

翻译真题同源 30 段特训

翻译第 1 段

来源：今日美国

字数：146

类别：心理学

Having more friends at 20, but fewer and deeper relationships at 30 may just increase well-being later in life and may just help folks live longer, according to researchers from the University of Rochester.

“We found that people who had more frequent social activity when they were 20 years old in college were better off when they were at age 50 in that they were more socially integrated,” said Cheryl Carmichael. They had better quality friendships and they were better psychologically adjusted in that they were less lonely, less depressed and had this sort of higher psychological well-being.

The study published earlier this year in *Psychology and Aging* shows that frequent social interactions—grabbing coffee with friends, going to a party or being able to work with a challenging co-worker—develop social “tactics” that help individuals adjust and cope with situations later in life.

自我操练：

翻译第 2 段

来源：今日心理学

字数：144

类别：心理学

Do opposites really attract? Despite what you may have grown up hearing, studies may reflect the opposite—interestingly, especially when it comes to looks. According to a research, we are attracted to people who resemble our parents or ourselves. In one study, subjects were shown pictures of strangers which were preceded by a short glimpse of either their own opposite-sex parent or a stranger. Subjects exposed to a short glimpse of their parent before being exposed to the target picture were more likely to assign higher ratings of attractiveness to the person in the target picture.

In a second study, a picture of the stranger was morphed with a picture of themselves or a picture of another stranger. When subjects were asked to rate the portrayed people for attractiveness, they usually picked the people who were an combination of a stranger and themselves.

自我操练：

翻译第3段

226

来源：大西洋月刊

字数：152

类别：科技与工作

Many economists and technologists believe the world is on the brink of a new industrial revolution, in which advances in the field of artificial intelligence will obsolete human labor. Two Oxford researchers recently analyzed the skills required for more than 700 different occupations to determine how many of them would be replaced by automation in the near future, and the news was not good: They concluded that machines are likely to take over 47 percent of today's jobs within a few decades.

This is a horrible prediction, but one whose consequences will not fall upon society evenly. A close look at the data reveals a surprising pattern: The jobs performed primarily by women are relatively safe, while those typically performed by men are at risk.

It should come as no surprise that despite progress on equality in the labor force, many common professions exhibit a high degree of gender bias.

自我操练：

翻译第 4 段

来源：连线杂志

字数：148

类别：社会

Then, most people lived in small communities. Everyone knew everybody else in the village. That meant everyone would just as likely know what you did with your time as how many possessions you owned, and how expensive and how good those possessions were. That meant, for signaling your status to others and establishing your place in the village's social hierarchy, what you did was as important as what you owned.

The mass migrations of the 20th century, from small communities where everyone knew everyone else to large metropolises where you barely knew your neighbor, meant that what you did with your time became virtually useless as a way to signify status. In the relative anonymity of urban life, your neighbors, friends, colleagues at work, and the people you passed on the street were much more likely to see what you owned than know what you did.

自我操练：

翻译第 5 段

来源：psychalive.org

字数：154

类别：心理学

When people first get together, they often grow each other's worlds, introducing each other to new people, places, interests and activities. When we fall in love, we are in a state in which we feel the most open and alive. As our relationship progresses, and the more we replace real love with a fantasy bond, the more we tend to resist anything new. Especially as we get older, we can become more self-protective or further drawn to routine. We may start to feel more jealous or possessive and, therefore, put restrictions on each other. In effect, we start to limit or shrink each

other's worlds, rather than expanding them. We can keep love alive by continuing to be game to try new things. The more adventures we can create with each other in our day-to-day lives, the more awake we will feel to everything we experience, particularly intimacy and closeness.

自我操练:

翻译第6段

来源: 纽约客

字数: 156

类别: 文化

In 1922, in his book, the philosopher Ludwig Wittgenstein wrote, "The limits of my language mean the limits of my world." The words that we have at our disposal affect what we see—and the more words there are, the better our perception. When we learn to speak a different language, we learn to see a bigger world.

