



## We Should Enter the New Year with a Beginner's Mind

## 以“初学者心态”面对新的一年

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503 Words

With the new year **under way**, some of you might already be losing the motivation to **follow through** on the promises you made just a few days ago — to become healthier, wealthier, **wirier** and altogether more **impressive** versions of yourselves in 2023. You might not be managing to jump **merrily** out of bed every morning at 4am, or to make much progress on the 10,000-hours-to-**mastery** thing, but there are less **arduous** ways of tackling self-improvement that could end up having more impact.

新的一年开始了，有些人可能已经失去了动力，无法坚持执行几天前刚许下的新年愿望——在 2023 年变得更健康、更富有、更强壮，总之是成为更好的自己。你可能无法每天凌晨 4 点就愉快地起床，或者在符合一万小时定律的事情上取得很大进展，但有一些不那么费力的方法能够实现自我提升，最终可能会产生更大的影响。

In fact, sometimes being a “master” at something can be a disadvantage, taking you further away from **enlightenment**, not closer to it. So rather than trying to become the world's greatest expert in whatever it is that you have decided is necessary to justify your existence this year, you might focus instead on something a little simpler: **cultivating** a “beginner's mind”.

事实上，有时候在某件事情上成为“大师”可能是一种劣势，会让你离开悟更远，而不是更近。因此，今年在那些用来证明自己的事情上，与其努力成为世界上最伟大的专家，不如专注于一些更简单的事情：培养“初学者心态”。

The expert, unlike the **novice**, has over time built up a whole range of assumptions, **preconceptions** and habits. These

**under way** 已经开始，在进行中 | Rescue efforts are underway to find the lost climbers. 寻找失踪登山者的营救行动正在进行中。

**follow through** 将……进行到底，执行 | The project went wrong when the staff failed to follow through. 员工没有执行下去，于是项目出了问题。

**wiry** ['waɪəri] *adj.* 瘦而结实的

**impressive** [ɪmˈpresɪv] *adj.* 给人深刻印象的，不俗的，了不起的 | It is an impressive achievement. 那是一项了不起的成就。

**merrily** ['merəli] *adv.* 高兴地，愉快地 | A woman was singing merrily in the next room. 一个女子正在隔壁房间欢快地唱着歌。

**mastery** ['mæstəri] *n.* 精通，熟练掌握；统治，控制 | She has mastery of several languages. 她精通数门语言。

**arduous** ['ɑːrdʒuəs] *adj.* 艰苦的，艰难的 | The journey was long and arduous. 旅途漫长而艰苦。

**enlightenment** [ɪnˈlaɪtnmənt] *n.* 觉悟；启发，开导

**cultivate** ['kʌltɪveɪt] *v.* 逐渐形成，培养（某种态度、形象或技能）；

might have helped them reach their level of expertise, but **holding on to** them without any questioning or re-examination can end up **clouding** the mind instead.

专家与初学者不同，随着时间的推移，他们已经有了一系列的假设、成见和习惯。这些可能帮助他们获取了专业知识，但如果不作任何质疑或重新检验，只抱着它们不放，最终只会让他们的头脑变得混乱。

Studies have over the years identified a “curse of expertise”, showing that it makes people overestimate their own knowledge and become more closed-minded. Even the very perception that one is an expert, whether or not that belief is **warranted**, can have this effect. In one 2015 study, participants who had been told they were experts in a subject became less willing to listen to other viewpoints. The researchers described this as the “earned **dogmatism** effect”: the idea that society believes experts are actually **entitled** to be close-minded and dogmatic in their approach.

多年来的研究发现了一种“专业知识的诅咒”，它会让人们高估自己的知识，变得更加封闭。即使是觉得自己是专家的这种想法（无论是否有根据）本身也会产生这种影响。在 2015 年的一项研究中，当参与者被告知自己是某一领域的专家，他们会变得不太愿意听取其他观点。研究人员将其描述为“赢得的教条主义效应”：即人们认为专家实际上有权在他们的方法上保持封闭和教条主义。

Of course, expertise has its place — in order to fly a plane carrying several hundred passengers, or to perform a craniectomy, you will certainly have needed to build up a certain level of the stuff. This is done by learning a set of previously established concepts, categorisations and techniques. But the problem comes when these **constructs** are mistaken as timeless truths.

