B3U2 听力填空练习(两篇课文)

***Passage 1: Silicon Valley* ruined work culture**

1 You **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** into the office a little past 9 a.m. You are wearing **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*,*** even though it is a Wednesday. The office kitchen has coffee and juice, which are free, ***as*** are breakfast and lunch. ***The office* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *screens where your remote colleagues might* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *as talking heads.*** You find a desk — no one has **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**here — where you put down your ***laptop***, and put on your ***headphones*** to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** for the next 12 hours.

2 Sounds like Silicon Valley around 2009, right? Well, surprise — this is **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**in 2020.

3 In recent years, the Silicon Valley work culture has **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.*** United Shore, a **\_\_\_\_\_\_\_\_\_\_\_**company in Michigan, has its own **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**full of puzzles and ready for **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. Then there are the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *policies around vacation days and* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.*** Nationwide, an insurance company, gives employees the option to**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *per month*** in its Ohio headquarters. This is not just to be nice. "We think ***we'll get a* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *from this perk***," Gale King, the company's chief administrative officer, told Columbus Business First. Even **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** companies ***are* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Silicon Valley's new rules. Cargill, ***a* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *of agricultural products***, recently redesigned its offices with ***an* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**and ***adopted a more*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

4 Mike Robbins, an **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** who has worked with companies like Google and Microsoft, says everyone wants to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**in Silicon Valley. "There's a lot of interest when I'm **\_\_\_\_\_\_\_\_\_\_\_**with companies that are more traditional," says Robbins. "They're asking, 'What's Google doing? What's happening in Silicon Valley?' They see all the ***success***."

5 Everything from **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**to free office meals and the rise of remote work has been **\_\_\_\_\_\_\_\_\_\_\_**by Silicon Valley. But Silicon Valley's biggest export, Robbins says, is ***the* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *between work and life.*** As ***the* \_\_\_\_\_\_\_\_\_\_\_*between work and life become* \_\_\_\_\_\_\_\_\_\_\_**, ***everyone works all the time.***

6 Offices used to be like prisons, but at least they had a clear purpose. ***You wouldn't* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *in a cubicle farm,* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *spend time there on weekends.*** Then companies like Google came along and reinvented **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**into something with purpose and, along the way, confused work with the rest of life. Now, your co-workers are supposed to feel like a family. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** conventional job titles **\_\_\_\_\_\_\_\_\_\_\_**by ones like "wizard" and "ninja." ***And forget about work-life* \_\_\_\_\_\_\_\_\_\_\_*. It's all about work-life* \_\_\_\_\_\_\_\_\_\_\_*.*** Why else would the office have ***on-site* \_\_\_\_\_\_\_\_\_\_\_*, nap* \_\_\_\_\_\_\_\_\_\_\_**, and free dinner after 7 p.m.? Even policies like unlimited vacation days, **\_\_\_\_\_\_\_\_\_\_\_**by companies like Netflix, don't actually ***lead to a more relaxed,* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.*** A 2017 investigation found that employees who labor under such policies **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

7 ***Fewer people have been more* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *of this 24 / 7 work culture than Dan Lyons,*** a former journalist who left the newsroom to work at **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**in the mid-2000s. The experience was so unpleasant that he soon quit his tech job, which he **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**in his new job writing for the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Silicon Valley. The series appears to be an **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**to anyone outside of the tech world, but ***they are* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *many people inside of it.***

8 Lyons believes these ***new-age corporate* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, along with perks like free snacks or ***beer* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*,*** are ***simply a* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*from something* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.*** He **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**worker unhappiness not just ***on*** Silicon Valley's work culture but also on its business model — one he calls ***"*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.***" ***The modern tech company is* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*with growth and profit,* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *of its employees and* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *its investors.***

9 ***Worst of all, the tech world has managed to* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*this* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*for someone else's profit* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*:* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*culture.*** ***It's* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*the 9-to-5 with the 996*** — that is, 9 a.m. to 9 p.m., six days a week. Take it from Elon Musk: Nobody ever changed the world on 40 hours a week.

10 Can we **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**we've created? Maybe. In recent months, people in Silicon Valley have begun to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**— or at least ***acknowledge the* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.*** When ***the Verge*** published an investigation ***into*** the work environment at Away, a suitcase start-up, it caused enough of a reaction that the company's CEO **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. A number of Away's employees described **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**messages from the CEO, being asked to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*,*** and a culture of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**— once considered normal, now considered unacceptable. Then again, other people in Silicon Valley simply **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. Austen Allred, the CEO of Lambda School, tweeted that the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**shouldn't seem surprising: "It's probably 99 percent of all companies, actually."

