

NYU Taylor Swift 纽约大学 毕业典礼演讲

Taylor Swift's NYU Commencement Speech:
Read the Full Transcript



Hi, I'm Taylor.

嗨，我是泰勒。

Last time I was in a **stadium** this size, I was dancing **in heels** and wearing a **glittery leotard**. This outfit is much more comfortable. 上次我在这么大的体育场时，我穿着高跟鞋跳舞，穿着闪闪发光的紧身衣。这套衣服舒服多了。

I'd like to say a huge thank you to NYU's **Chairman of the Board of Trustees**, Bill Berkeley and all the **trustees** and members of the board, NYU's President Andrew Hamilton, Provost Katherine Fleming, and the faculty and **alumni** here today who have made this day possible. I feel so proud to share this day with my fellow honorees Susan Hockfield and Felix Matos Rodriguez, who humble me with the ways they improve our world with their work. As for me, I'm...90% sure the main reason I'm here is because I have a song called '22'. And let me just say, I am elated to be here with you today as we celebrate and graduate New York University's Class of 2022.

我要向纽约大学董事会主席比尔·伯克利和所有董事会成员、纽约大学校长安德鲁·汉密尔顿、教务长凯瑟琳·弗莱明以及今天在座的教职员工和校友表示衷心的感谢。使这一天成为可能。我很自豪能与我的获奖者 Susan Hockfield 和 Felix Matos Rodriguez 分享这一天，他们以他们通过工作改善我们的世界的方式让我谦卑。至于我，我..... 90% 肯定我来这里的主要原因是因为我有一首歌叫《22》。我只想说，我很高兴今天能和你们在一起，庆祝和毕业纽约大学 2022 届毕业生。

stadium

n. 体育馆

glittery

adj. 闪光的；
闪烁的

leotard

n. 紧身衣

**Chairman of
the Board**

董事会主席

trustee

n. 受托人

alumni

n. 校友；毕
业生

Not a single one of us here today has done it alone. We are each a patchwork quilt of those who have loved us, those who have believed in our futures, those who showed us empathy and kindness or told us the truth even when it wasn't easy to hear. Those who told us we could do it when there was absolutely no proof of that. Someone read stories to you and taught you to dream and offered up some moral code of right and wrong for you to try and live by. Someone tried their best to explain every concept in this insanely complex world to the child that was you, as you asked a bazillion questions like 'how does the moon work' and 'why can we eat salad but not grass.' And maybe they didn't do it perfectly. No one ever can. Maybe they aren't with us anymore, and in that case I hope you'll remember them today. If they are here in this stadium, I hope you'll find your own way to express your gratitude for all the steps and missteps that have led us to this common destination.

今天在座的没有一个人是单独完成的。我们每个人都是爱我们的人的拼布被子，那些相信我们未来的人，那些向我们展示同情和善良或告诉我们真相的人，即使它不容易听到。那些告诉我们我们可以在完全没有证据的情况下做到这一点的人。有人给你读故事，教你做梦，并提供一些对与错的道德准则供你尝试和生活。有人竭尽全力向你这个孩子解释这个疯狂复杂的世界中的每一个概念，因为你问了无数问题，比如“月亮是如何工作的”和“为什么我们可以吃沙拉而不是草。”也许他们没有完美地做到这一点。没有人能做到。也许他们不再和我们在一起了，在那种情况下，我希望你今天能记住他们。如果他们在这个体育场，我希望你能找到自己的方式来表达你对所有将我们带到这个共同目的地的步骤和失误的感激之情。

I know that words are supposed to be my 'thing', but I will never be able to find the words to thank my mom and my dad, and my brother, Austin, for the sacrifices they made every day so that I could go from singing in coffee houses to standing up here with you all today because no words would ever be enough.

我知道语言应该是我的“东西”，但我永远找不到话来感谢我的妈妈和爸爸，还有我的兄弟奥斯汀，感谢他们每天为我做出的牺牲，这样我才能离开今天在咖啡馆唱歌到和大家一起站在这里，因为没有任何言语是足够的。

patchwork
quilt
拼布床单

moral code
道德准则

insanely
adv. 疯狂地；
狂暴地

bazillion
n. 亿万

misstep
n. 过失

sacrifice
n. 牺牲；献身

To all the incredible parents, family members, mentors, teachers, allies, friends and loved ones here today who have supported these students in their pursuit of educational enrichment, let me say to you now: Welcome to New York. It's been waiting for you. 对于今天在这里支持这些学生追求教育丰富的所有令人难以置信的父母、家人、导师、老师、盟友、朋友和亲人，让我现在对你们说：欢迎来到纽约。它一直在等你。

I'd like to thank NYU for making me **technically**, on paper at least, a doctor. Not the type of doctor you would want around in the case of an emergency, unless your specific emergency was that you desperately needed to hear a song with a **catchy** hook and an intensely **cathartic** bridge section. Or if your emergency was that you needed a person who can name over 50 **breeds** of cats in one minute.