当然，专业知识也有它的地位——要驾驶一架载有几百名乘客的飞机，或者做开颅手术，你肯定需要积累一定水平的知识，这就需要学习一系列已有的概念、分类和技术。但当这些概念被误认为永恒的真理时，问题就

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耕作，种植 | Cultivating a positive mental attitude towards yourself can reap tremendous benefits. 培养一种自信的积极心态会让人受益匪浅。

**novice** ['nɔːvɪs] *n.* 初学者，新手 | I'm a complete novice at skiing. 滑雪我完全是个新手。

**preconception** [ˌpriːkən'sepʃn] *n.* 成见，事先形成的看法 | The book will challenge your preconceptions about rural life. 这本书将会改变你对农村生活的成见。

**hold on to** 坚持（信仰、信念、原则等）；保住，守住；保存，保留 | People hold on to letters for years and years. 人们会将信件保存很多很多年。

**cloud** [klaʊd] *v.* 把……搞糊涂，使变混乱 | Unanswered questions have further clouded the issue. 未予解答的问题使事情更为复杂。

**warrant** ['wɑːrənt] *v.* 允诺，保证；使有必要，使正当 | I'll warrant we won't see him again. 我敢保证，我们不会再见到他了。

**dogmatism** [ˈdɒːgmətɪzəm] *n.* 教条主义，独断论，武断

**entitle** [ɪn'taɪtl] *v.* 使享有权利，使符合资格 | Full-time employees are entitled to receive health insurance. 全职雇员都有资格享受健康保险。

**construct** ['kɔːnstrʌkt] *n.* 构想，概念；建造物

**epistemology** [ɪˌpɪstəˈmɔːlədʒi] *n.* 认识论

出现了。

This is something that Albert Einstein identified in his writings on the philosophy and **epistemology** of science. “Concepts that have proven useful in ordering things easily achieve such an authority over us that we forget their **earthly** origins and accept them as **unalterable givens**,” Einstein wrote in 1916. “The path of scientific advance is often made **impassable** for a long time through such errors.” He suggested scientists should question concepts that had become **commonplace**, and that these should be “removed if they cannot be properly legitimated, corrected if their correlation with given things be far too **superfluous**”.

阿尔伯特·爱因斯坦在他关于科学的哲学和认识论的著作中也提到了这一点。爱因斯坦在 1916 年写道：“那些被证明对处理事物有用的概念很容易在我们心中变成了权威说法，以至于我们忘记了它们可能的源头，把它们视为不可改变的事实。”“科学进步的道路往往因为这样的错误而长时间被阻断。”他建议科学家们应该质疑那些已经变得司空见惯的概念，“如果它们不能被恰当地证明是合理的，那么它们就应该被去除；如果它们与给定事物的关联太多余，那么它们就应该被纠正。”

Scientific progress depends on such an approach, but this is a lesson that we can all take into 2023. Whether in our work or our personal life, **fostering** a sense of almost childlike curiosity about what is going on around us can **reap** a whole range of benefits — and it is more enjoyable than trying to become some kind of productivity machine.

科学进步依赖于这种方法，但这也是我们所有人都可以在 2023 年吸取的教训。无论是在我们的工作还是个人生活中，培养一种孩子般的好奇心，对周围发生的事情充满好奇，这将带来一系列的好处——这比试图成为某种生产力机器更令人愉快。

**earthly** ['ɜːrθli] *adj.* 可能的；人间的，世俗的 | He didn't have an earthly chance of getting the job. 他根本就不可能得到这份工作。

**unalterable** [ʌn'ɔːltərəbl] *adj.* 不可更改的，无法改变的 | the unalterable laws of the universe 不可改变的宇宙法则

**given** ['ɡɪvn] *n.* 可以肯定的基本事实 | Sandra will be at least 15 minutes late – that's a given. 桑德拉至少会迟到 15 分钟，这是肯定的。

**impassable** [ɪm'pæsəbl] *adj.* 不能通行的 | The mountains are impassable. 连绵的群山无法翻越。

**commonplace** ['kɑːmənpleɪs] *adj.* 平凡的；普通的 *n.* 平常的事，司空见惯的事 | Computers are now commonplace in primary classrooms. 计算机如今在小学教室里很普遍。

**superfluous** [suː'pɜːrfluəs] *adj.* 过剩的，过多的，多余的

**foster** ['fɔːstər] *v.* 促进，培养 | This approach will foster an understanding of environmental issues. 这种方法会促进对环境问题的理解。

**reap** [riːp] *v.* 取得（成果），收获 | They are now reaping the rewards of all their hard work. 现在，他们的全部辛劳都得到了回报。

## ➤ 脉络梳理

- Para. 1-2 引出话题，指出培养初学者心态而非努力成为专家有利于实现目标
- Para. 3-4 指出专家囿于成见，会变得更封闭
- Para. 5 指出专业知识有其重要性，但当它们被视作永恒真理时会出现问题
- Para. 6 引用爱因斯坦的论述论证上文观点，指出科学进步依赖于对已有知识的质疑和检验
- Para. 7 总结全文，呼吁人们保持初学者心态，对事物充满好奇心，而不是沉迷于成为专家

## ➤ 长难句拆解

rather than 用作复合介词，后接动名词构成介词短语，在句中作状语

So rather than trying to become the world's greatest expert

宾语从句，作介词 in 的宾语

使用了强调结构：It is whatever that you have decided (that) is necessary ...

去掉强调句式：You have decided (that) whatever is necessary ...

is necessary to justify your existence this year 为省略了 that 的宾语从句，作 decided 的宾语

in whatever it is that you have decided is necessary to justify your existence this year,

主句

解释说明 something a little simpler

you might focus instead on something a little simpler: cultivating a "beginner's mind".