

Technology

单词

词汇	发音	词性	翻译
delete	[us]di'li:t [uk]di'li:t	verb	删除
point	[us]pɔɪnt [uk]pɔɪnt	noun	细节
file	[us]faɪl [uk]faɪl	noun	文件, 档案
link	[us]lɪŋk [uk]lɪŋk	noun	联系, 关系
expect	[us]ɪk'spekt [uk]ɪk'spekt	verb	期待
require	[us]rɪ'kwaɪər [uk]rɪ'kwaɪə(r)	verb	需要, 要求, 命令
username	[us]'ju:zərneɪm [uk]'ju:zəneɪm	noun	用户名
intranet	[us]'ɪntrənɛt [uk]'ɪntrənɛt	noun	(国际互连网的企业)内部网(络)
enter	[us]'entər [uk]'entə(r)	verb	登记
crash	[us]kræʃ [uk]kræʃ	verb	死机、系统崩溃
expire	[us]ɪk'spaɪər [uk]ɪk'spaɪə(r)	verb	到期
responsible	[us]rɪ'spɑ:nsəbl [uk]rɪ'spɒnsəbl	adj.	有责任的
allow	[us]ə'laʊ [uk]ə'laʊ	verb	准许, 许可
tap	[us]tæp [uk]tæp	verb	敲打
position	[us]pə'zɪʃn [uk]pə'zɪʃn	noun	处境, 状况
advancement	[us]əd'vænsmənt [uk]əd'vɑ:nsmənt	noun	前进,提升,进步
social	[us]'soʊʃl [uk]'səʊʃl	adj.	社会的, 社会上的
networking	[us]'netwɜ:rkɪŋ [uk]'netwɜ:kɪŋ	noun	建立关系网络; 计算机系统的连线作业
access	[us]'ækses [uk]'ækses	verb	访问, 使用
scroll	[us]skroʊl [uk]skrəʊl	verb	(指计算机荧屏上的文本)逐渐上下移动

type	[us]taɪp [uk]taɪp	verb	打字
password	[us]'pæsɜːrd [uk]'pɑːswɜːd	noun	密码
icon	[us]'aɪkɔːn [uk]'aɪkɒn	noun	图标,图像
down	[us]daʊn [uk]daʊn	adj.	情绪低落的
reboot	[us],ri:'buːt [uk],ri:'buːt	verb	重新启动
overwhelming	[us],oʊvər'welmɪŋ [uk],əʊvə'welmɪŋ	adj.	压倒性的, 无法抵抗的
dependent	[us]dɪ'pendənt [uk]dɪ'pendənt	adj.	依赖的
media	[us]'miːdiə [uk]'miːdiə	noun	媒体
engrossed	[us]ɪn'grəʊst [uk]ɪn'grəʊst	adj.	全神贯注
access	[us]'æksɪs [uk]'æksɪs	verb	访问, 使用

Explaining office technology

Let's learn to describe how technology works. Karen is helping her colleague, John, with some computer problems. Watch the video and study the language. https://cns2.ef-cdn.com/Juno/18/36/71/v/183671/MOB_11.2.1.1.1.mp4

[KAREN] Hi, John. How's it going?
[JOHN] Hey, Karen. Ummm, not great, to be honest.
[KAREN] What seems to be the problem?
[JOHN] Um, I can't seem to log in to the intranet.
[KAREN] OK, so first thing you need to do is get on the company Wi-Fi.
[JOHN] Uh ...
[KAREN] Uh, it should say IXW staff.
[JOHN] Oh, I need to scroll down. Hang on.
[KAREN] Mm-hmm.
[JOHN] Oh, yeah. Yep.
[KAREN] OK. Open any browser now, and then you need to go to the company intranet home page.
[JOHN] Which I just click 'Home.'
[KAREN] Mm-hmm.
[JOHN] OK.
[KAREN] Uhhh, you should have a user name, but do you have a password?
[JOHN] I don't think so, no.
[KAREN] OK. Go to 'Account setup' right here on the upper left.
[JOHN] Ah, yeah.
[KAREN] OK, password is six characters, including one number. OK, so that's your secret.
[JOHN] Ok, yep. Yes.

