**2022.12.10 GUIDE TO COLLEGE AND UNIVERSITY-大学生活指南**

So I know that most people going to college or university are pretty concerned of what is it going to be like.

我知道很多人要读大学的时候会关心它会怎么样。

我知道，大多数上大学的人都想知道自己的未来

**Concerned: 关心，担心**

So I want to make a guide to help you out.

所以我做了这个指南来帮你们。

这里我将给你们一些指导。

**Help sb out: 帮助谁解决问题**。

One of the first things you need to know is that they are pretty expensive.

你需要知道的第一个问题即它很贵。

首先。。。

And you can’t have the same attitude as you did in high school.

你不会有跟上高中一样的态度。

**Attitude:态度、看法**

Because if you fail something you just have to take it again at your own expense.

因为如果你挂了哪门课你就要用自己的钱再次学一遍。

**Expense：费用**

So before you go, you need to ask yourself the question.

所以上学之前 你需要问自己一个问题。

Are you there to drink and meet girls?

你在这里是为了喝酒和找女朋友吗？

Or are you there to get a degree that will help direct your career for the rest of your life?

还是你在这里是为了拿到可以帮助你找到养活你以后的一生的职业的学位？

**Degree：学位、程度**

**Direct：指向、指导**

**Career：职业**

And once you figure that out, then you can ask yourself: Am I dedicated enough to commit my whole day to this for the next four-plus years?

一旦你弄清楚了这点就问你自己：在接下来的四年多时间里，我是否足够专注于将我的一整天都花在这上面？

**Once: 一旦**

**Figure that out: 弄清楚**

**Dedicated: 献、致力**

**Commit：承诺、**

Or am I gonna set some time aside to get my degree?

还是我只是抽时间以拿到学位？

**Set some time aside: 抽时间、抽空，在忙着做其他工作时找出来点时间做另外一个事。**

Personally, I really decided to take everything one step at a time.

个人来说，我会决定一步一步来。

**One step at a time: 一步一步来**

And the first thing you have to do is register for courses:

你需要做的第一件事就是登记课程。

**Register: 登记**

**Courses: 课程**

And you might have heard that the school work is gonna be a lot harder than high school. 你可能听说过大学的课程比高中的课程难很对。

And I think most of us have had thoughts like: what if I’m just not smart enough for this？

我以为大部门人们都会想：如果我不够聪明会怎么样呢？

And the truth is: if you could navigate their website, you’re smart enough.

事实是：如果你能使用学校的网站，你就够聪明了。

**Navigate: 驾驶、航行**

Now you might be wondering what’s the best program to take.

现在你可能会想知道最好的课程是什么

And truth be told, there’s not really a best program.

说实话，没有最好的课程

**Truth be told: 说实话**

The most important thing is choosing something that’ll help you find a sustainable job that you’ll enjoy.

最重要的事就是选择一个可以帮助你找到你喜欢工作的课程。

**Sustainable: 可持续、可忍受的**

Now you might be thinking: wait a minute, how do I try to get the job I’ll enjoy if I don’t know what I’ll enjoy, because I’ve never had the job?

现在你应该会想：等等，我都不知道我喜欢什么那我怎么能知道我喜欢哪个工作呢？因为我从来都没有工作过。

That’s a good question and that I’ll avoid by suggesting you use the following rule of thumb.

这是一个很好的问题，我会建议你使用下面的经验法则来避免。

**Avoid: 避免**

**Suggest：建议、推荐**

**rule of thumb：经验法则（A rule of thumb is a general principle or guideline that can be used to make approximate judgments or estimates.）**

So when you’re picking a program, imagine a slider that goes from fun, to how much money you’ll make.

当你选择课程的时候，想象一下从乐趣到你能赚到多少钱的滑块。

**Imagine: 想象**

**Slide：滑块**

That’s the spectrum you are sort of dealing with.

这是一件要多方面考虑的事情。

**Spectrum: 频谱 （很多方面，很复杂的事情）**

So, one thing that most people are really excited about is making new friends.

有一件事让人们很兴奋就是交新朋友。

**Excited: 激发、兴奋**

And don’t worry, you’ll get over that pretty quickly.

别担心，你会很快克服的

**Get over: 克服**

But if you are talking to someone, one thing I think is really important is to avoid certain trigger phrases when you’re talking to people from different departments.

但是如果你在跟一个人聊天，有一件事我觉得很重要就是当你跟一个不同专业的人聊天时需要避免使用某些触发短语

**Trigger phrases: 触发短语**

**Certain: 某些、一定**

As an example, don’t talk about the job market with fine arts students.

