Unit 2

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| ***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 t***eam-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. | ***硅谷*毁了工作文化**  1 上午九点稍过，你***踱***进办公室，身穿周***末休闲服***，尽管这是周三。办公室的小厨房里有免费的咖啡和果汁，早餐和午餐也是免费的。***办公室里屏幕排列成行，远程同事的特写头像随时会跳出来。***你找到一张桌子——这里没人有指定的座位——你放下手提电脑，戴上耳机，在接下来的12小时将***屏蔽周围的世界***。  2 这听着像是2009年前后的硅谷，对吧？但是，令人意外的是，这是2020年***美国大企业***中的情形。  3 近年来，硅谷的工作文化***席卷了全美国***。United Shore 是位于密歇根州的一家***抵押贷款***公司，它的办公室里就有自己充满谜题的***密室逃生游戏室***，用于***团队建设练习***。另外，这种工作文化中还有***看似宽松的假期和休假政策***。全美互惠(Nationwide)是一家保险公司，它位于俄亥俄州的总部允许员工***每月选择两个周五休假***。这么做不仅仅是为了善待员工。“我们认为***这一特殊待遇可以提升工作效率(注意此句翻译的时候主语换了)。***”公司的首席行政官盖尔 • 金对《哥伦布商业第一》这样说。连***超级老牌***的公司也***不得不屈从于***硅谷的新规则。***大型农产品经销商***嘉吉公司近期将办公室重新设计成***开放式的布局***，并且***采取了更为自由的远程工作政策***。  4 曾与谷歌、微软等公司合作的***高管培训师***迈克 • 罗宾斯说，人人都想效仿在硅谷发生的事。“我在一些更为传统的公司做咨询时，他们表现出相当浓厚的兴趣。”麦克 • 罗宾斯说道，“他们会问：‘谷歌正在做什么？硅谷正在发生什么？’他们看到的都是成功。”  5 从***休闲着装规定***到免费工作餐以及远程工作的兴起，这一切都是由硅谷推动的。但是硅谷最重要的输出，罗宾斯说道，是***工作与生活之间边界的瓦解***。***当工作与生活之间的边界变得模糊时，人人都在连轴转。***  6 办公室一度像监狱，但至少它们目的清晰。***你不会在办公室隔间里闲逛，更不会在那儿度周末***。然后谷歌之类的公司出现了，将***激烈的竞争***重新打造成有意义的事情，在这过程中将工作和生活的其余部分混淆在一起。如今，你的同事们得像一家人。***上下级间地位变得平等***，传统的工作头衔被“术士”、“忍者”之类的称呼所替代。而且，***别指望工作与生活的平衡了，现在是工作与生活的融合***。不然办公室为何还***就地提供针灸、小憩舱***和晚七点后的免费晚餐呢？就连由网飞之类的公司所推广的无限假期之类的政策也没能***使员工们更放松或沐浴更多阳光***。2017年的一项调查发现，在这些政策下工作的员工实际***休假天数更少***。  7 ***对这种全天候连轴转的工作文化，丹 • 莱昂斯最为旗帜鲜明地表达反对观点***。他曾经是个记者，于21世纪第一个十年中期离开新闻编辑室去***创业公司***工作。他的工作经历非常不快，因此他很快从科技公司辞职，并***利用***这一经历在新工作中为电视连续剧《硅谷》进行创作。这一连续剧对科技世界的局外人而言似乎是***荒诞滑稽剧***，而***对许多局内人来说，这些描述却太过真实。***  8 莱昂斯认为，***新世纪的公司的这些做法***——连同免费小食或***桶装啤酒之***类的特殊优待——***只不过是诱导人们不去注意坏到根子里的某些事情***。员工幸福感低，***他认为责任***不仅***在于***硅谷的工作文化，也在于他称之为“***股东资本主义***”的商业模式。***现代科技公司沉迷于发展和利润，为了让投资者获益不惜牺牲员工的利益。***  9 ***最糟糕的是，科技世界设法将这种为他人谋利的工作狂状态重新打造成一种可取的东西：拼搏文化。这种文化用996工作制***（即从上午九点工作到晚上九点，每周工作六天）***取代朝九晚五的工作***。如埃隆 • 马斯克所说：没有人能每周工作40小时就改变世界。  10 我们能否***解开***自己创造的这种***工作文化的羁绊***呢？也许吧。近几个月，硅谷的人们开始***重新划分界限***——或者至少***承认了这一常态的荒谬性***。***前沿网***发布的对箱包创业公司Away工作环境的调查引起了足够大的反响，导致公司首席执行官辞职。公司的许多职员声称收到过来自首席执行官的辱骂性信息，要求他们***整个假期都工作***。他们形容了一种恃强凌弱的文化——这种文化曾经被认为是正常的，现在则不可接受。然而，硅谷的其他人仍然只是耸耸肩。兰达培训学校首席执行官奥斯汀 • 奥尔雷德发推特称，这些指控并不令人吃惊：“其实百分之九十九的公司里都会发生这些事情。”  11 这就足够令人向往回到20世纪50年代了。当然，并不是说半个世纪前的工作文化就无懈可击。罗恩 • 弗里德曼于2014年出版了一本书——《工作的最佳场所：创造非凡职场的艺术与科学》。他在书中写道，***一切事物都牵涉利弊之间的权衡：“办公室隔间令人沮丧，私人办公室令人隔绝，而开放办公空间令人分心。***”但也许是时候重新想象这样一个世界：办公室就是办公室——一个你确实可以将活干完，然后最终可以离开的地方。 |
