



The Most Common Graduation Advice Tends to Backfire

最常见的毕业建议往往适得其反

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As American high school and college students graduate and **embark on** the next phases of their lives, one piece of advice they will undoubtedly receive is to follow their passions or some **equivalent sentiment**. It seems like fine guidance, however **clichéd**: Do something that feels true to yourself rather than conform to expectations.

又到了毕业季，高中和大学毕业生即将开启人生的下一个阶段，他们一定会收到“追随自己的激情”之类的建议。不管被重复了多少遍，这听起来是一个好建议：遵从自己的本心，而不是遵从别人对你的期望。

But following your passions often **turns out to be** a bad idea. New research that we and our colleagues conducted found that when asked to identify their passions, women and men **tend to cite stereotypically feminine** and **masculine** interests and behavior. Women are more likely to say they want to make art or help people, for instance, while men are more likely to say they want to do science or play sports.

但追随自己的激情往往是一个坏主意。我们和同事进行的新研究发现，当被要求确定自己的激情时，女性和男性往往会提及刻板印象中符合女性和男性特质的兴趣和行为。例如，女性更有可能说她们想从事艺术创作或帮助他人，而男性更有可能说他们想从事科学研究或体育运动。

In two surveys — one of more than 500 undergraduates nationally and the other of about 150 undergraduates at the University of Washington who had recently declared their majors — we found that “follow your passions” was the most common advice American college students heard and used when

embark on 开始，着手（尤指新的、困难的或令人激动的事）| He embarked on a new career as a teacher. 他开始了教书的新生涯。

equivalent [ɪˈkwɪvələnt] *adj.* （价值、数量、意义、重要性等）相等的，相同的 *n.* 相等的东西 | Eight kilometres is roughly equivalent to five miles. 八公里约等于五英里。

sentiment [ˈsentɪmənt] *n.* 观点，情绪；伤感 | Similar sentiments were expressed by many politicians. 许多政治家都表达了相同的观点。

clichéd [kliːˈʃeɪd] *adj.* 陈词滥调的，老生常谈的

turn out to be 原来是，结果是 | The job turned out to be harder than we thought. 这工作结果比我们想像的要难。

tend to do sth. 易于做某事，往往会发生某事 | People tend to need less sleep as they get older. 随着年龄的增长，人需要的睡眠通常会减少。

stereotypically [ˌsteriəˈtɪpɪkli] *adv.* 刻板地，带有成见的

feminine [ˈfemənɪn] *adj.* 女性的，柔美的 | Amelia's report describes

selecting their majors.

我们做了两项调查，对象分别是全国 500 多名本科生和华盛顿大学最近报完专业的大约 150 名本科生，我们发现，“追随你的激情”是美国大学生在选择专业时最常听到和采纳的建议。

Then we asked hundreds of undergraduate students which majors and careers they would choose if they followed their passions and which majors and careers they would choose if they **prioritized** salary and job security. We found that **when it came to** pursuing male-**dominated** fields like computer science and engineering, gender gaps were greater when students chose to follow their passions, with men **disproportionately** choosing those fields. We also found that gender gaps in selecting future occupations were smaller when we asked people of both genders to prioritize **nurturing** and emotionally supporting other people.

然后我们询问了数百名本科生，如果他们追随自己的激情，他们会选择什么专业和职业，如果他们优先考虑薪水和工作保障，他们又会选择什么专业和职业。我们发现，在计算机科学和工程等男性主导的领域，当学生选择追随自己的激情时，性别差距更大，这些领域以男性为主。我们还发现，当我们要求男女学生都优先考虑帮助和支持他人时，选择未来职业的性别差距会变小。

That is, if you encourage women and men to follow their passions in selecting a major or career, there is a big gender gap. If you encourage them to make money, there is less of a gender gap, with more women **skewing** toward traditionally masculine fields. And if you encourage them to nurture and support other people, there is also less of a gender gap, with more men skewing toward traditionally feminine fields.

也就是说，如果你鼓励女性和男性在选择专业或职业时追随自己的激情，就会出现巨大的性别差距。如果你鼓励他们去赚钱，性别差距就会缩小，更多女性会转向传统的男性化领域。如果你鼓励他们帮助和支持他人，

the experience from a feminine point of view. 阿梅莉亚的报道从女性角度描写了这种经历。

masculine ['mæskjəlɪn] *adj.* 男性的，阳刚的 | She has a very masculine voice. 她的嗓音非常男性化。

prioritize [praɪ'ɔːrətaɪz] *v.* 优先考虑，按重要性排列 | The organization was formed to prioritize the needs of older people. 这个机构是为优先满足老年人的需要而成立的。

when it comes to sth./to doing sth. 当涉及某事（或做某事）时，当谈到…… | When it comes to holidays, I prefer something lazy. 说到度假，我宁愿选择懒散一些的方式。

