兴趣

首先，应当着重强调*“*兴趣是最好的老师*”*这句名言所蕴含的道理。不言而喻，通往个人成功的第一步就是拥有情感上的偏好，这是学习最大的动力。事实上，兴趣是学习中最大的动力，能使人保持振作的精神，并且抑制厌倦与疲惫情绪的产生。那些科学领域中划时代的成就在很大程度上归功于科学家最初的兴趣。比如因其杰作《物种起源》而闻名于世的达尔文，早期对自然的兴趣促使他放弃了爱丁堡大学的医学专业，转而去探索自然科学。在剑桥大学的深造继续激发了他对自然科学的热情。最终，他的这种学习热情和不懈的努力得到了回报。达尔文的故事完美地诠释了兴趣作为一个人成功因素的重要性。

段子的英语

*First of all, emphasis should be put on what has been suggested in an old saying “interest is the best teacher”. apparently, the preliminary step toward a person’s success is to possess an emotional preference, which is the biggest impetus in learning, rendering one refreshed and getting rid of the feelings of boredom and tiredness. Those unprecedented achievements in scientific field owe much to the initial interest of learning scientist.*

*To illustrate, Charles Darwin is famous for his masterpiece entitled On the Origin of Species. His interest in nature led him to quit his medical studies at the University of Edinburgh and explore natural science instead. Further education at Cambridge continued to evoke his passion for natural science. At last, his enthusiasm and untiring efforts paid off. His story perfectly indicates the importance of interest in a person’s success.*

幽默

段子的翻译

另外，在我们感到压力的时候，和有幽默感的人在一起有助于我们舒缓情绪。这是因为有幽默感的人通常都有着积极向上的心态，这使得他*/*她能够游刃有余地解决掉压力。如果有这样的一种人陪伴在身边，我们会发现摆脱消极情绪如此简单。我记得我的一个大学同学，他就是这样的人。他喜欢把老师画成卡通人物。在他的画笔下，亲切和蔼的老师成为了像超人和美国队长那样的一身正气的英雄。而那些看起来很严肃的老师则变成了德拉库拉和弗兰肯斯坦那样的反面角色。他的画作给我们带了无尽的欢乐，尤其在最有压力的时候。

段子的英语

*Besides, being with those who have a good sense of humor is conducive to soothing our minds whenever we feel stressed. This is because a humorous person generally owns a positive personality that naturally makes him or her skillful in tackling stressful situations. With the company of that kind of people, we will find it easy to get rid of negative feelings. I remember one of my fellow college students is this kind of friend who likes portraying teachers as cartoon characters. Under his pen, benevolent teachers became righteous ones such as Superman or Captain America, while those serious-looking teachers became Dracula or Frankenstein. His drawings brought us endless joy even in the most demanding and stressful class.*

创造力

首先，就那些奇迹般改变世界的成功发明而论，创新的力量远远胜过基础知识的力量。亚历山大*•*贝尔被公认为第一个实用电话的发明者。他那句历史性的呼唤*“*华生，到这里来！我想见你！*”*翻开了人类历史崭新的一页。通过利用自己创新的优势和无数次尝试，贝尔终于获得了电话专利权，以证明他对科学界划时代贡献。如果不具备这种创新能力，他是无法获得突破的。在现代世界里，类似的实例也可以探寻到。苹果公司合伙创始人之一兼前首席执行官史蒂夫*•*乔布斯用他颇具创造性的电子产品震惊了全世界，这些产品的优良功能和质量不可匹敌。

段子的英语

*In the first place, the power of creativity far outweighs that of the basic knowledge in terms of successful inventions that dramatically change the world. Alexander Bell is commonly credited with inventing the first practical telephone. His historic sentence —“Mr. Watson, come here! I want to see you!” turned a brand new page in human history. By taking advantage of his creativity and numerous endeavors, Bell was finally granted the patent as a proof of his epoch-making contributions to the scientific field. But for his ability to be creative, such scientific breakthroughs would not have been made. In the modern world, similar evidence could also be traced. Steve Jobs, co-founder and former CEO of Apple, shocked the world with his creative electronic products whose superior functions and qualities can never be matched.*

旅游

其次，参观博物馆也让人们充分了解到一个国家辉煌的现在。博物馆着实涵盖很广的领域，包括艺术、科学和农业等。比如，科技馆通过展示、互动节目来解释重要的科学成就。参观者有机会深入探索科学的世界并体验它的神奇。不言而喻，这种颇具教育意义的游览将永久停留于记忆之中。此外，现代艺术馆也同样值得一游。艺术馆收藏了大量的 画作、民间艺术品、雕塑、陶瓷艺术品以及金属工艺品，展示出一个国家丰富多彩的文化。如同一扇大门，博物馆将人们领进了知识的乐园。