我要感谢纽约大学让我在技术上，至少在纸面上，成为一名医生。不是您在紧急情况下想要的医生类型，除非您的具体紧急情况是您迫切需要听到一首带有朗朗上口的钩子和强烈宣泄桥段的歌曲。或者，如果您的紧急情况是您需要一个可以在一分钟内命名 50 多种猫的人。

I never got to have the normal college experience, per se. I went to public high school until tenth grade and finished my education doing **homeschool** work on the floors of airport terminals. Then I went out on the road on a radio tour, which sounds incredibly **glamorous** but in reality it consisted of a rental car, motels, and my mom and I pretending to have loud mother daughter fights with each other during boarding so no one would want the empty seat between us on Southwest.

我从来没有过正常的大学经历，就其本身而言。我上公立高中直到十年级，并在机场航站楼的地板上完成了家庭学校作业。然后我在路上进行了一次电台巡回演出，这听起来非常迷人，但实际上它包括一辆出租汽车、汽车旅馆，我和妈妈在登机时假装母女吵架，所以没人会想要我们之间在西南的空座位。

technically
adv.技术上

catchy
adj.容易记住的

cathartic
adj.通便的

breeds
n.品种；族类

homeschool
家庭学校

glamorous
adj.有魅力的；迷人的

As a kid, I always thought I would go away to college, imagining the posters I'd hang on the wall of my freshmen dorm. I even set the ending of my music video for my song "Love Story" at my fantasy **imaginary** college, where I meet a male model reading a book on the grass and with one single glance, we realize we had been in love in our past lives. Which is exactly what you guys all experienced at some point in the last 4 years, right?

imaginary
adj. 虚构的;
假想的

小时候，我一直以为我会去上大学，想象着我会挂在新生宿舍墙上的海报。我什至在我的幻想大学里为我的歌曲“Love Story”设定了音乐视频的结尾，在那里我遇到了一个男模特在草地上看书，一眼就知道我们曾经相爱过生活。这正是你们在过去 4 年中某个时候所经历的，对吧？

But I really can't complain about not having a normal college experience to you because you went to NYU during a global **pandemic**, being essentially locked into your dorms or having to do classes over Zoom. Everyone in college during normal times stresses about test scores, but on top of that you also had to pass like a thousand COVID tests. I imagine the idea of a normal college experience was all you wanted too. But in this case you and I both learned that you don't always get all the things in the bag that you selected from the menu in the delivery service that is life. You get what you get. And as I would like to say to you, you should be very proud of what you've done with it. Today you leave New York University and then you go out into the world searching for what's next. And so will I.

pandemic
adj. 流行的

但我真的不能抱怨你没有正常的大学经历，因为你在全球大流行期间去了纽约大学，基本上被锁在宿舍里或不得不通过 Zoom 上课。平时大学里的每个人都对考试成绩感到压力，但除此之外，你还必须通过一千次 COVID 测试。我想正常大学经历的想法也是你想要的。但在这种情况下，你和我都了解到，你并不总是能把把你从生活中的送货服务菜单中选择的所有东西都放在包里。你得到你得到的。正如我想对你说的那样，你应该为自己所做的一切感到自豪。今天你离开纽约大学，然后你走出去寻找下一个世界。我也会。

So as a rule, I try not to give anyone unsolicited advice unless they ask for it. I'll go into this more later. I guess I have been officially solicited in this situation, to impart whatever wisdom I might have and tell you the things that helped me in my life so far. Please bear in mind that I, in no way, feel qualified to tell you what to do. You've worked and struggled and sacrificed and studied and dreamed your way here today and so, you know what you're doing. You'll do things differently than I did them and for different reasons.