[KAREN] OK, excellent. If you bring in a tablet, it's the same thing. You just need to tap on everything.

[KAREN] Um, I'm going to check on your desk. They said it should be ready in an hour. OK?

[JOHN] OK, fantastic.

[KAREN] All right, John. See you later.

[JOHN] Cheers, Karen.

intranet 局域网

Wi-Fi 无线网络

browser 浏览器

home page 主页

user name 用户名

password 密码

谈论技术	
用像这样的词汇来描述技术是如何工作的。	
Do you know your user name and password?	你知道你的用户名和密码吗?
Enter your user name and password to go to the company intranet.	输入你的用户名和密码来进入公司的内部网。
You can access the company Wi-Fi information from the home page.	你可以在主页查看公司无线网的信息。
Our intranet allows us to safely share information within the company.	我们的内部网允许我们在公司内部安全地共享信息。
语言点: Wi-Fi 和 wireless network 这两个术语是同一个意思。	

Listen carefully to the advice Karen gives John.

https://cns2.ef-cdn.com/Juno/18/36/71/v/183671/MOB_11.2.1.1.1.mp4

[KAREN] Hi, John. How's it going?

[JOHN] Hey, Karen. Ummm, not great, to be honest.

[KAREN] What seems to be the problem?

[JOHN] Um, I can't seem to log in to the intranet.

[KAREN] OK, so first thing you need to do is get on the company Wi-Fi.

[JOHN] Uh ...

[KAREN] Uh, it should say IXW staff.

[JOHN] Oh, I need to scroll down. Hang on.

[KAREN] Mm-hmm.

[JOHN] Oh, yeah. Yep.

[KAREN] OK. Open any browser now, and then you need to go to the company intranet home page.

[JOHN] Which I just click 'Home.'

[KAREN] Mm-hmm.

[JOHN] OK.

[KAREN] Uhhh, you should have a user name, but do you have a password?

[JOHN] I don't think so, no.

[KAREN] OK. Go to 'Account setup' right here on the upper left.

[JOHN] Ah, yeah.

[KAREN] OK, password is six characters, including one number. OK, so that's your secret.

[JOHN] Ok, yep. Yes.

[KAREN] OK, excellent. If you bring in a tablet, it's the same thing. You just need to tap on everything.

[KAREN] Um, I'm going to check on your desk. They said it should be ready in an hour. OK?

[JOHN] OK, fantastic.

[KAREN] All right, John. See you later.

[JOHN] Cheers, Karen.

多部分动词用作技术词汇	
复合动词是后接一个或多个介词的动词，比如 in 、 on 或 down 。Type in 就是一个复合动词。	
He typed in the information.	他输入信息。
可分离复合动词	
有些复合动词的两个部分可以分开。注意在下面的例子中， switch 和 on 在第一例中没有隔开，但在第二例中分隔开来。	
Switch on the computer.	启动电脑。
Switch the computer on.	启动电脑。
对于可分动词，可将代词 it , them 和 him 放在动词和介词之间。	
Switch it on.	把它启动。
Put them in.	把它们放进去。

不可分离复合动词	
有些复合动词的动词和介词不能分开。	
Log in with your password.	输入你的密码登录。
You can double-click on the icon to open the file.	你可以双击图标打开文件。
Scroll down the page to find the link.	滚动下拉页面，找到链接。
You can zoom in to make the image larger.	你可以拉近放大图片。
With a smartphone, tap on the icon to open the program.	对智能手机而言，点击图标打开程序。

如何使用呢？	
使用这些表达方式来询问如何使用某物：	
How does that work?	那是怎么工作的？
Can you explain how it works?	你能解释它是怎么工作的吗？
What do I do?	我怎么做？
How do I do it?	我怎么做呢？
使用这些表达向他人解释某物的工作原理：	
Let me explain how it works.	让我来解释它的工作原理。
First of all, you have to switch it on.	首先，你要将它启动。
The next thing you have to do is log in.	你必须要做的下一件事是登录。
After that, tap on any icon to open the file.	然后，轻击任何图标来打开文件。

Move the text to the correct gaps.