11 That's enough to make someone wish they were back in the 1950s. Of course, it's not like work culture was perfect half a century ago. As Ron Friedman writes in his 2014 book The Best Place to Work: The Art and Science of Creating an Extraordinary Workplace, ***there are* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *to everything***: "***Cubicles are* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*. Private offices are* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*. Open spaces are* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.***" But maybe it's time to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**a world where the office is just the office — a place you can actually get work done, and then **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**leave.

**Passage 2: Finding the right career path**

**寻找合适的职业道路**

1 Growing up, most other teenagers I knew were **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*their rooms with pictures of* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. But not me. ***My walls were* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*with* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.***

2 For me, fashion was what life should be like, ***just* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. ***A world worth* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *and living in,* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*through images.*** I spent years sitting on my bed, doing homework and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*up at those* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *walls***. But I never once **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**that fashion could be a career option.

3 Because I had always done well in science and my father was a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**dentist, I decided to study to become a doctor. I was good with my hands, so my love of art **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *in* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**— a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**that, in my mind, combined the best of both worlds, beauty and science. I loved that a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**was in the business of making people feel better about themselves, and I was certain that ***it was the right path for me.***

4 After high school, I **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** for a nearby plastic surgeon. I ***had a* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**in the operating room, watching **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**that all looked so perfect. That experience, plus my grades, ***earned me* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** to the University of Maryland. I declared my major in **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**and put up with eight a.m. labs four days a week. I took the dreaded ***MCATs*** during my junior year and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *a six-week summer internship*** at a hospital in Long Island. I was so excited that I'd been accepted into the program and confident that the experience would prove valuable and educational.

5 That summer, my alarm went off every day at six a.m. Getting ready was easy because it didn't really matter what I wore — I'd be covering it all up with a lab coat — unless I was ***doing* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, which meant ***changing into* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, a* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*and a face mask.***

6 Our program was meant to show us what it was really like being a doctor, and each morning exposed us to difficult cases. ***By the time* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** we couldn't wait to sit down together in the cafeteria to relax and reflect on our experiences that morning. Listening to the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*,*** I slowly began to realize that I didn't share the passion or enthusiasm they did for what we were doing. But how could that be? I loved everything I was learning in school and during my plastic surgery internship, but hated the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** of those lessons in a hospital. It didn't make sense. But an uncomfortable feeling started to worry me, and with every day that passed, it became more difficult to ignore.

7 I also hated that it didn't matter what I wore each day. I missed my clothes. It was like someone had cut my wings. Every Friday afternoon when I came home from the hospital, I couldn't wait to shower and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *for the night***. ***The medical* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**is clearly not a reason to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, but I was looking for any excuse I could find to convince myself that the career path I was on was the wrong one.

8 I asked myself: Were these reasons big enough to quit medicine? I'd just spent three years working toward a career that I felt like I no longer wanted. But ***the thought of* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *so* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*seemed* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**— and shifting them to what? Could I really walk away from a goal I'd had for such a long time? And what would I tell my parents?

9 **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *medicine*** would have been **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, actually. But when ***everything in your mind is* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *NO***, you can't ignore it and you shouldn't ignore it. I couldn't live my life with regret. My dream had changed and it wasn't my fault. That's precisely why you intern: ***to*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. So, I had to choose to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.***

10 I knew ***there was* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**to my parents, but I wasn't going to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**it, so I just **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*. "***I've been thinking a lot about my experience this summer, and I don't think being a doctor is for me," I said.

11 "It's your life and your decision," my father replied after**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

12 "But what are you going to do?" **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**my mother.

13 "I don't know yet," I said nervously. "But I hope to figure it out soon."

14 With that comment I got up and left the room. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. I had **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**but I didn't feel any better. I was very anxious about my mother's question. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. After all, I had only a year of college left, yet I had no idea what it actually was that I wanted to do.

15 Weeks later, when I was back at school sitting on my bed in my apartment, I glanced at my shelf, where a copy of Arthur Elgort's Models Manual was lying. I had bought that book in my senior year of high school. Elgort, a fashion photographer, filled the pages with**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*images of supermodels***.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*e,* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *beauty.*** I had **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *that book* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** before. But something was different now. Something felt more important.

16 ***I suddenly* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *my magazine-wallpapered room and it all became* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.*** Those magazine pages had always been there,**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*:*** Fashion was the answer.

参考答案：

***Passage 1: Silicon Valley* ruined work culture**

1 You ***stroll*** into the office a little past 9 a.m. You are wearing ***weekend casual,*** even though it is a Wednesday. The office kitchen has coffee and juice, which are free, ***as*** are breakfast and lunch. ***The office is lined with screens where your remote colleagues might pop up as talking heads.*** You find a desk — no one has ***assigned seats*** here — where you put down your ***laptop***, and put on your ***headphones*** to ***tune out the world around you*** for the next 12 hours.