因此，作为一项规则，我尽量不给任何人主动提出的建议，除非他们要求。我稍后会详细介绍。我想我在这种情况下被正式邀请，传授我可能拥有的任何智慧，并告诉你迄今为止在我的生活中帮助过我的事情。请记住，我绝对没有资格告诉你该怎么做。你今天在这里工作、奋斗、牺牲、学习和梦想，所以，你知道你在做什么。你会以与我不同的方式做事，并且出于不同的原因。

So I won't tell you what to do because no one likes that. I will, however, give you some life hacks I wish I knew when I was starting out my dreams of a career, and navigating life, love, pressure, choices, shame, hope and friendship.

所以我不会告诉你该怎么做，因为没有人喜欢那样。然而，我会给你一些生活小窍门，我希望我在开始我的职业梦想时就知道，在生活、爱情、压力、选择、耻辱、希望和友谊中航行。

The first of which is...life can be heavy, especially if you try to carry it all at once. Part of growing up and moving into new chapters of your life is about catch and release. What I mean by that is, knowing what things to keep, and what things to release. You can't carry all things, all grudges, all updates on your ex, all enviable promotions your school bully got at the hedge fund his uncle started.

第一个是……生活可能很沉重，特别是如果你试图一次扛起它。成长和进入生活新篇章的一部分是关于捕捉和释放。我的意思是，知道要保留什么，要释放什么。你不能背负所有的东西，所有的怨恨，所有关于你前任的最新消息，你的学校恶霸在他叔叔创办的对冲基金中得到的所有令人羡慕的晋升。

as a rule

另外

unsolicited

adj.未经请求的

navigate

v.导航；驾驶

Decide what is yours to hold and let the rest go. Oftentimes the good things in your life are lighter anyway, so there's more room for them. One toxic relationship can outweigh so many wonderful, simple joys. You get to pick what your life has time and room for. Be discerning.

决定你要持有什么，其余的就放手吧。通常，你生活中的美好事物总是更轻松，所以它们有更多的空间。一段有毒的关系可以胜过许多美妙、简单的快乐。你可以选择你的生活有时间和空间。要有辨别力。

Secondly, learn to live alongside **cringe**. No matter how hard you try to avoid being cringe, you will look back on your life and cringe **retrospectively**. Cringe is unavoidable over a lifetime. Even the term 'cringe' might someday be deemed 'cringe.'

其次，学会与畏缩一起生活。无论你怎么努力避免畏缩，你都会回顾你的生活并回顾过去。畏缩在一生中是不可避免的。甚至“畏缩”这个词也有朝一日可能被视为“畏缩”。

I promise you, you're probably doing or wearing something right now that you will look back on later and find **revolting** and **hilarious**. You can't avoid it, so don't try to. For example, I had a phase where, for the entirety of 2012, I dressed like a 1950s housewife. But you know what? I was having fun. Trends and phases are fun. Looking back and laughing is fun.

我向你保证，你现在可能正在做或穿着一些东西，你以后回头看会发现令人反感和搞笑。你无法避免它，所以不要尝试。例如，我有一个阶段，在整个 2012 年，我穿得像个 1950 年代的家庭主妇。但你知道吗？我玩得很开心。趋势和阶段很有趣。回头看笑很有趣。

And while we're talking about things that make us squirm but really shouldn't, I'd like to say that I'm a big advocate for not hiding your enthusiasm for things.

当我们谈论让我们感到不安但实际上不应该的事情时，我想说的是，我非常提倡不要隐藏你对事物的热情。

cringe

v. 难堪；退缩；窘迫

retrospectively

adv. 回顾的

revolting

adj. 反感的

hilarious

adj. 可笑的

It seems to me that there is a false stigma around eagerness in our culture of 'unbothered ambivalence.' This outlook perpetuates the idea that it's not cool to 'want it.' That people who don't try hard are fundamentally more chic than people who do. And I wouldn't know because I have been a lot of things but I've never been an expert on 'chic.' But I'm the one who's up here so you have to listen to me when I say this: Never be ashamed of trying. Effortlessness is a myth. The people who wanted it the least were the ones I wanted to date and be friends with in high school. The people who want it most are the people I now hire to work for my company.