段子的英语

*Secondly, visiting museums can offer tourists with abundant knowledge about the magnificence of a country. Ranging from art and science to agriculture, museums really cover a vast area. For example, in science museums, they adopt some interesting and interactive programs to introduce significant scientific achievements. Visitors are given the opportunity to explore the world of science and experience its magic. Evidently, this fantastic and meaningful experience will be a precious memory for a long period. Besides, in the museums of modern art, with a vast amount of collection of frescos, paintings, sculptures, art exhibitions demonstrate the colorful aspect of the country’s cultures. Just like an open door, museums lead people into a paradise of knowledge.*

合作

首先，当今世界注重的团队协作是事业成功的关键。一个人只有通过与同伴互动才能掌握合作的技巧。这生动地展示了良好交际的重要性。在学校期间，有很多项目或团队任务分配给学生去完成。任何一个项目的成功都需要所有成员的共同努力。在完成小组任务的过程中，每一个人都必须与同伴团结协作。由于怀着共同的目标，所有成员都会竭尽全力完成他们分内的工作。这如同一个引擎是由多个相互关联的部件组成一样，如果某个部件出现故障，整个引擎就会马上停止运转，甚至彻底崩溃。这个例子很好的说明了和谐相处在解决问题方面的巨大作用。

段子的英语

*Above all, teamwork, which is greatly valued in modern world, is the key to career success. Only through interactions with partners can one master the art of cooperation, which vividly demonstrates the significance of having a good relationship with others. At school, students are assigned many projects or group tasks. The success of any project requires the united efforts of all group members. During the course of a group task, each individual has to work together with his partner. Bearing a common goal in mind, each member is devoted to the assigned part of the task. Just like different components of an engine, everyone is interrelated. If a single part doesn’t work, the whole engine may stop immediately or even break down. This example is a good demonstration of the value of creating a harmonious relationship with others.*

大城市

在大城市生活有一些优势，特别是对于那些追求事业发展的年轻人。第一，大城市比小城市有更多的工作机会。并且，在大城市里不只有更多的工作，而且工作的质量会更高, 所以收入会更体面。他们会遇到很多能力强又聪明的同事，在他们身上找到闪光点从而激励自己更加努力的完成任务

第二，跟在小城镇长大的同龄人相比，在大城市长大的孩子更有可能接受更高质量的教育。他们将更有机会进入到高声誉的大学学习到更有用的知识

段子的英语

*Living in a big city has several virtues, especially for those youngsters who want to strive for a decent or even better life. First, there are more employments opportunities readily available for individuals in a big city than in a small town. Moreover, not merely are there more work positions, the quality of the employments is also much higher in a big city. As a result, the salary will be decent. Besides, people are given more opportunities to meet a huge number of intelligent co-workers who have strong working ability. During the process of cooperating and having communication with these colleagues, they are more likely to find out the shinning point in them and that will motivate and stimulate them to make great efforts in order to accomplish their mission.*

*Second, children living in urban areas are more likely to accept a higher quality of education compared with their counterparts growing in a small town, which means that they will maintain more chances to go into a university with good reputation and acquire a higher quality of knowledge. In this circumstance, individuals can utilize these useful knowledge and ability to cope with more difficulties along the road to success, which will leave leaders a better impression so that the boss may pay more attention to them and think highly of them or even value them frequently.*

环境

段子的翻译

首先，环境保护和世界上每个人的健康紧密相关。如果环境遭到污染，人们赖以生存的基本元素比如空气和水都可能被影响，这样的话灾难性的后果就可能会产生。最近我在报纸上读到一则令人震惊的报道，中国的中部有一个村庄的大多数居民，包括小孩和老人，都身患像肺癌、胃癌和淋巴癌这样的癌症。调查发现该村村民的饮用水来自于一条被上游工厂废弃物严重污染的河流。

再者，环境保护有利于经济发展的可持续性。在中国有一些谚语，*“*杀鸡取卵*”“*竭泽而渔*”“*焚林而畋*”*。这些古老的智慧告诫现代人们不要只为了获取眼前利益而不考虑将来。换句话说，我们不能不管后代的利益而仅仅满足当代人的需求。设想如果我们通过消耗所有的自然资源、无情猎取珍惜动物、并且砍伐森林来过度追求经济的发展，我们的子孙会变成怎样呢？

段子的英语

*First, environmental protection is closely bound up with the health of every single person in this world. If the environment is polluted, the basic elements people need to survive, such as water and air, may be affected, and thus disastrous results may occur. Recently I have read an appalling story from newspapers that there is a village in the center of China where the majority of its residents, including kids and seniors, suffer from cancers such as lung cancer, stomach cancer and lymph cancer. The investigators found that the villagers’ drinking water was from a river severely contaminated by the industrial discharges of enterprises located at the upstream.*

*In addition, environmental protection is conducive to the sustainability of economic development. There are some idioms in China, “killing the hens for the egg”, “draining the pond for the fish”, and “burning the woods for the prey”. These words of ancient wisdom warn modern people not to gain profits without thinking of the future. In other words, we cannot simply satisfy the needs of contemporary people regardless of the interest of our next generation. Imagine that if we were in excessive pursuit of economic development by consuming all the natural resources, hunting for precious animals mercilessly and cutting down forests, what would become of our descendants?*

