



研究生：等待不一定是浪费时间

Post-grads: Waiting doesn't have to be a waste of time

Your 20s are a decade of waiting. In this uncertain phase of life, you wait for so much: for interviewers to get back to you, for your Hinge date to reply, for this month's paycheck. You wait for your boyfriend to propose, for acceptance letters and exam scores to come back, for Grubhub to be delivered. Refresh, refresh, refresh.

20 多岁是等待的十年。在这个人生的不确定阶段，你等待了很多：等待面试官给你回信，等待你的约会回复，等待这个月的薪水。你在等待男朋友求婚，等待录取通知书和考试成绩，等待 Grubhub 配送。刷新，刷新，刷新。

重点词汇：

20s: n. 二十岁

decade: n. 十年

uncertain: adj. 不确定的

phase: n. 阶段

interviewer: n. 面试官

Hinge: Hinge, 一种社交交友应用

paycheck: n. 付薪水的支票



propose: v. 求婚

acceptance letter: n. 录取通知书

Grubhub: n. 一家美国的外卖送餐平台

 **固定搭配:**

wait for: 等待

I had to wait for hours in the queue. (我不得不在队伍中等待几个小时。)

get back to: 回复 (信息)

I'm still waiting for her to get back to me about the meeting. (我还在等她回复我关于会议的事。)

come back: 返回; 恢复

After a long vacation, it's good to come back to work. (经过一个长假, 回到工作岗位是好事。)

This week, I asked post-grads on Instagram how they were dealing with waiting for things such as jobs, acceptances, apartments and love. Many told me they were overwhelmed and frustrated. Several even struggled with adverse health effects, such as insomnia, from the stress and anxiety of waiting periods.

本周, 我在 Instagram 上询问了一些研究生是如何应对等待工作、录取通知、公寓和爱情等事情的。许多人告诉我, 他们感到不知所措和沮丧。有些人甚至因等待期间的压力和焦虑而导致失眠等不良健康影响。

 **重点词汇:**

post-grads: n. 研究生毕业生 (post-graduates)

deal with: 处理; 应对

overwhelmed: adj. 不知所措的; 压倒性的

frustrated: adj. 沮丧的; 受挫折的

adverse: adj. 不利的; 有害的



insomnia: n. 失眠

stress: n. 压力

anxiety: n. 焦虑

period: n. 一段时间, 时期

 **固定搭配:**

deal with: 处理; 应对

She has to deal with a difficult situation at work. (她必须应对工作中的一个困难情况。)

struggle with: 与...斗争; 挣扎

He's been struggling with his addiction for years. (多年来, 他一直在与他的瘾症作斗争。)

waiting periods: 等待期

The waiting periods for some medical procedures can be quite long. (某些医疗程序的等待期可能相当长。)

As I interviewed recent grads for a forthcoming column on their living situations, I noticed how waiting for life's big milestones is often made worse by envy or feelings that we are "lagging behind" our peers.

在我为即将出版的专栏而采访应届毕业生的生活状况时, 我注意到, 在等待人生重要时刻时, 往往会因为嫉妒或认为自己“落后于”同龄人而变得更糟。

 **重点词汇:**

interview: v. 采访; 面试

forthcoming: adj. 即将到来的; 即将发生的

situation: n. 情况, 形势

milestone: n. 重要事件, 转折点; 里程碑, 里程碑

envy: n. 嫉妒

lag behind: 落后于



📖 固定搭配:

interview for: 面试 (工作等)

She will interview for the position next week. (她将在下周面试这个职位。)

lag behind: 落后于

He feels like he's lagging behind in his career. (他感觉自己在事业上落后了。)

But when embraced, waiting periods can be a time to rest, refocus and review. They are built-in opportunities to practice healthy detachment from all-consuming desires, goals and pressures. Here are some ways I've learned to "wait well" in my 20s:

但如果欣然接受的话，等待期也可成为休息、重新专注和回顾的时间。它们是练习健康地脱离所有欲望、目标和压力的内在机会。以下是我在 20 多岁时学会的一些“好好等待”的方法：

📌 重点词汇:

embrace: v. 拥抱；接受

refocus: v. 重新聚焦

review: v. 回顾

opportunity: n. 机会

practice: v. 实践

healthy: adj. 健康的

detachment: n. 分离；超脱

desire: n. 渴望

goal: n. 目标

pressure: n. 压力

1. Reframe waiting

1. 重塑等待



重点词汇:

reframe: v. 重新构想; 重新定义

Instead of wringing our hands and drowning in our inability to control the passage of time, we can see waiting periods as possibilities for introspection. Author Jason Farman has written about how waiting helps us identify our desires and how we are connected to them.

