College life in the Internet age

互联网时代的大学生活

1 The college campus, long a place of scholarship and frontiers of new technology, is being transformed into a new age of electronics by a fleet of laptops, smartphones and connectivity 24 hours a day.

大学校园长久以来都是学术之地，也是新技术的前沿。现在随着手提电脑和智能手机的大量出现，加上每天24小时不间断的网络连接，大学校园正在转而进入电子设备的新时代。

2 On a typical modern-day campus, where every building and most outdoor common areas offer wireless Internet access, one student takes her laptop everywhere. In class, she takes notes with it, sometimes instant-messaging or emailing friends if the professor is less than interesting. In her dorm, she instant-messages her roommate sitting just a few feet away. She is tied to her smartphone, which she even uses to text a friend who lives one floor above her, and which supplies music for walks between classes.

在典型的现代校园里，每幢建筑和大部分室外公共区域都提供无线互联网接入,学生可以把手提电脑带到任何地方。课堂上，她用手提电脑记笔记，有时如果教授的课一点都没意思，她就会给朋友发送即时信息或电子邮件。在寝室，她甚至会给近在咫尺的室友发送即时信息。她离不开智能手机，甚至对住在楼上的朋友也要发短信；在从上一堂课去下一堂课的路上她也要用智能手机听音乐。

3 Welcome to college life in the 21st century, where students on campus are electronically linked to each other, to professors and to their classwork 24/7 in an ever-flowing river of information and communication. With many schools offering wireless Internet access anywhere on campus, colleges as a group have become the most Internet accessible spots in the world.

欢迎来体验21世纪的大学生活：通过源源不断的信息流，学生之间、师生之间以及学生和课堂作业之间建立了电子化的联系，一天24小时，一周7天，从不间断。在许多学校，无线互联网连接覆盖了校园的各个角落，大学整体上也因此成为世界上互联网最普及的地方。

4 Students say they really value their fingertip-access to the boundless amount of information online, and the ability to email professors at 2 a.m. and receive responses the next morning. "I always feel like I have a means of communication — in class and out of class," says one engineering major.

学生们说他们非常看重动动手指就可获得无限的网上信息，还可以在凌晨两点给教授发电子邮件，并能在第二天早上收到教授的回复。一位工程专业的学生说：“我觉得无论在课内还是在课外，我都拥有一种交流手段。”

5 Many are using smartphones, not only to create their own dialects when texting, but also to do more serious work, such as practicing foreign languages and analyzing scripts from their theater classes. In a university class on the history of American radio, students use smartphones to record their own radio shows. The course instructor said, "It's adding to students' sense of excitement about the subject." Professors have been encouraged to tape their lectures and post them online. "We realized there might be some potential for a device that could get attention and encourage sophisticated thinking," says one leading university director.

很多学生不仅使用智能手机自创语体发短信，而且也用智能手机来做更正经的工作，比如练习外语、分析戏剧课的脚本等。在一所大学的有关美国广播电台历史的课上，学生们用智能手机录下他们自己的广播节目。教授这门课的教师说：“这提高了学生学习这门课的兴奋感。”学校也鼓励教授录下授课内容并发布到网上。一位一流大学的主管说：“我们意识到，像这样一种能够引起学生关注、并促使他们深入思考的工具也许大有潜力。”

6 For most undergraduates, non-stop Internet connectivity is the fuel of college life. More than just toys, these instruments are powerful tools for the storage and management of virtually every kind of information. And as more people around the world adopt these instruments, they are becoming indispensable. So, students should use the wonders of the Internet to do homework, review lecture outlines, take part in class discussions and network online with their friends. But in doing so, students must remember to regulate and balance their time. Too much time online can mean too little time in real-life studying or exercising or visiting with friends. Students should not let the Internet world on their computer screens take them away from the real world outside.

对于大多数本科生来说，永不间断的互联网是大学生活的动力。网络工具不只是玩具，而且是储存和管理几乎各种信息的强大工具。随着世界上越来越多的人使用这些工具，它们已经变得不可或缺。所以，学生应该运用互联网所创造的奇迹来完成作业、复习讲座提纲、参与课堂讨论、与朋友们进行网上社交。但是在做这些的同时，学生们必须记住，要控制和平衡好时间。上网时间过长就意味着在现实生活中学习、锻炼或和朋友叙谈的时间过少。学生们不应该让电脑屏幕上的互联网世界使他们脱离外面的现实世界。

7 Colleges began embracing Internet access in the mid-1990s, when many began wiring dorms with high-speed connections. In the past few years, schools have taken the lead by turning their campuses into bubbles of Wi-Fi networks. In fact, a recent study in the US found that information technology accounted for 5% to 8% of college budgets, up from an estimated 2% to 3% in the mid-1980s.

大学在20世纪90年代中期迎来互联网，那时许多大学开始给学生寝室接入高速网络。在过去的几年中，学校率先把校园变成了被无线网络覆盖的世界。事实上，美国最近的一项研究发现，信息技术的投入占高校预算的5%-8%，比20世纪80年代中期约2%-3%的投入有所增加。

8 On one campus, students use Wi-Fi to fire off instant messages, review their homework assignments, and check their bank balances. Just nine miles down the highway, another university had been feeling a bit of a technology inferiority complex. To compensate, it spent tens of thousands of dollars to give every one of its incoming freshmen a free Apple iPad.