在我看来，在我们的“无拘无束的矛盾心理”文化中，对渴望的渴望存在一种虚假的污名。这种观点使“想要它”并不酷的想法永久化。不努力的人从根本上比人更时髦谁做。我不知道，因为我做过很多事情，但我从来都不是“时尚”方面的专家。但我是这里的人，所以当我说话时你必须听我说：永远不要羞于尝试。毫不费力是一个神话。最不想的人是我在高中约会和成为朋友的人。最想要它的人是我现在雇用来为我的公司工作的人。

I started writing songs when I was twelve and since then, it's been the compass guiding my life, and in turn, my life guided my writing. Everything I do is just an extension of my writing, whether it's directing videos or a short film, creating the visuals for a tour, or standing on stage performing. Everything is connected by my love of the craft, the thrill of working through ideas and narrowing them down and polishing it all up in the end. Editing. Waking up in the middle of the night and throwing out the old idea because you just thought of a newer, better one.

我从12岁开始写歌，从那时起，它就成为了我生活的指南针，反过来，我的生活也指导了我的写作。我所做的一切都只是我写作的延伸，无论是导演视频还是短片，为巡演创造视觉效果，或者站在舞台上表演。一切都与我对工艺的热爱联系在一起，通过想法工作并缩小范围并最终完善它的快感。编辑。半夜醒来，扔掉旧的想法，因为你只是想到了一个更新、更好的想法。

stigma

n.污名；耻辱

ambivalence

n.矛盾情绪

perpetuate

v.使永存

A plot device that ties the whole thing together. There's a reason they call it a hook. Sometimes a string of words just **ensnares** me and I can't focus on anything until it's been recorded or written down.

一个情节装置，将整个事情联系在一起。他们称之为钩子是有原因的。有时一串词只会让我陷入困境，我无法专注于任何事情，直到它被记录或写下来。

ensnare

v. 诱捕

As a **songwriter** I've never been able to sit still, or stay in one creative place for too long. I've made and released 11 albums and in the process, I've switched genres from country to pop to alternative to folk. This might sound like a very songwriter-centric line of discussion but in a way, I really do think we are all writers. And most of us write in a different voice for different situations. You write differently in your Instagram stories than you do your senior thesis.

作为一名词曲作者，我从来不能坐以待毙，或者在一个有创意的地方呆太久。我制作并发行了 11 张专辑，在此过程中，我将流派从乡村音乐转向流行音乐，再转向民谣。这听起来像是一个非常以词曲作者为中心的讨论，但在某种程度上，我真的认为我们都是作家。我们大多数人在不同的情况下用不同的声音写作。您在 Instagram 故事中的写作方式与在毕业论文中的写作方式不同。

songwriter

n. 歌词作者

You send a different type of email to your boss than you do your best friend from home. We are all literary **chameleons** and I think it's fascinating. It's just a **continuation** of the idea that we are so many things, all the time.

您向老板发送的电子邮件与您在家中最好的朋友发送的电子邮件不同。我们都是文学变色龙，我认为这很迷人。这只是我们一直都是这么多东西的想法的延续。

chameleon

n. 变色蜥蜴

continuation

n. 继续；连续

And I know it can be really **overwhelming** figuring out who to be, and when. Who you are now and how to act in order to get where you want to go. I have some good news: It's totally up to you. I also have some terrifying news: It's totally up to you.

而且我知道，弄清楚要成为谁以及何时成为现实可能会让人不知所措。你现在是谁以及如何行动才能到达你想去的地方。我有一些好消息：这完全取决于你。我还有一些可怕的消息：这完全取决于你。

I said to you earlier that I don't ever offer advice unless someone asks me for it, and now I'll tell you why. As a person who started my very public career at the age of 15, it came with a price. And that price was years of **unsolicited** advice. Being the youngest person in every room for over a decade meant that I was constantly being issued warnings from older members of the music industry, the media, interviewers, executives.

我之前对你说过，除非有人问我，否则我从不提供建议，现在我会告诉你为什么。作为一个在 15 岁开始我的公开职业生涯的人，这是有代价的。这个价格是多年不请自来的建议。十多年来，我一直是每个房间里最年轻的人，这意味着我不断收到来自音乐行业年长成员、媒体、采访者和高管的警告。

This advice often presented itself as thinly veiled warnings. See, I was a teenager in the public eye at a time when our society was absolutely **obsessed** with the idea of having perfect young female role models. It felt like every interview I did included slight barbs by the interviewer about me one day 'running off the rails.' That meant a different thing to everyone person said it me.