dominate ['dɑːmɪneɪt] *v.* 支配，控制，影响；在……中占首要地位 | She tends to dominate the conversation. 她往往会在谈话中占支配地位。

disproportionately [ˌdɪsprə'pɔːʃənətlɪ] *adv.* 很大地，不成比例地 | The lower-paid spend a disproportionately large amount of their earnings on food. 低工资者将收入花在食物上的比例很大。

nurture ['nɜːrtʃər] *v.* 帮助，支持；养育，培养 | It's important to nurture a good working relationship. 维持良好的工作关系非常重要。

skew [skjuː] *v.* 偏离，歪斜；歪曲，

性别差距也会缩小，更多男性会转向传统的女性化领域。

Are we suggesting that women shouldn't pursue their passions and should enter fields that they don't really care about just to close gender gaps? Of course not. For one thing, traditionally feminine work is important, and society needs people who are passionate about it and want to pursue it — including men.

我们是在建议女性不应该追求自己的激情，而是进入她们并不真正关心的领域，只是为了缩小性别差距吗？当然不是。一方面，传统的女性化工作很重要，社会需要对其充满热情并想要从事这类工作的人——包括男性。

But what **strikes** us, based on this and other research, is that for many young people, passions seem to be based in large part on **internalized** societal expectations about what is **appropriate** for their gender rather than complete and accurate information about what, **say**, studying computer science is really like. Our point is that the passions that young people are supposed to be following seem highly **malleable** and **susceptible** to influence.

但基于这项研究和其他研究，令我们感到震惊的是，对许多年轻人来说，激情似乎在很大程度上是基于被他们内化的社会期望，即什么专业适合他们的性别，而不是基于完整而准确的信息，表明某个专业（比如计算机科学）学起来究竟怎样。我们的观点是，年轻人应该追随的激情似乎是极易受到影响的。

The “follow your passions” advice may appear to ask people what they want to do with their lives. But too often what they're being asked to do is let their gender limit their choices. So let's change what we say to high school and college graduates. Sure, you can follow your passions. But also keep an open mind and try things you may have **ruled out** without even realizing why. There may be more to be passionate about than

曲解；影响……的准确性 | All the people we questioned lived in the same area, which had the effect of skewing the figures. 我们询问的人全都生活在同一地区，这影响了数据的准确性。

strike [straɪk] *v.* 碰撞，打击；攻击；突然想到；罢工 *n.* 罢工，击打 | A rather worrying thought struck me. 我脑子里突然出现一个颇令我担忧的想法。

internalize [ɪn'tɜːmlaɪz] *v.* 使内在化，使（感情、态度或信仰）成为思想行为的一部份 | Over time she internalized her parents' attitudes. 随着时间的流逝她认同了父母的看法并将之融为自我意识的一部分。

appropriate [ə'prɒpriət] *adj.* 合适的，恰当的 *v.* 盗用，挪用；拨出（专款） | Jeans are not appropriate for a formal party. 正式聚会上穿牛仔裤不合适。

say [seɪ] *v.* 比如说，比方说 | If we put out, say, twenty chairs, would that be enough? 如果我们搬出去比方说 20 把椅子，够不够？

malleable ['mæliəbl] *adj.* 可塑的，易受影响（或改变）的；有延展性的 | Silver is the most malleable of all metals. 银是所有金属中延展性最好的。

susceptible [sə'septəbl] *adj.* 易受影响的；易得病的 | A lot of TV advertising is aimed at susceptible

you realize.

“追随你的激情”这个建议似乎是在问对方他们想要做什么。但大多数时候，他们被要求用性别框定他们的选择。所以，让我们改变一下对高中和大学毕业生说的话。当然，你可以追随自己的激情。但也要保持开放的心态，尝试一些你可能不知道为什么已经排除的事情。也许还有更多能让你充满激情的事物。

young children. 很多电视广告瞄准了易受影响的幼儿。

rule out 排除，不予考虑；使（某事）不可能发生 | The police have ruled out suicide. 警方已经排除了自杀的可能。

➤ 脉络梳理

Para. 1-2 引出话题：建议毕业生“追随自己的激情”往往会适得其反，导致他们选择更符合性别刻板印象的职业

Para. 3-5 介绍相关研究，指出鼓励毕业生追随自己的激情会扩大性别差距

Para. 6-8 得出结论并提出建议：年轻人追随的激情很容易受到影响，应该保持开放的心态多加尝试

➤ 长难句拆解

But what strikes us, based on this and other research, is that ...

主语从句 状语 系动词+表语从句

表语从句：that for many young people, passions seem to be based in large part on

状语 状语

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宾语从句，作 about 的宾语 连接 internalized societal expectations ...和 complete and accurate information ...两个并列成分

complete and accurate information about what, say, studying computer science is really like.

宾语从句，作 about 的宾语 举例说明