电影

段子的翻译

喜剧值得观看，因为它们通过让人们大笑而提供了一种很好的放松方式。而大笑事实上被科学证明是减少压力、疼痛和抑郁的最好良药之一。我仍记得当我准备高考（一场至关重要甚至决定一个人未来的考试）时，最为享受的是在忙碌的一天后看一部金凯利的电影。通过那些令人捧腹的情节和金凯利夸张搞笑的演出，我紧张的大脑得到了放松。

另一种电影*-*恐怖片也值得观看，因为它可以让人们在一个安全的环境下体验恐怖的刺激。大多数情况下，人们倾向于追求不用承担实际危险的娱乐。人们肯定是不想在实际生活中体验这种恐惧感的，但是人们好奇的天性使得人们用电影来表达这种体验。虽然这种心态有些矛盾，但它有时确实存在。比如，几乎所有恐怖片爱好者都享受电影最后当他们如释重负的呼出一口气的感觉。易地而处的体会别人的经历也可以是一种快乐。

段子的英语

*Comedies are worth watching, for they provide a good way to relax by making people laugh, and laughing is in fact proven by science to be one of the best medicines to alleviate pressure, pain or depression. I can still remember the most enjoyable thing was to watch a Jim Carrey movie after a whole day’s hard work when I was preparing for the college entrance examination—a make-or-break exam that even determines one’s future. Through the dramatic performances of Jim Carrey and those hilarious plots, my intense minds got relaxed.*

*Another type of movies, scary movie, is also worth watching because it allows people to experience the excitement of horror under a safe circumstance. In most cases, people tend to seek entertainment without taking actual risks. The experience of fear in real life is absolutely undesirable, but the innate curiosity of human beings renders such experience in movies desirable. Though such mindset may be paradoxical, it does exist sometimes. For example, almost every scary-movie lover enjoys the moment when he or she breathes a sigh of relief at the end of the movie. Vicariously sharing the experience of others can be a kind of happiness.*

压力

首先，现在是政府应该提高人们对于身体健康重要性的意识的时候了。随着社会的加速发展，人们，特别是年轻人，面临着前所未有的激烈竞争。他们需要非常努力地工作来确保过上好的生活，这使得他们面对的压力比以前大得多。在这种情况下，他们中的大部分人的身体非常容易处于亚健康的状态。政府有责任改善公民的健康状况，因此应该在社区修建更多的体育设施，同时通过大众传媒来提高人们的对于定期运动的重要性的意识。

段子的英语

*It is high time that government should arouse people’s awareness of the importance of physical soundness. Along with the acceleration of social development, people, especially young people, are confronted with unprecedentedly fierce competition. They need to work very hard to guarantee a decent life, which causes them way heavier pressures than before. Under such circumstances, most of them are prone to be caught in a sub-health state. Given that it is governments‘ responsibilities to improve citizens’ health condition—governments should increase access to public exercise equipment in the neighborhood and raise people’s awareness of the importance of doing exercises regularly through mass media.*

马斯洛

Why did theater develop, and why was it valued after it ceased to fulfill the function of ritual? Most answers fall back on the theories about the human mind and basic human needs. One, set forth by Aristotle in the fourth century B.C., sees humans as naturally imitative—as taking pleasure in imitating persons, things, and actions and in seeing such imitations.

为什么戏剧会发展，为什么在戏剧完全脱离宗教仪式以后还有这么大的价值？大部分答案都回到那些关于人类心智和人类基本需求的理论中。

应用示范

为什么贫困地区的政府应该将经济发展至于环境保护之上？答案在于 Abraham Maslow 于 1943 年提出的需求等级理论。该理论表明只有最底层的需求得到满足之后个体才会对更高层次的需求有强烈的渴望。

Why should governments in poor and backward areas priorities economic development over environmental protection? The answer falls back on the theory of Maslow’s hierarchy of needs, set forth by Abraham Maslow in 1943, which suggests that the most basic level of needs must be met before the individual will strongly desire the secondary or higher level needs.

社交

此外，学生组织和社团是我们交到好朋友的地方，这会为乏味的校园生活添彩。某种类型的学生组织或社团就像吸引有相似兴趣爱好的人的小组或圈子，这就是为什么一个人往往能够在社团中找到他或她的志同道合的朋友。例如，热爱拍照的会参加摄影社，而爱看电影的往往参加电影沙龙，就同一部电影交换各自的想法。毫无疑问，与有共同的理想和兴趣的人在一起是快乐的源头。

段子的英语

*In addition, student organizations and clubs are the places where we can make great friends, which spices up the tedious campus life. A certain type of student organization or club is like a group or circle that appeals to people with similar hobbies or interests, and that is the reason why one can find his or her congenial friends in the club more often than not. For example, people who love taking photos will join the photography club, and movie-goers are always taking part in movie salons and exchanging mutual ideas and thoughts on the same movie. Undoubtedly, being together with people having the shared aspirations and enthusiasm is the source of happiness.*