有一所大学里，学生用无线网络发送即时信息、复习家庭作业以及查看银行账户余额。而就在沿公路往前九英里处，另一所大学一直有种技术不如别人的自卑感。为了弥补这一点，该大学花了数万美元给每一名入学新生免费赠送了一台苹果iPad。

9 Some universities even require that all students own or lease a laptop. Some say the focus on technology prepares students for a wired world. "You have to keep up with the rest of the world. Students expect high-bandwidth information, and if you can't deliver it, you're at a competitive disadvantage," states a university president.

有些大学甚至要求所有学生拥有或租用一台手提电脑。有人说注重技术可以使学生作好准备面对被网络连接的世界。一位大学校长指出：“你必须与世界保持同步，学生们期望通过高带宽获取信息。如果你不能提供，你就会在竞争中处于劣势。”

10 Other colleges are straining to stand out from their peers. The race to attract students with the most modern networks and the hottest systems has reached fever pitch. Some business majors are receiving free portable computers. In an always-connected mode, they can get information anytime and anywhere they need. One university is even giving its freshmen new smartphones to enrich the student experience and prepare them for success in a rapidly changing world.

其他大学正努力从同行当中脱颖而出。大学之间用最现代的网络和最热门的系统来吸引学生的竞争已经达到狂热的地步。一些商科专业的学生可以领到免费的便携式电脑。在永久在线模式下，他们可以根据需要随时随地获取信息。一所大学甚至为新生配备了智能手机，以丰富其大学经历，为他们在一个日新月异的世界上取得成功作好准备。

11 For those who prefer to travel laptop-free, colleges supply several computer labs. And for students who study late into the night, many have set up 24-hour repair shops where students can get their laptops fixed by the next day and receive a loaner in the meantime.

大学还为那些不喜欢随身携带手提电脑的学生提供了若干个机房。而且，许多大学为那些熬夜学习的学生开设了24小时电脑维修店，电脑第二天就可以修好，而且在电脑送修期间，学生可以使用维修点提供的代用电脑。

12 Colleges around the world have been replacing their computer systems for the past decade, in large part to provide students with the most advanced free system. The anywhere-anytime access has already yielded amazing benefits in education. With the widespread application of computer technologies, we are going to produce a generation of problem-solvers and intelligent thinkers, which is indispensable for the future of the world.

在过去10年里，世界各地的大学都在更换其计算机系统，主要是为了给学生提供最先进的免费系统。随时随地的网络连接使教育深受裨益。随着计算机技术的广泛应用，我们将培养出善于解决问题和善于思考的一代人，这对于世界的未来是至关重要的。

Too much of a good thing — A real addiction

过犹不及——真正的成瘾

1 Perhaps the greatest change the world has seen in modern times has been the rise of the Internet. It's hard to deny the positive changes it adds to people's lives as it makes life easier with quick access to things like maps, news, and online stores. As a research tool， it is unmatched. It's a great way to keep up with friends. It enables a wealth of media outlets and alternative news sources. Internet access and the ability to make good use of it is practically a must for success in the modern world.

现代世界经历的最大变化也许就是互联网的崛起。我们难以否认网络给人们的生活带来的种种便利。通过网络，人们能够迅速地查到诸如地图、新闻和网上商店等，网络使生活变得简单。作为研究工具，互联网是无与伦比的。它是我们与朋友保持联系的极好的途径。它给我们提供多样的媒体渠道以及各种各样的新闻来源。有条件上网以及有能力充分利用网络是现代社会取得成功的必要条件。

2 Like any technology, though, it has negative aspects that become clear as we start to depend upon it. Like pollution and traffic jams that come with the convenience of cars, Internet access has proven so popular that it has given rise to a new kind of social epidemic, Internet addiction.

然而，像任何技术一样，随着我们开始依赖网络，网络的负面因素就显现出来。正如伴随着汽车的便利而来的是污染和交通堵塞一样，互联网的大行其道导致了一种新的社会流行病，那就是网瘾。

3 Consider the following stories. A few years ago, a couple in the United States was charged with child neglect. It was their addiction to playing games online that kept them from caring for their two infant children. Another recent news story told of a man who spent so much time online that he didn't sleep enough to keep his job. Eventually, he lost his house but kept his laptop and still spent all day online.

看看下面的报道。几年前，美国一对夫妇被指控疏于照顾孩子。正是因为他们迷恋网络游戏而疏于对两个幼儿的照顾。最近还有个关于一位男子的新闻报道，他因为上网时间过长，导致睡眠不足而丢掉了工作。最终，他连房子都没了，但他保留了手提电脑，仍然整日上网。

4 College students are impacted as well. There are many stories of excellent students who lost their university scholarships from poor grades, or of other students who failed at the university altogether simply because they spent too much time online. One student not only failed, but lost 12 pounds. He was so involved online that he forgot to eat! Imagine the agony of this condition!

