscapes, they stand as a proof of the collective insistence on forging unconventional routes and embracing the spirit of communal choice.

翻译题

Paragraph 1:

You know the moment — the conversation slows, then there's a pause.

It's awkward, and so awkward that some people will panic and say anything.

Do we all find such silences so stressful?

Paragraph 2:

Researchers analysed the frequency and impact of gaps greater than 2 seconds during conversations, including an overview of previous studies which indicate that the fear of awkward silences can be so extreme that people avoid talking to strangers, even though doing so is likely to be an enjoyable experience.

Paragraph 3:

During conversations with short gaps, people feel more connected to their conversation partners.

But such feelings of connection markedly dip when entering a long gap.

Long gaps between strangers are likely to be followed by a change in topic.

Paragraph 4:

But the opposite seems to be true for conversations between friends.

Long gaps there saw increased connection.

Between friends, longer gaps seem to provide natural moments for reflection and expression.

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