You can access the Wi-Fi information on the company (home) page.

Double-click on the (icon) to open the file.

Can you explain (how) it works?

Then you (scroll) down the page, and look for the link.

First of (all) , you have to select a new password.

The (next) thing you have to do is get onto Wi-Fi.

Solving a technical problem

Let's learn language for solving technical problems. John is asking the company's IT manager, Jennifer, for help and advice. Watch the video and study the language. https://cns2.ef-cdn.com/uno/18/36/72/v/183672/MOB_11.2.2.1.1.mp4

[JOHN] Hi. Are you Jennifer?

[JENNIFER] Yes. Hi. How can I help you?

[JOHN] Hi. I'm John. Um, I seem to be having a few problems with my computer.

[JENNIFER] OK. What seems to be the problem?

[JOHN] Well, I'm keep trying to log on, and I keep getting error messages.

[JENNIFER] Did you shut it down and reboot it?

[JOHN] Yeah, a few times.

[JENNIFER] OK, and nothing's worked?

[JOHN] No.

[JENNIFER] All right. Let me have a look at that.

[JOHN] Thanks.

[JENNIFER] OK. All right ... John, your password is expired.

[JOHN] Ahh.

[JENNIFER] Yeah. When was the last time you changed it?

[JOHN] Uh, maybe a month ago?

[JENNIFER] OK. So all employees are required to change your password every single month.

[JOHN] Ahh, OK.

[JENNIFER] All right? Umm, and you have a lot of files on here.

[JENNIFER] Do you have these saved somewhere else?

[JOHN] Mmm, no.

[JENNIFER] No? OK. So you are supposed to back up all of the work that you do.

[JOHN] Oh.

[JENNIFER] All right?

[JOHN] OK.

[JENNIFER] Hmm. Your computer is really slow.

[JOHN] This is why I wanted to see you, really.

[JENNIFER] OK. So you're expected to tell your manager if you have any problems with your computer.

[JOHN] Ahh, OK.

[JENNIFER] OK? And you are responsible for reporting all of your technical issues to IT.

[JENNIFER] Uh, do you know how to do that?

[JOHN] Yeah, I just come and see you, right?

[JENNIFER] No, no, no, no. So do you know how to connect to our intranet page?

[JOHN] Yeah.

[JENNIFER] OK. So just go right to our intranet page, uh, click on 'Report a problem,'

[JENNIFER] uh, tell us what's wrong, and we'll fix it for you in 24 hours.

[JOHN] OK.
 [JENNIFER] OK? Any other issues that you have, John?
 [JOHN] Nope. That's good.
 [JENNIFER] No? Here you are.
 [JOHN] Cheers.
 [JENNIFER] Have a good day. Bye-bye.

log on 登录
 shut it down 关机
 reboot 重启
 expired 过期
 back up 备份
 connect to 连接到

描述电脑问题	
有时候，你会遇到些技术问题。这些是能帮助你描述问题的单词和词组。	
Oh, no! My computer has crashed.	哦，糟糕！我的电脑死机了。
You can't log in because your password has expired.	你无法登录是因为你的密码已过期。
I can't connect to the internet. Our service must be down.	我无法连接到网络。我们的服务一定中断了。
If you're having a problem, reboot your computer.	如果你遇到问题，重启电脑。
更多与计算机相关的复合动词	
你可以用一些多部分动词来描述技术问题。	
I'll sort the problem out.	我会把问题解决掉。
I didn't back up my files, and I had to start all over again.	我没有备份我的文件，我必须重新从头再来一遍。
My computer got too hot and shut down.	我的电脑太热了，关机了。
Don't forget to log off from your computer at the end of the day.	一天工作结束时，不要忘记注销你的计算机。