这个建议常常以隐晦的警告的形式出现。看，当我们的社会完全沉迷于拥有完美的年轻女性榜样的想法时，我还是公众眼中的青少年。感觉就像我所做的每一次采访都包括采访者对我有一天“脱轨”的轻微倒钩。这对每个人说我的人来说意味着不同的事情。

overwhelming
adj. 势不可挡的

unsolicited
adj. 未被恳求的

obsessed
adj. 着迷的

So I became a young adult while being fed the message that if I didn't make any mistakes, all the children of America would grow up to be perfect angels. However, if I did slip up, the entire earth would fall off its axis and it would be entirely my fault and I would go to pop star jail forever and ever. It was all centered around the idea that mistakes equal failure and ultimately, the loss of any chance at a happy or rewarding life.

所以我成为了一个年轻的成年人，同时被灌输了这样一个信息：如果我不犯任何错误，美国所有的孩子都会长大成为完美的天使。但是，如果我真的滑倒了，整个地球都会从它的轴心上掉下来，这完全是我的错，我会永远永远地被关进流行歌星监狱。这一切都围绕着这样一个想法，即错误等于失败，最终失去任何幸福或有意义的生活的机会。

This has not been my experience. My experience has been that my mistakes led to the best things in my life.

这不是我的经验。我的经验是，我的错误导致了我生命中最好的事情。

And being embarrassed when you mess up is part of the human experience. Getting back up, dusting yourself off and seeing who still wants to hang out with you afterward and laugh about it? That's a gift.

当你搞砸时感到尴尬是人类经历的一部分。站起来，掸掉自己的灰尘，看看谁还想和你一起出去玩，然后笑吗？那是一份礼物。

The times I was told no or wasn't included, wasn't chosen, didn't win, didn't make the cut...looking back, it really feels like those moments were as important, if not more crucial, than the moments I was told 'yes.'

我被拒绝或不被包括在内，没有被选中，没有获胜，没有晋级……回想起来，真的感觉那些时刻与那些时刻一样重要，如果不是更重要的话有人告诉我“是的”。

ultimately

adv.最终；
最后

embarrassed

adj.为难的；
尴尬的

Not being invited to the parties and **sleepovers** in my **hometown** made me feel hopelessly lonely, but because I felt alone, I would sit in my room and write the songs that would get me a ticket somewhere else. Having label executives in Nashville tell me that only 35-year-old **housewives** listen to country music and there was no place for a 13-year-old on their roster made me cry in the car on the way home.

没有被邀请参加家乡的聚会和过夜让我感到无可救药的孤独，但因为我感到孤独，我会坐在自己的房间里写歌，让我在别处得到一张票。纳什维尔的唱片公司高管告诉我，只有 35 岁的家庭主妇会听乡村音乐，而且他们的名册上没有 13 岁的孩子，这让我在回家的车里哭了起来。

But then I'd post my songs on my MySpace and yes, MySpace, and would message with other teenagers like me who loved country music, but just didn't have anyone singing from their perspective. Having journalists write in-depth, oftentimes critical, pieces about who they perceive me to be made me feel like I was living in some weird simulation, but it also made me look inward to learn about who I actually am. Having the world treat my love life like a spectator sport in which I lose every single game was not a great way to date in my teens and twenties, but it taught me to protect my private life fiercely. Being publicly humiliated over and over again at a young age was **excruciatingly** painful but it forced me to devalue the **ridiculous** notion of minute by minute, ever fluctuating social relevance and **likability**.

但后来我会将我的歌曲发布在我的 MySpace 上，是的，MySpace，并会与像我这样热爱乡村音乐但没有任何人从他们的角度唱歌的其他青少年发信息。让记者撰写深入的、经常是批判性的文章，讲述他们认为我是谁，这让我觉得我生活在一些奇怪的模拟中，但这也让我向内看，了解我的真实身份。让世界把我的爱情生活当成一场让我输掉每一场比赛的观赏性运动，这在我十几二十岁的时候并不是一个很好的约会方式，但它教会了我要坚决保护我的私生活。在年轻的时候一次又一次地被公开羞辱是非常痛苦的，但这迫使我贬低分分钟，不断波动的社会相关性和可爱度的荒谬概念。

sleepovers

过夜

hometown

n. 家乡

housewives

n. 家庭主妇

excruciatingly

adv. 极为疼痛

ridiculous

adj. 可笑的；
荒谬的

likability

n. 可爱

Getting canceled on the internet and nearly losing my career gave me an excellent knowledge of all the types of wine. I know I sound like a consummate optimist, but I'm really not. I lose perspective all the time. Sometimes everything just feels completely pointless. I know the pressure of living your life through the lens of **perfectionism**.