2 Sounds like Silicon Valley around 2009, right? Well, surprise — this is ***Corporate America*** in 2020.

3 In recent years, the Silicon Valley work culture has ***spread across the nation.*** United Shore, a ***mortgage*** company in Michigan, has its own ***in-office escape room*** full of puzzles and ready for ***team-building exercises***. Then there are the ***seemingly generous policies around vacation days and time off.*** Nationwide, an insurance company, gives employees the option to ***take two Fridays off per month*** in its Ohio headquarters. This is not just to be nice. "We think ***we'll get a productivity lift from this perk***," Gale King, the company's chief administrative officer, told Columbus Business First. Even ***super-old*** companies ***are bending toward*** Silicon Valley's new rules. Cargill, ***a major distributor of agricultural products***, recently redesigned its offices with ***an open layout*** and ***adopted a more liberal remote work policy***.

4 Mike Robbins, an ***executive coach*** who has worked with companies like Google and Microsoft, says everyone wants to ***copy what's happening*** in Silicon Valley. "There's a lot of interest when I'm ***consulting*** with companies that are more traditional," says Robbins. "They're asking, 'What's Google doing? What's happening in Silicon Valley?' They see all the ***success***."

5 Everything from ***casual dress codes*** to free office meals and the rise of remote work has been ***driven*** by Silicon Valley. But Silicon Valley's biggest export, Robbins says, is ***the collapsing barrier between work and life.*** As ***the boundaries between work and life become blurred***, ***everyone works all the time.***

6 Offices used to be like prisons, but at least they had a clear purpose. ***You wouldn't hang out in a cubicle farm, let alone spend time there on weekends.*** Then companies like Google came along and reinvented ***the rat race*** into something with purpose and, along the way, confused work with the rest of life. Now, your co-workers are supposed to feel like a family. ***Hierarchies have been flattened,*** conventional job titles ***replaced*** by ones like "wizard" and "ninja." ***And forget about work-life balance. It's all about work-life integration.*** Why else would the office have ***on-site acupuncture, nap pods***, and free dinner after 7 p.m.? Even policies like unlimited vacation days, ***popularized*** by companies like Netflix, don't actually ***lead to a more relaxed, sun-kissed workforce.*** A 2017 investigation found that employees who labor under such policies ***take fewer days off***.

7 ***Fewer people have been more vocal opponents of this 24 / 7 work culture than Dan Lyons,*** a former journalist who left the newsroom to work at ***start-ups*** in the mid-2000s. The experience was so unpleasant that he soon quit his tech job, which he ***took advantage of*** in his new job writing for the ***television series*** Silicon Valley. The series appears to be an ***absurdist parody*** to anyone outside of the tech world, but ***they are portraits too real to many people inside of it.***

8 Lyons believes these ***new-age corporate practices***, along with perks like free snacks or ***beer on tap,*** are ***simply a misdirection from something rotten at the core.*** He ***blames*** worker unhappiness not just ***on*** Silicon Valley's work culture but also on its business model — one he calls ***"shareholder capitalism.***" ***The modern tech company is obsessed with growth and profit, at the expense of its employees and to the benefit of its investors.***

9 ***Worst of all, the tech world has managed to recast this workaholism for someone else's profit as something desirable: hustle culture.*** ***It's replaced the 9-to-5 with the 996*** — that is, 9 a.m. to 9 p.m., six days a week. Take it from Elon Musk: Nobody ever changed the world on 40 hours a week.

10 Can we ***unwind the work culture*** we've created? Maybe. In recent months, people in Silicon Valley have begun to ***redraw the boundaries*** — or at least ***acknowledge the absurdity of the norm.*** When ***the Verge*** published an investigation ***into*** the work environment at Away, a suitcase start-up, it caused enough of a reaction that the company's CEO ***resigned***. A number of Away's employees described ***abusive*** messages from the CEO, being asked to ***work through vacations,*** and a culture of ***bullying*** — once considered normal, now considered unacceptable. Then again, other people in Silicon Valley simply ***shrugged***. Austen Allred, the CEO of Lambda School, tweeted that the ***allegations*** shouldn't seem surprising: "It's probably 99 percent of all companies, actually."

11 That's enough to make someone wish they were back in the 1950s. Of course, it's not like work culture was perfect half a century ago. As Ron Friedman writes in his 2014 book The Best Place to Work: The Art and Science of Creating an Extraordinary Workplace, ***there are trade-offs to everything***: "***Cubicles are depressing. Private offices are isolating. Open spaces are distracting.***" But maybe it's time to ***reimagine*** a world where the office is just the office — a place you can actually get work done, and then ***eventually*** leave.