大学生们也受到影响。有很多报道是关于一些优秀的学生由于成绩差而失去奖学金，还有的学生因此而无法毕业，这全是因为他们上网时间过长所致。有一个学生不仅没有毕业，而且体重减了12磅。他过于沉迷网络，结果连饭都忘了吃! 想一想，这是多么令人痛心啊！

5 These things did not happen to these people because they were lazy or stupid. They happened because of addiction. New college students, even the brightest and most successful ones, are most at risk from these effects because the Internet is important for their studies and because they are just entering a world where their online habits are no longer monitored by concerned parents. Without the discipline and structure of home, students have to manage time by themselves. During their very first term, their grades can plunge, their health decline, and their friendships cease.

这些事情发生在这些人身上，不是因为他们懒惰或愚蠢，而是因为他们上网成瘾。新入学的大学生，甚至是那些最聪明、最成功的大学生，受此影响的风险最大，因为互联网对他们的学业很重要，也因为他们刚刚进入一个新环境，他们的上网习惯不再受到关心他们的父母的监督。没有家人的监督和约束，学生们只能自己管理上网时间。在第一学期，他们可能成绩骤降、健康受损、友谊中断。

6 It is easy for those who are unaffected by the powerful draw of connectivity — those who can easily control their time online — to view Internet addiction as an imaginary problem or to attribute its origins to a weak personality. But the brain chemistry behind Internet addiction is not imaginary. Many common Internet interactions, such as scoring points in online games, getting emails or instant messages, finding new blog entries, all cause the release of endorphins in the brain. Endorphins are the essential brain chemicals connected with positive feelings of success and pleasure. This is no surprise, considering that Internet interactions often involve succeeding at a challenge or having social exchanges. Our brains reward us for these activities in real life all the time.

那些不受网络巨大吸引力影响的人，也就是那些可以轻松控制上网时间的人，容易把网瘾问题看作是假想的问题，或者把网瘾的根源归咎于软弱的性格。但是，网瘾的背后有其脑部化学病理，这不是想象出来的。许多常见的网络互动，如在网络游戏中得分﹑接收电子邮件或即时信息、寻找新的博客日志，所有这些都会引发大脑中内啡肽的释放。内啡肽是大脑中与成功和快乐这些正面情绪相关的重要化学物质。鉴于网络互动经常包含成功应对挑战或进行社会交往，因此网络互动能引起内啡肽的释放也就不足为奇了。对于这些现实生活中的活动，我们的大脑一直在给予我们奖励。

7 The trouble with the Internet is that it makes it possible to have unnaturally long periods of endorphin release, sustained rewards from the brain that are as quick as the click of a mouse. These rewards are not actual, useful, real-life rewards, but simple stimulation that arouses positive feedback in the brain. In real life endorphins encourage us to interact with friends or family, or attempt to learn something new. With Internet addiction endorphins do nothing but keep people hooked to their computers. Internet addicts behave very much like gamblers pulling the lever at machines in Las Vegas, even if it is not rational, hurts their studies, or spoils their health and their lives.

互联网的问题在于，它可以造成过于长期的、非自然的内啡肽释放，也就是来自大脑的持续不断的奖励，就像点击鼠标一样快速。这些奖励不是真实的、有用的、现实的奖励，它们只是引发大脑中正面反馈的简单刺激。在现实生活中，内啡肽促使我们和朋友、家人交往或者尝试学习新东西。而一旦上网成瘾，内啡肽只会使人更加迷恋电脑。有网瘾的人的行为就好像那些在拉斯维加斯的赌徒们不断拉动赌博机的操作杆，虽然这样做不理智、妨害他们的学业或损害他们的健康和生活。

8 So watch how much time you spend online; moderation is your best defense against Internet addiction. Use the wonders of connectivity to enrich your studies, stay connected with distant friends and explore multiple new worlds. Just be careful. Notice if you find you are thinking about the Internet even when you're not online, or if you prefer your online time to time with your real-life friends, or if you hide or lie about how much time you spend online. If you find yourself doing any of these things, take a step back. Look for other ways to enjoy your life. Get some exercise, which is a major source of endorphins! Visit a museum or a beautiful park. Get together with friends to study or schedule some fun time to relax. The Internet is a powerful tool, but make sure that you use it wisely for all the good value it offers and that you won't let too much of a good thing become something bad.

所以，要留意你在网上花了多少时间。节制是对抗网瘾的最好的防御方式。利用网络创造的奇迹来充实你的学业、与远方的朋友保持联系、探索多样的新世界。只是要小心。留意一下，看自己不上网时是否还惦记着网络，或者你是否更愿意上网而不愿意与现实生活中的朋友在一起，或者你是否对上网时间进行掩饰和撒谎。如果你发现自己符合以上任何一种情况，那就要停下来想想了。去寻找其他享受生活的方式。做些运动，运动是内啡肽的重要来源！参观博物馆或去逛逛美丽的公园。和朋友们一起学习或安排娱乐时间来放松一下。互联网是一个强大的工具，但是要确保能明智地利用它，来获得它所能带来的一切好处，确保不会因过度使用而使它变成害人的东西。