有目的地倾听

当听人们谈话时，尝试根据互动的目的来调整你的听力方法。例如，如果目的是解释如何做某事，注意这些细节。

听下面的解释并思考最重要的信息。

所以，最重要的信息是如何登录并开始使用。她还告诉你，你可以用你的电子邮件地址作为用户名。

如果互动更侧重于发生了什么，或者某人感觉如何，请听取中心思想。不需要太关注细节。

听这个人的谈话。听取细节还是大体思想更重要？

在这个例子中，细节不是那么重要。你只需要抓住谈话的要点：他很沮丧，因为互联网慢而且内网关闭。

记得调整你的听力以适应形势。

看影片并回答问题 <https://cns2.ef-cdn.com/Juno/15/84/7/v/15847/9.6> Scene 1.mp4

[NINA] Kate? I was thinking of having you help me with some data entry.
[NINA] How does that sound?
[KATE] Yeah, sure.
[NINA] Let's switch it on.
[NINA] This connection's so slow.
[NINA] So, are you any good with computers?
[KATE] I'm not an expert, but, you know ...
[NINA] Cool.
[NINA] Ah. You can log in by using my password.
[NINA] F-A-S-H-I-O-N-I-S-T-A. Fashionista.
[KATE] OK. I better write this all down.
[NINA] OK. Every day I have to put in all these figures.
[NINA] The file is called Admin. Here — click on this icon.
[NINA] Scroll down a little.
[NINA] There.
[NINA] Just use the mouse. It's quicker than typing it.
[KATE] These figures are small.
[NINA] Here. You can zoom in there.
[KATE] Oh. OK. Got it. Thanks.
[NINA] So from now on, I want you to add these figures in here, every day.
[NINA] It's really important.
[NINA] And it's confidential information, but that speaks for itself.
[KATE] Well, maybe ...
[NINA] I trust you.
[NINA] OK. Got to go. Thanks, Kate. I'll be back at about 5.
[KATE] OK. Bye.
[NINA] Bye.

Nina has asked Kate to enter some figures on the computer. Listen for the gist. Watch the video, and answer the questions. <https://cns2.ef-cdn.com/Juno/15/84/8/v/15848/9.6> Scene 2.mp4

[KATE] I can't find the document anywhere.
[KATE] It would be a disaster if I lost this document.
[KATE] OK. Let's try to work out what happened.
[KATE] Now calm down. I'll sort it out.
[KATE] Let me see ...
[KATE] Log off now? Maybe restarting will solve the problem.
[KATE] No, I lost it.
[KATE] What am I going to do?
[KATE] I lost the file. Nina's going to be so mad.
[KATE] That'll teach me not to back up my work.
[KATE] The only thing I can do for now is put in today's figures.
[KATE] Nina's gone for a few hours, and the whole place is falling apart.
[KATE] And the internet's down. When it rains, it pours.
[KATE] Perhaps I should check the modem ...
[KATE] We really need to dust.

表达义务和期望	
be required to 用于必须遵守的规定。该表达与 have to 和 have got to 的意义相同，但更正式更官方。	
All employees are required to change their passwords every month.	所有的员工每个月都要求更改他们的密码。
某事应做但并不一定要做时，使用 be supposed to 和 be expected to 。两个短语的语气与 should 和 ought to 相似。	
You're supposed to back up all the work you do.	你应该备份你做的所有工作。
You're expected to tell your manager if you have a computer problem.	如果遇到计算机故障，你应该告诉你的经理。
使用 be responsible for 表达常规工作要求。	
Employees are responsible for reporting all technical problems to IT.	员工有责任将所有的技术问题汇报给信息技术部门。
使用 be allowed to 表示特权或权利。	
Employees are allowed to work from home one day a week.	员工每周可以在家办公一天。