比如，别跟一个艺术学生提到就业市场

**the job market：就业市场**

Don’t talk to pre-med or med students about student loans or how long until they graduate.

别跟准备学医科的或者医科的学生提到助学贷款还是他们要多长时间才能毕业的事

**Pre-med: 准备学医科的**

**Med: 医科**

**Student loans: 助学贷款**

And never EVER tell an engineering student you had a lot of homework last night.

还有 别跟一个工程系学生说昨晚你有很多作业

Even if you’re another engineering student.

即使你也是一个工程系学生

**Even if: 即使**

**Engineering: 工程系**

If you’re wondering what type of engineering has the most homework, it’s the one they’re talking.

如果你想知道哪种工程系有最多作业，那就是他们在说的那种。

On a similar note, ask for how much work you should expect to do.

同样，问问你应该预料做多少作业。

**Similar: 相似的、类似的**

**Expect: 期望、预料**

When I started classes, they told everyone: You should be studying for 2-3 hours at home for each hour of lectures you attend.

当我开始上课，他们跟每个人说：你参加的每一个小时的讲课就该在家学习2-3个小时

**Lecture: 演讲，讲课**

**Attend: 参加**

And I remember thinking: wow, no homework.

我记得当时我想：哇 没有作业

Unfortunately, that eventually backfired when we had in-class midterm.

很不幸，当我们有课堂考试的时候它最后发生了意外。

**Unfortunately: 不幸**

**Eventually: 最后，最终**

**Backfired: 发生意外、发生回火**

**In-class midterm: 课堂考试**

And I couldn’t find the room.

我找不到教室。

So, along with that loophole that doesn’t work, there are some common myths I wanted to spell right away.

除了那个不起作用的漏洞之外，我还想立即澄清一些常见的错误观念。

（"some common myths"通常指一些常见的神话。但是，这句话的上下文没有提到神话，而是提到了一个不起作用的漏洞。因此，在这种情况下，"some common myths"更可能指的是一些常见的误解或错误的观念，而不是真正的神话。）

**Along with: 除了。。。之外**

**Doesn’t work: 不起作用**

**Loophole: 漏洞、观察孔**

**Spell right away: 立即澄清**

**Myths: 神话**

So you don’t have the wrong idea about college or university.

让你没有关于大学的错误想法.

Uh, you’ll still be one of the smart kids, myth.

嗯，你还是一个聪明的孩子，错。

People are a lot more mature, myth.

人们都会更加成熟，错。

You’ll have a lot more sex, true!

你会有更多的性生活，是！

I’ll have a lot more sex, myth.

我会有更多的性生活，错。

Now, completely unrelated, but something that can really have an effect on your experience is the male to female ratio in a program.

现在，完全不管，但是有些事会影响到你的体验就是课程里的男生女生数量比例

**Completely： 完全地**

**Unrelated: 无关**

**Effect: 影响、效应**

**Experience: 体验、经验、经理**

**Ratio: 比率 （the ratio of sth to sth is…, the sth to sth ratio）**

As an example, looking at the stats from our local school, Computer science and software engineering is 90% male.

例如，看一下我们当地学校的统计数据，计算机科学和软件工程有90%是男生。

**Stats: 统计数据**

**Local：本地、当地、地方**

**Computer science：计算机科学**

**Software engineering： 软件工程**

While the health and nursing programs are 90% female.

而健康和护理课程有90%是女生

**the health and nursing：健康和护理**

You might be thinking: Oh no, I’m a guy taking computer science.

你应该会想：操，我是一个计算机科学男生。

But I still want to meet girls.

但是我还想见见女生呀。

What does that mean?

那是什么意思?

It means: You fucked up

意思是：你完蛋了！

**Fuck up: 完了、搞砸了**

Uh, I took one Java program course.

嗯， 我选了了一门 Java 程序课程。

And now I get an erection every time I see a gender-neutral name on an attendance sheet.

现在每次看到一个中性名字在考勤表里我都会“硬”。

**Erection: 。。。硬**

**Gender-neutral: 性别中立、部分性别**

**Attendance: 考勤**

Now, of course, when people think of college, they think of college parties.

现在，当然，每次人们想到大学都会想到大学的聚会。

So, I’d always wonder what it would be like to be invited to one.