perfectionism
n.完美主义

在互联网上被取消，几乎失去了我的职业生涯，这让我对所有类型的葡萄酒有了很好的了解。我知道我听起来像是一个完美的乐观主义者，但我真的不是。我总是失去远见。有时一切都感觉完全没有意义。我知道从完美主义的角度过好自己的生活所带来的压力。

And I know that I'm talking to a group of perfectionists because you are here today graduating from NYU. And so this may be hard for you to hear: In your life, you will inevitably misspeak, trust the wrong people, under-react, overreact, hurt the people who didn't deserve it, **overthink**, not think at all, self sabotage, create a reality where only your experience exists, ruin perfectly good moments for yourself and others, deny any wrongdoing, not take the steps to make it right, feel very guilty, let the guilt eat at you, hit rock bottom, finally address the pain you caused, try to do better next time, rinse, repeat. And I'm not gonna lie, these mistakes will cause you to lose things.

overthink
想多了

我知道我正在和一群完美主义者交谈，因为你们今天从纽约大学毕业。所以你可能很难听到：在你的生活中，你不可避免地会说错话，相信错误的人，反应不足，反应过度，伤害不值得的人，过度思考，根本不思考，自我破坏，创造一个只有你的体验存在的现实，毁掉自己和他人的完美时光，否认任何错误，不采取措施纠正，感到非常内疚，让内疚吞噬你，跌入谷底，最终解决你造成的痛苦，下次尝试做得更好，冲洗，重复。而且我不会撒谎，这些错误会导致你失去一些东西。

I'm trying to tell you that losing things doesn't just mean losing. A lot of the time, when we lose things, we gain things too.

我想告诉你，失去东西并不仅仅意味着失去。很多时候，当我们失去一些东西时，我们也会得到一些东西。

Now you leave the structure and **framework** of school and chart your own path. Every choice you make leads to the next choice which leads to the next, and I know it's hard to know sometimes which path to take. There will be times in life when you need to stand up for yourself. Times when the right thing is to back down and **apologize**. Times when the right thing is to fight, times when the right thing is to turn and run. Times to hold on with all you have and times to let go with grace. Sometimes the right thing to do is to throw out the old schools of thought in the name of progress and reform. Sometimes the right thing to do is to listen to the wisdom of those who have come before us. How will you know what the right choice is in these crucial moments? You won't.

现在你离开学校的结构和框架，规划你自己的道路。你所做的每一个选择都会导致下一个选择，而下一个选择又会导致下一个选择，我知道有时很难知道该走哪条路。生活中总会有需要为自己挺身而出的时候。正确的事情是退缩和道歉的时候。正确的事情是战斗的时候，正确的事情是转身逃跑的时候。是时候抓住你所拥有的一切，也是时候放手。有时正确的做法是以进步和改革的名义抛弃旧的思想流派。有时，正确的做法是倾听前人的智慧。在这些关键时刻，您如何知道正确的选择是什么？你不会的。

How do I give advice to this many people about their life choices? I won't.

Scary news is: You're on your own now.

Cool news is: You're on your own now.

我该如何向这么多人提供关于他们的生活选择的建议？我不会。可怕的消息是：你现在靠自己了。很酷的消息是：你现在靠自己了。

I leave you with this: We are led by our gut instincts, our intuition, our desires and fears, our scars and our dreams. And you will screw it up sometimes.

我留给你这个：我们被我们的直觉、直觉、欲望和恐惧、伤疤和梦想所引导。你有时会搞砸。

framework

n. 构架；结构

apologize

v. 道歉

So will I. And when I do, you will most likely read about on the internet. Anyway...hard things will happen to us. We will recover. We will learn from it. We will grow more resilient because of it.

我也会。当我这样做时，你很可能会在互联网上读到。无论如何……艰难的事情会发生在我们身上。我们会康复的。我们将从中学习。我们将因此变得更有弹性。

As long as we are fortunate enough to be **breathing**, we will breathe in, breathe through, breathe deep, breathe out. And I'm a doctor now, so I know how breathing works.

只要我们有幸能够呼吸，我们就会吸气、呼气、深呼吸、呼气。我现在是一名医生，所以我知道呼吸是如何运作的。

I hope you know how proud I am to share this day with you. We're doing this together. So let's just keep dancing like we're..... the class of '22.

我希望你知道我为与你分享这一天而感到自豪。我们正在一起做这件事。所以，让我们继续跳舞吧，就像我们一样……22年级。

breathe

v.呼吸