Many modern language researchers agree with that view. Not only does speaking multiple languages help us to communicate but bilingualism (or multilingualism) may actually confer distinct advantages to the developing brain. Because a bilingual child switches between languages, the theory goes, she develops enhanced executive control, or the ability to effectively manage what are called higher cognitive processes, such as problem-solving, memory, and thought. She becomes better able to restrict some responses, promote others, and generally emerges with a more flexible and acute mind. It's a phenomenon that researchers call the bilingual advantage.

自我操练:

翻译第7段

来源: 连线杂志

字数: 144

类别: 科技

Once upon a time, governing the Facebook community was relatively simple, because users—mostly American college students—shared at least some cultural context for what was and wasn't acceptable. But now Facebook's users span a range of ages, races, religions, gender identities, and nationalities, and Facebook's ability to create a space that meets everyone's definition of "safe" increasingly has been called into question.

Which is why today, Facebook updated its community guidelines, spelling out in unprecedented detail what constitutes unacceptable behavior. Yet the inconvenient specificity of the new guidelines only proves that Facebook's policies and procedures surrounding user activity will never be a finished product. As the world's largest social network, Facebook certainly can learn a lot from the past, but it can never fully anticipate the future.

自我操练：

翻译第 8 段

来源：大西洋月刊

字数：158

类别：心理学

Eric Berne describes what he calls the "Yes, but..." communication pattern: First, one person states a problem. Next, another person responds by offering suggestions on how to tackle it. The first then says, "Yes, but..." and proceeds to shoot down any solutions offered.

"Because problem-solving is not the purpose of the exchange," Berne writes. Its purpose is to gain sympathy from others. There's even a name for this type of person in psychology circles: the "help-rejecting complainers."

But research has shown that complaining, when done right, can also have its psychological advantages. "Complaining allows us to achieve desired outcomes such as sympathy and attention," says Robin Kowalski, a psychology professor at Clemson University. The truth is, everybody does it. A recent study, published by Kowalski and her colleagues in the *Journal of Social Psychology*, examined relationships between mindfulness, happiness, and expressions of annoyance.

自我操练：

翻译第9段

来源：卫报

字数：161

类别：科技

The internet of things (IoT) essentially describes an environment where everything is connected to the internet, creating “swarm intelligence” from individually dumb devices.

The IoT has promised much for years—it was recently identified, by the research firm Garner, as the most over-exaggerated technology in development. One of the biggest issues for IoT is the lack of interoperable standards. Google is not the only company interested in the connected device space. Having bought IoT firm Smart Things, Samsung recently pledged to make every product it produces, from washing machines to smartphones, IoT-ready and connected to the internet within five years. IoT risks becoming a format war, wherein your Beko oven doesn't speak to your Smeg fridge, because each is using its own connections and software. Samsung has said its IoT devices will be open to connecting to non-Samsung devices. Google, however, could be well placed to open up an IoT ecosystem featuring compatibility with other offerings.

自我操练：

翻译第10段

来源：哈佛商业评论

字数：159

类别：管理

As Moor says, if you're a manager in a knowledge-driven industry, chances are you're an expert in the area you manage. Try to imagine a leader without this expertise doing your job. You'll probably conclude it couldn't be done. But as your career advances, at some point you will be promoted into a job which includes responsibility for areas outside your specialty. Your subordinates will ask questions

that you cannot answer and may not even understand. How can you lead them when they know a lot more about their work than you do? Welcome to reality: You are now the leader without expertise—and this is where you, possibly for the first time in your career, find yourself failing. You feel frustrated, tired and disoriented, even angry. This is the point in careers. If you get to this point, or see yourself headed in this direction, what can you do?

自我操练:

翻译第 11 段

来源: 经济学家

字数: 166

类别: 社会

Many people take to social media to share news of big events. On December 1st Facebook's boss, Mark Zuckerberg, followed in the tradition he helped create, when he and his wife, Priscilla Chan, announced the birth of their daughter on the social-networking site, along with news that they will give away the majority of their fortune during their lifetimes. Around 99% of the shares they own in Facebook, which today are worth around \$45 billion, will go into the Chan Zuckerberg Initiative (CZI). Their aim, they wrote, is to improve the world for their daughter and future generations.