所以，我总是想知道被邀请参加一个聚会是什么感觉。

On a bit more serious note:

还有一点更严肃的：

**Serious:严肃**

One thing that I think needs to be said, is that a lot of students are a little bummed out;

还有一件事我觉得需要说一下，很多学生都有点沮丧。

**Bummed out: 沮丧、郁闷**

They were really good at something in high school, but now they’re kind of middle of the pack.

在高中的时候他们会很除色在某件事，但是现在他们只能是中等。

**Middle of the pack: 中间、中等**

The truth is: you don’t need to be the best at your discipline to do great things.

事实是：你不需要在你的学科中成为最好的人才能做伟大的事情。

**Discipline: 学科、训练、纪律**

As an example, I never showed a lot of potential in high school.

例如，在高中的时候我不会表现出来太多潜力。

**Potential: 潜在的**

But now I make youtube videos in my room.

但是现在我在房间里做视频。

Uh, what I mean to say is that is important to look for other avenues to really help you stand out to employers, and help your career in general.

我的意思是寻找其他途径来真正帮助你在雇主面前脱颖而出，并在总体上帮助你的职业生涯，这一点很重要。

**Look for: 寻找**

**Avenues: 大街; 途径; 手段**

**Stand out：突出、超群**

**Employer: 雇用者; 雇主**

**General: 全体的; 一般的; 普通的; 大体的; 广泛的; 整体的; 首席的;**

Like, once your skills at a certain level you don’t become a famous artist by being better that everyone else at art and music.

像，一旦你的技能到了一定的程度时 在艺术和音乐领域里你不用超越谁才能著名。

You get there by being better at marketing.

你可以通过更好地营销来实现目标。

You don’t become a chief engineer by being better than everyone at math.

你不会因为在数学上比所有人都好而成为总工程师。

**Chief engineer: 总工程师; 总技师;**

You get there by being better at communication and dealing with people.

你得到它是因为在跟别人交际和对待别人的事上更好。

**Communication: 表达，交际; 通信（系统）; 消息**

**Dealing with: 处理；对待**

And ultimately, try to have at least a little bit of diversity.

最终、努力得一点到与众不同的方面

**Ultimately: 最后、最终、基本上、根本**

**Diversity: 多样性，多元性; 差异，不同**

Because even if lucky enough to have the ability to be the best in the world at one thing.

因为, 即使你能够幸运有在某件事上成为世界上最好的人的能力。

In thirty years, it’ll be a little more difficult to cope when we all get replaced by robots.

在三十年之后，当我们被机器人取代的时候，应付起来会更难了。

**Cope：处理，应付**

**Replaced：取代、更换、替换。**

**2022.12.12 – 6 reasons people leave the one they love.**

**为什么人们会从所爱之人身边离开**

As a quick not, we wanted to say that this video is for educational purposes only.

And we’re not suggesting that you need to end your relationship if you’re familiar with any of these reasons.

What’s important is to sit down with your partner and talk about any issues first.

We also encourage you to speak with somebody you trust, who can provide support.

With that said, let’s begin.

Being in love can feel like one of the most amazing feelings in the world.

Even though you and your partner are very much in love with each other.

It doesn’t necessarily mean that they’ll stick around.

Sometimes you can be in a relationship with someone who loves you.

And that person can still wind up leaving you.

That feeling of abandonment can really hurt.

And it does because you know that you had love within your grasp.

And you still let it slip away.

It can make you question your entire relationship.

Why would they so willingly walk away from love?

To help you get some closure, here are six common reasons why people choose to leave the ones that they love.

Number one, they don’t feel respected.

Do you respect each other in your relationship?

At the foundation of any kind of relationship is respect.

Your partner may love you.

But they will never allow themselves to stay in a relationship that didn’t have mutual respect.

A person’s dignity is always going to come first. And it’s best to stay mindful of that notion.

Number two, they don’t feel emotionally supported.

Are you able to be vulnerable and open around each other?

The bulk of what makes up a good relationship is the emotional support between teo individuals who love one another.

Neither one of you wants to feel slighted or cheated.

The rough patches are common.

And having to be vulnerable can be difficult.

Vulnerability opens up the possibility of pain.

And if your partner doesn’t feel that they’re being supported emotionally, it’s less likely that they will allow themselves to be vulnerable with you.

Number three, your relationship has experienced a loss of physical intimacy.

Have you ever been in a situation where you still love and care for your partner, but you’re not attracted to them anymore?

Physical affection is much more than sex.

And as part of the glue that holds the relationship together.

Continue ..