**Passage 2: Finding the right career path**

**寻找合适的职业道路**

1 Growing up, most other teenagers I knew were ***wallpapering their rooms with pictures of superstars***. But not me. ***My walls were plastered with high-fashion magazine spreads.***

2 For me, fashion was what life should be like, ***just amplified***. ***A world worth diving into and living in, albeit through images.*** I spent years sitting on my bed, doing homework and ***glancing up at those fashion-plastered walls***. But I never once ***gave even a single thought*** that fashion could be a career option.

3 Because I had always done well in science and my father was a ***reputable*** dentist, I decided to study to become a doctor. I was good with my hands, so my love of art ***sparked a more specific interest in plastic surgery*** — a specialty that, in my mind, combined the best of both worlds, beauty and science. I loved that a ***plastic surgeon*** was in the business of making people feel better about themselves, and I was certain that ***it was the right path for me.***

4 After high school, I ***interned*** for a nearby plastic surgeon. I ***had a front-row seat*** in the operating room, watching ***cosmetic surgeries*** that all looked so perfect. That experience, plus my grades, ***earned me a full four-year merit scholarship*** to the University of Maryland. I declared my major in ***neurobiology*** and ***physiology*** and put up with eight a.m. labs four days a week. I took the dreaded ***MCATs*** during my junior year and ***landed a six-week summer internship*** at a hospital in Long Island. I was so excited that I'd been accepted into the program and confident that the experience would prove valuable and educational.

5 That summer, my alarm went off every day at six a.m. Getting ready was easy because it didn't really matter what I wore — I'd be covering it all up with a lab coat — unless I was ***doing surgical rounds***, which meant ***changing into scrubs, a hairnet and a face mask.***

6 Our program was meant to show us what it was really like being a doctor, and each morning exposed us to difficult cases. ***By the time lunch came around,*** we couldn't wait to sit down together in the cafeteria to relax and reflect on our experiences that morning. Listening to the ***heated discussion,*** I slowly began to realize that I didn't share the passion or enthusiasm they did for what we were doing. But how could that be? I loved everything I was learning in school and during my plastic surgery internship, but hated the ***practical applications*** of those lessons in a hospital. It didn't make sense. But an uncomfortable feeling started to worry me, and with every day that passed, it became more difficult to ignore.

7 I also hated that it didn't matter what I wore each day. I missed my clothes. It was like someone had cut my wings. Every Friday afternoon when I came home from the hospital, I couldn't wait to shower and ***pick out my outfit for the night***. ***The medical wardrobe*** is clearly not a reason to ***give up on a profession***, but I was looking for any excuse I could find to convince myself that the career path I was on was the wrong one.

8 I asked myself: Were these reasons big enough to quit medicine? I'd just spent three years working toward a career that I felt like I no longer wanted. But ***the thought of shifting gears so drastically seemed insane*** — and shifting them to what? Could I really walk away from a goal I'd had for such a long time? And what would I tell my parents?

9 ***Sticking with medicine*** would have been ***the easy path***, actually. But when ***everything in your mind is screaming NO***, you can't ignore it and you shouldn't ignore it. I couldn't live my life with regret. My dream had changed and it wasn't my fault. That's precisely why you intern: ***to test the water***. So, I had to choose to ***shut the door on medicine.***

10 I knew ***there was no easy way to break the news*** to my parents, but I wasn't going to ***sugarcoat*** it, so I just ***went straight to the point. "***I've been thinking a lot about my experience this summer, and I don't think being a doctor is for me," I said.

11 "It's your life and your decision," my father replied after ***a long, awkward silence***.

12 "But what are you going to do?" ***pressed*** my mother.

13 "I don't know yet," I said nervously. "But I hope to figure it out soon."

14 With that comment I got up and left the room. ***My head was swirling***. I had ***spilled the beans*** but I didn't feel any better. I was very anxious about my mother's question. ***Her concern was legitimate***. After all, I had only a year of college left, yet I had no idea what it actually was that I wanted to do.

15 Weeks later, when I was back at school sitting on my bed in my apartment, I glanced at my shelf, where a copy of Arthur Elgort's Models Manual was lying. I had bought that book in my senior year of high school. Elgort, a fashion photographer, filled the pages with ***stunning images of supermodels***. ***Completely unreachable, awe-inspiring beauty.*** I had ***flipped through that book countless times*** before. But something was different now. Something felt more important.

16 ***I suddenly flashed back to my magazine-wallpapered room and it all became crystal clear.*** Those magazine pages had always been there, ***right under my nose:*** Fashion was the answer.