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| **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 f***lipped 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. | 1 在成长过程中，大多数我所知的青少年们***将超级巨星的照片作为他们房间的墙纸***。但我却不是这样，***我的墙壁上贴的是高级时装杂志的内页***。  2 对我来说，时装是生活该有的样子，***只不过是强化版的***。***尽管是通过图像，但那是一个值得投入和为之生活的世界***。我坐在床上，做着作业，***抬头扫视贴满时装画报的墙壁***，就这么过了很多年。但是我从未***产生过哪怕一次这样的念头***：时装可以成为自己的职业选择。  3 由于我理科成绩不错，而且父亲是个***口碑颇好的***牙医，我决定学习成为一名医生。我动手能力强，对艺术的热***爱激发了我对整形外科更为确定的兴趣***——在我心目中，这一专业可以让我兼顾美和科学，两全其美。一个***整形外科医生***所做的事情能让人自我感觉更好，我很喜欢这一点，而且确信***这对自己是条正确的道路。***  4 高中毕业后，我在附近一个整形外科医生处***实习***。在手术室中，我***坐在前排的座位***，观摩着那些看上去天衣无缝的***整形手术***。这一经历，加上我的成绩，***让我获得***马里兰大学的***四年全额优秀学生奖学金***。我选择了***神经生物学和生理学***专业，忍受着每周四天从早上八点开始的实验室生活。大三时我参加了恐怖的***医学院入学考试***，并***获得***在长岛一家医院***为期六周的暑期实习机会***。我对于能够入选这个项目深感兴奋，并且相信这会是一段有价值且有教益的经历。  5 那个夏天，我的闹铃每天早上六点响起。准备出门十分容易，因为我穿什么都没关系——我还会在外面再套上一件实验服——除非需要***做外科查房***，那就需要***换上外科手术服，“戴上”（戴上是需要增加的翻译）发罩和口罩***。  6 我们项目的目的是让我们了解做一名医生的日常，每天早上都会让我们去接触一些疑难病症。***每到午饭时间***，我们就迫不及待地到餐厅聚在一起放松，回顾当天上午的经历。我听着***热烈的讨论***，逐渐开始意识到，自己对正在做的事情并没有像他们那样的激情和兴趣。但怎么会这样呢？我喜欢在学校和整容外科实习期间所学的所有知识，但是却不喜欢这些知识在医院中的实际应用。这讲不通。但是一种不安的情绪开始令我担忧，每过一天，它就变得越发难以忽视。  7 而且我也不喜欢每天穿什么都无所谓这一点。我想念自己的衣服，这种感觉就好像有人剪断了我的翅膀。每到周五下午从医院回家，我都迫不及待地洗澡，然后***挑选晚上穿的全套服装***。***医生的行头***显然不是***放弃这个职业***的理由，我不过是在找一个借口让我相信自己正走在错误的职业道路上。  8 我问自己：这些理由足够让我放弃医学吗？我已经在自己感觉不再喜欢的职业上花费了三年时间。但是***如此急剧转向的想法似乎有些疯狂***——而且我该转向何处？我能真的转身离开一个坚持了这么久的目标吗？我该如何对父母开口？  9 其实，***继续学医***是一条容易的道路。但是当***你满脑子都是“不”的喊声***时，你无法忽略它，也不应该忽略它。我无法带着遗憾生活，我的梦想已经发生改变，并且这不是我的错。这正是需要实习的原因：***去尝试***，然后知道自己是否适合。因此，我不得不选择***放弃医学***。  10 我清楚，要***告诉父母这个坏消息并非易事***，但是我无意***粉饰真相***，所以我***开门见山***。“我对今年夏天的经历做了很多思考，我觉得自己不适合当医生。”我说道。  11 “你自己的生活自己决定吧。”经过好一阵令人尴尬的沉默后，父亲回答道。  12 “但是你打算做什么呢？”母亲***追问道***。  13 “我暂时还不知道，”我紧张地说，“但是我希望很快能想清楚。”  14 说完，我起身离开了房间。***我晕头转向。***我已***道出实情***，但心里并没有好受多少。对于母亲的问题我十分焦虑，***她的担忧合情合理***。毕竟，我的大学时间只剩一年，而我连想做什么都一无所知。  15 几周以后，我回到学校，坐在公寓的床上，扫视着我的书架。上面有本《亚瑟 • 埃尔戈特的模特手册》，那是我高中最后一年买的。书页中充满了时尚摄影师艾尔哥特拍摄的***超级模特的绝美形象***，***那是一种遥不可及、令人惊叹的美。***之前我***无数次地翻阅过那本书***，但这次不一样，有些感觉更重要的东西。  16 ***我的脑海中突然闪现出自己贴满杂志内页的房间，一切变得豁然开朗。***那些杂志内页一直都在那儿，***就在自己眼皮底下***：时装正是问题的答案。 |