Watch John ask Jennifer for help with his computer. Select the correct option. https://cns2.ef-cd.n.com/Juno/18/36/72/v/183672/MOB_11.2.2.1.1.mp4

[JOHN] Hi. Are you Jennifer?
 [JENNIFER] Yes. Hi. How can I help you?
 [JOHN] Hi. I'm John. Um, I seem to be having a few problems with my computer.
 [JENNIFER] OK. What seems to be the problem?
 [JOHN] Well, I'm keep trying to log on, and I keep getting error messages.
 [JENNIFER] Did you shut it down and reboot it?
 [JOHN] Yeah, a few times.
 [JENNIFER] OK, and nothing's worked?
 [JOHN] No.
 [JENNIFER] All right. Let me have a look at that.
 [JOHN] Thanks.
 [JENNIFER] OK. All right ... John, your password is expired.
 [JOHN] Ahh.
 [JENNIFER] Yeah. When was the last time you changed it?
 [JOHN] Uh, maybe a month ago?
 [JENNIFER] OK. So all employees are required to change your password every single month.

[JOHN] Ahh, OK.

[JENNIFER] All right? Umm, and you have a lot of files on here. Do you have these saved somewhere else?

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[JENNIFER] OK? Any other issues that you have, John?

[JOHN] Nope. That's good.

[JENNIFER] No? Here you are.

[JOHN] Cheers.

[JENNIFER] Have a good day. Bye-bye.

Summarizing a tech presentation

Let's learn some language for summarizing a presentation on innovation. Watch part of a presentation by John Sculley, former CEO of Apple Inc. and PepsiCo. Watch the video and study the language. https://cns2.ef-cdn.com/Juno/17/86/68/v/178668/MOB_11.2.3.1.1.mp4

[STUDENT] Without further ado, please join me in giving a warm welcome to our very special guest, Mr. John Sculley.

[SCULLEY] Well, thank you very much, and I'm delighted to be here. So I'd like to talk about, uh, innovation.

[SCULLEY] My perspective is, is largely shaped by the things that I've had a chance to be a part of and the people I've worked with.

[SCULLEY] What drives me is curiosity. We spend our time thinking about there has to be a better way of doing that.

[SCULLEY] Because there's a very, very thin line between success and failure.

[SCULLEY] Almost anybody in high tech can tell you exactly what the future is gonna be and be very accurate.

[SCULLEY] That's the easy part. The hard part is telling you when it's gonna happen and who's gonna do it.

[SCULLEY] I would say, if I were hiring people, I, I would look for, for people who, uh, have got experience in, um,

[SCULLEY] things that touch the emerging market and, and then some pragmatic, hands-on stuff. Now, there's, there's, there's nothing like hands-on experience.

innovation 创新
 perspective 看法
 curiosity 好奇心
 failure 失败
 accurate 准确的
 emerging market 新兴市场
 pragmatic 务实的
 hands-on 亲身实践的

有关创新的词汇：不同的词形	
学习单词的不同形式来扩大词汇量和正确使用单词。	
innovate - innovation - innovative	创新－创新－创新的
fail - failure - failing	失败－失败－失败的
emerge - emergence - emerging	出现－出现－新兴的
curiosity - curious	好奇－好奇的
pragmatism - pragmatic	实用主义－务实的
accuracy - accurate	精确－精确的

Read the paragraph about John Sculley.

Move the text to the correct gaps.

John Sculley talked about people who (innovate) . Sculley himself is a very (innovative) person. He said he's very curious, always wanting to find out new ways of doing things. And, from his perspective, there isn't much distance between success and (failure) . He said it isn't hard to make (accurate) predictions about the future; the hard part isn't knowing what will happen, it's knowing when it will happen. Sculley looks for people with hands-on experience in (emerging) markets. He also looks for (pragmatic) people; that is, people who are practical about doing business.