For now, the move allows Mr Zuckerberg to denote wealth, but not to give up control, as he will retain the votes associated with any shares transferred to CZI. He anticipates remaining the controlling stakeholder of Facebook "for the foreseeable future", and plans to sell, or give away, no more than \$1 billion of Facebook stock each year for the next three years.

自我操练:

翻译第 12 段

来源：卫报

字数：156

类别：科技

The Christmas holidays are the time of year when different generations of the family gather around the dinner table. So it's a perfect opportunity for a spot of technology. What does this demonstrate? Two things, one trivial, the other profound. The trivial one is that there is a generational gap in attitudes to networked technology. The profound one is that it no longer makes sense to talk about the "mobile internet". For most people in the world now there is only one internet—the one they access via their mobile phones. Or, as the tech analyst Benedict Evans puts it, "Mobile is not a subset of the internet any more, which you use only if you're waiting for a coffee or don't have a PC in front of you—it's becoming the main way that people use the internet."

自我操练：

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翻译第 13 段

来源：卫报

字数：152

类别：科技

The presence of Google Analytics is of strategic value for Google's potential expansion into China. Although Analytics is a free service, it pays for itself by giving Google vital knowledge about an individual's interests, allowing Google to build digital documents on countless Chinese users. If the Android app store does return to China, Google may utilize this wealth of existing knowledge on user habits to recommend relevant apps and target ads to these seemingly "new" Google customers from day one. If Google expands its service offerings with the blessing of Chinese authorities, possessing a tremendous portrait of consumers is an obvious advantage.

Beyond business implications, the presence of Google Analytics service raises ethical questions about the company. Our investigation has revealed that only 13% of connections to Google servers protected the privacy of Chinese users. The vast majority, 87%, are transmitted without encryption.

自我操练：

翻译第 14 段

来源：卫报

字数：144

类别：科技与经济

Twitter's shares, which have soared as high as \$ 69 a share, fell 6% on Thursday to below the \$ 26 initial public offer (IPO) price when Twitter floated in November 2013. It means the company's market value has collapsed from a high of \$ 41.5bn to just \$ 17.6bn on Thursday.

Twitter has been under intense pressure for the last few weeks after Jack Dorsey, co-founder and chief executive officer, said the company's recent performance had been unacceptable and it would take a long time to turn round the slowdown in user growth.

At the end of last month, Twitter reported the slowest user growth—from 302 million to 304 million active monthly users—since it went public. Dorsey told investors that the slowing growth was “unacceptable and we're not happy about it”.

自我操练：

翻译第 15 段

来源：卫报

字数：148

类别：社会

Students at the University of Cambridge have started a petition against the university's tradition of publicly displaying their end-of-year exam results. More than 700 students had signed it on Wednesday morning, three days after it was launched. Under the current system, students receive their class marks privately online, before they are published on notice boards.

The petition, set up by the student campaign group Our Grade, Our Choice, calls on the university to give students a clear way to opt out of appearing on public class lists. Students who signed the petition are concerned that the public distribution of results ignores students' welfare and right to privacy. They say the current practice "promotes a culture of grade shaming", that those with mental health issues may not want to be included, and that it could "trigger an episode" in vulnerable individuals.

自我操练：

翻译第 16 段

来源：卫报

字数：167

类别：科技与社会

As we become increasingly isolated within the family unit, through a combination of technology and lack of time, the experience of a one-to-one, face-to-face relationship is increasingly rare. Either we are too busy or we would rather do something by ourselves. In the past, the family was forced together by necessity—shared chores, shared space, shared leisure activities. To make a positive choice to spend time with one another not only helps to build a partnership—it makes a statement. It asserts that you are not just there to be functional, chore performers, money-making machines, childcarers. You are human beings above and beyond your roles.

Computers isolate, but watching TV together bonds. Just turn on the TV to see what a positive experience it can be. It almost never happens in our house any more—because now family members are free to make individual choices about their entertainment. And as is so often the case in politics, what is individually rational is collectively destructive.

自我操练：
