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https://www.100test.com/kao_ti2020/469/2021_2022__E5_85_AC_E5_85_B1_E8_8B_B1_E8_c67_469738.htm 1) I was scared of

leaving the protective bubble of this place for places unknown,during uncertain economic times.在经济不稳定的年代，我害怕离开这里的保护罩到未知的地方去。 2) You are the only one who can

answer that,But what I can offer as guidance,and reassurance,is a story:the story of one Stanford graduates process of stumbling and searching to find a place in the world,oftentimes in the face of her

fears.你是仅仅一个可以回答这个问题的人，但是我能够讲一个故事为你提供引导使你放心：这是一位斯坦福大学毕业生在社会上摸爬滚打以争得一席之地故事，尽管她一直面对

恐惧。 3) The philosophics and ideologies themselves certainly left an impression on me.But the rigor of the distillation process,the exercise of refinement,thats where the real learning happened.这些

哲理和思想的确给我留下了深刻印象,但严谨的提炼过程和不断的改进加工才是我真正学习到的东西. 4)When you graduate

from here,you exit with thousands of pages of personal text on which are inscribed beliefs and values shaped by years of education,family interactions,relationship,experience. 当你从这里毕业时,你会带着

数千页的个人纪录走出校门,在这些记录上,是你多年来受教育,家庭,社会关系以及个人经历影响而形成的信念和价值观.

5)I had convinced myself that my analytic mind and my Stanford humanities degree were enough to guell the fear.我已确信我善于分析的头脑和斯坦福大学的人文学科的学位足以平息我的恐惧.

6) We all know that normal human daily cycle of activity is of some 7-8 hours sleep alternating with some 16-17 hours wakefulness and that, broadly speaking, the sleep normally coincides with the hours of darkness. 我们都清楚正常人每天的活动周期是大约7-8个小时睡眠和16-17个小时清醒轮流相互交替，我也知道，一般来说，睡眠常在夜间进行。

7) The case, for example, with which people can change from working in the day to working at night is a question of growing importance in industry where automation calls insistently for round-the-clock working of machines. 例如有种情况，自动化工厂要求持续24小时的机器运转，因此日夜颠倒上班成了一个越来越重要的问题。

8) This means that no sooner has he got used to one routine than he has to change to another, so that much of his time is spent neither working nor sleeping very efficiently. 这说明他刚适应一种工作规律就只得转向另一种工作规律，因此在他大部分时间里，休息和工作的效率很低。

9) One answer would seem to be longer periods on each shift, a month, or even three months. 一个解决的方法似乎是每次换班持续的时间长些，可以一个月甚至三个月换一次班。

10) The only real solution appears to be to hand over the night shift to a corps of permanent night workers whose nocturnal wakefulness may persist through all weekends and holidays. 唯一能解决问题的方法是将夜班交给一些长期从事夜间工作的人，他们在周末和假期依然会保持警醒状态。

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