Watch part of a presentation by John Sculley, former CEO of Apple Inc. and PepsiCo.

Note: The opinions expressed by the speaker(s) are not necessarily those of EF.

Watch the video and study the language. https://cns2.ef-cdn.com/Juno/17/86/68/v/178668/MOB_11.2.3.1.1.mp4

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[SCULLEY] things that touch the emerging market and, and then some pragmatic, hands-on stuff. Now, there's, there's, there's nothing like hands-on experience.

I'd like to talk about innovation. 我想谈谈创新。

What drives me is curiosity. 驱动我的是好奇心。

The hard part is ... 困难在于.....

I would look for ... 我要寻找.....

There's nothing like ... 什么都不像.....

表达重要性	
表达重要性，除了直接说 this is important ，还有其他具有同等效果、更为巧妙的方法。	
重读	
一种表达重要性的方法是重读某些单词。在本例中，注意单词 easy 和 when 的重读，以及它们如何传达时机的重要性。	
Predicting the future is the easy part. The hard part is knowing when it's going to happen.	预测未来简单。难的是知道什么时候会发生。

加强语气的表达	
使用以下类似表达，有助于你强调重要的观点：	
I'd like to talk about the future.	我想谈谈将来。
What drives me is curiosity.	驱动我的是好奇心。
The hard part is knowing who is going to do it.	难就难在知道由谁来做。
I would look for a pragmatic person.	我要找个务实的人。
There's nothing like hands-on experience.	没什么比得上实践经验。

Move the text to the correct gaps.

I work for an exciting, (innovative) company.

I always want the answer. I'm driven by (curiosity) .

Learn from (failure) so that you succeed next time.

She was very (accurate) in her sales predictions.

There's (nothing) like hands-on experience.

推断的做出和确认

做出 inference （推断）有助于你确认别人所说的内容，让人放心你明白了他们的意思。使用类似表达做出推断：	
It sounds like you're driven by pragmatism.	听起来驱使你的实用主义。
I thought she was saying that we should have fewer meetings.	我认为她的意思是我们应该少开点会。
If I understood him correctly, we should do more brainstorming.	如果他说的我没理解错的话，我们应该多多集思广益。
If I'm hearing you correctly, only highly adaptable companies are successful.	如果你说的我没听错的话，只有适应能力强的公司才是成功的。

Move the text to the correct gaps.

If I (understood him) correctly, it was mostly about communication.

So (you're saying) that adaptability is the most important thing.

Well, (it sounds) like you don't think we're doing that now.

So, (if I'm hearing) you correctly, it's not just one thing that leads to success. It's a combination of things.

Discussing technology in your life

Let's learn some language for summarizing a presentation on innovation.

Watch the video and study the language. https://cns2.ef-cdn.com/Juno/17/86/69/v/178669/MOB_11.2.4.1.1.mp4

[MAN] I have, um, a smartphone and a smart tablet, I guess you would call it, and I use it every day.

[MAN] I use it for email. I use it to communicate with people.

[MAN] I use it to, um, to communicate with my family.

[MAN] Um, you know, sometimes it can be very overwhelming.

[MAN] Uh, but I've grown into, uh, a position where I'm dependent upon it, unfortunately.

[MAN] And it's hard for me to be away from it.

[MAN] So, it's interesting how, how that, that advancement in, I guess, social networking or media has affected me personally.

[MAN] But, you know, it's a double-edged sword because I'm still completely fascinated by it, and I will continue to be deeply engrossed.

overwhelming 难以应对的

position 处境; 状况

dependent 依靠的

advancement 升迁; 进展

social networking 社交网络

media 媒体

double-edged sword 双刃剑

engrossed 全神贯注的

科技的影响	
这些有用的语言用来描述技术对你生活的影响。	
Sometimes all the technology in our lives can be overwhelming.	我们生活中的各种科技有时可能让人难以应付。
I'm totally dependent on my smartphone. I'd be lost without it.	我非常依赖我的智能手机，没有它，我会不知所措。
John is completely engrossed in his video game.	John 极度沉迷电子游戏。
I'm in a difficult position. I don't like technology, but I need it.	我处境尴尬。我不喜欢科技，可却需要科技。
The advancement of technology is unstoppable.	科技的进步不可阻挡。
Social networking has had a very positive effect on my life.	社交网络在我的生活中有非常积极的影响。
We can access media in many different ways now.	现在我们可以用很多不同的方式来登入媒体。
Technology is a double-edged sword. It has advantages and disadvantages.	科技是一把双刃剑，优势和劣势并存。

更多听力策略
在下一活动中，你将观看一段即兴采访，一对夫妻谈论日常生活中的各种科技。使用这些听力策略，帮助你理解他们说话的内容。
做好听的准备
如果你知道所要讨论的话题，听之前先思考你对该话题了解的内容。自问“我期望听到什么？”这段视频与一对夫妇生活中的科技相关。就优势和劣势而言，你认为他们会说什么？
关注你真正理解的内容
不要试图理解所说的每个单词。说话人说话时会停顿，重新起句。把注意力集中在你理解的内容，猜测不懂的内容。如果你把太多时间用在理解不懂的内容上，你甚至会遗忘更多内容。

听听力，理解大意

说话人常常会强调重要信息。他们可能会用不同的话来陈述要点，重复重要信息或者总结。让说话人帮你理解话题和大意。

再听一遍理解细节

如果你能再次或第三次听到一段内容，把注意力更多集中在细节的理解上。你甚至可以利用上下文，弄明白第一次没听懂的单词的意义。

Note: The opinions expressed by the speaker(s) are not necessarily those of EF.

看影片并回答问题 https://cns2.ef-cdn.com/Juno/14/25/69/v/142569/GE_11.2.4.mp4

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[MAN] But, you know, it's a double-edged sword because I'm still completely fascinated by it, and I will continue to be deeply engrossed.

[WOMAN] I think that there is one thing that I do absolutely love, away from the children, and that is that my day-to-day grind,

[WOMAN] what I do for a living, and how I do it, being both a family person with the kids and taking care of the house and working, doing my job, you know,

[WOMAN] professionally, is that my day can now be broken up.

[WOMAN] It wasn't like this when I was in my 20s.

[WOMAN] My day – I don't have to work 9 to 5, Monday through Friday.

[WOMAN] I can work parts of the day because of technology has given me access to different times I can,

[WOMAN] um, video conference, different times that I can easily get on a social network or,

[WOMAN] um, like an email platform and get the research done I need for my work.

[WOMAN] I can access the programs that we have at work at different times, in the middle of the night, you know,

[WOMAN] when I don't need to be doing stuff at home for the kids.

[WOMAN] This is something that actually is really great about technology.

同意和不同意	
当我们就某个问题争论的时候， 你可能想表明你同意或者不同意某人的观点。	
You have a good point there.	你正说到点子上了。
Yes, I see what you're saying.	是的， 我明白你所说的。
I'm not so sure about that.	我不那么确定。
I can't agree with you there.	我不能同意你的观点。
如果你不同意某人的观点， 你可能想提出一个对立的观点。	
Actually, I think technology has made life a lot better.	事实上， 我认为技术让我们的生活变得好很多。
I hear what you're saying, but it's a double-edged sword.	我听到你所说的， 但是它是一把双刃剑。

给出具体的例子能够增强你的论点。	
I mean, all I see is kids totally engrossed in their smartphones!	我的意思是， 我所看到的尽是孩子们完全沉迷在他们的智能手机里。
For example, I know people who can work from home now.	例如， 我认识一些人他们现在在家工作。
如果你不能同意一个不同的观点， 使用这些表达方式。	
We'll just have to agree to disagree.	我们不得不承认我们的观点无法一致。
Well, each to their own, I guess.	嗯， 我想我们是各持己见。