我们可以将等待期视为内省的机会，而不是绞尽脑汁、陷入无法控制时间流逝的困境。作者杰森·法曼 (Jason Farman) 曾写到，等待有助于我们识别自己的欲望，以及我们是如何与欲望联系在一起的。

重点词汇:

wringing: v. 绞; 拧

drown: v. 溺水; 淹没

inability: n. 无能; 无法

control: v. 控制

passage of time: 时间的流逝

possibility: n. 可能性

introspection: n. 内省

author: n. 作者

固定搭配:

wring our hands: 绞动双手; 焦虑不安

Instead of wringing our hands, we can find productive ways to deal with the situation. (不要焦虑不安，我们可以找到有效的方式来处理情况。)

drowning in: 淹没在

They felt like they were drowning in a sea of paperwork. (他们感觉自己淹没在一堆文件中。)



control the passage of time: 控制时间的流逝

We cannot control the passage of time, but we can make the most of it. (我们无法控制时间的流逝, 但我们可以充分利用它。)

identify our desires: 辨识我们的欲望

It's important to identify our desires and work towards achieving them. (辨识我们的欲望并努力实现它们是很重要的。)

He says, "The meaning of life isn't deferred until that thing we hope for arrives; instead, in the moment of waiting, meaning is located in our ability to recognize the ways that such hopes define us." It's good advice for those of us who feel as if we can't move on with normal life until a particular goal is achieved.

他说：“生活的意义并不会因我们所期待的事情的到来而被搁置；相反，在等待的时刻，意义就在于我们能够认识到这种希望是如何定义我们的。”这对于那些觉得必须等到特定目标实现后才能继续正常生活的人来说，这是一条很好的建议。

重点词汇:

meaning: n. 意义；含义

deferred: adj. 推迟的

hope for: 希望获得

moment: n. 时刻

located: adj. 位于

ability: n. 能力

recognize: v. 认识；认知

define: v. 定义

固定搭配:

hope for: 希望获得



We all hope for a better future. (我们都希望有一个更美好的未来。)

meaning is located in: 意义位于

The true meaning of life is located in our relationships with others. (生活的真正意义位于我们与他人的关系中。)

Waiting is like the “rising action” in a movie, helping us understand the importance of the resolution. The time we spend watching the hero wait and train to achieve their big goal is not a lull in the story — it is the story. In waiting, we learn the backstory, what’s at stake, the emotional connections between characters and their deep hopes and fears. Off-screen, these are all things waiting helps us discern in our own stories, too.

等待就像电影中的“情节上升”，帮助我们理解决议的重要性。我们在观看主人公等待和训练以实现他们的伟大目标上所花费的时间并不是故事的平淡部分——而恰恰是故事的一部分。在等待的过程中，我们了解了故事背景、利害关系、人物之间的情感纽带以及他们内心深处的希望和恐惧。在银幕外，等待也帮助我们洞察自己故事中的这些要素。

重点词汇：

rising action: n. 情节上升（剧情发展中的高潮部分）

resolution: n. 结局；决定

lull: n. 平静；间歇

backstory: n. 背景故事

at stake: 利害攸关

emotional: adj. 情感的，情绪的

character: n. 角色

fear: n. 恐惧

discern: v. 分辨；辨别



Lately, I've been trying to reframe waiting and boredom as the backdrop of a great drama. Getting through the wait will amplify my sense of achievement if my goals materialize. And if they don't, the process will at least help me understand myself and my desires more deeply.

最近，我一直在尝试将等待和无聊重塑为一出伟大戏剧的背景。如果我的目标实现了，度过等待会增强我的成就感。如果没有，这个过程至少会让我更深入地了解自己和我的欲望。

重点词汇：

boredom: n. 无聊

backdrop: n. 背景

drama: n. 戏剧

amplify: v. 放大；增强

achievement: n. 成就

materialize: v. 实现

process: n. 过程

desire: n. 欲望

固定搭配：

as the backdrop of: 作为...的背景

The city served as the backdrop of their love story. (这座城市作为他们的爱情故事的背景。)

goals materialize: 目标实现

Seeing your goals materialize is a great feeling. (看到自己的目标实现是一种伟大的感觉。)

help me understand: 帮助我理解

Reading this book helped me understand the author's perspective. (阅读这本书帮助我理解作者的观点。)

2. Refrain (from checking!)



2. 克制（不去查看！）

重点词汇：

refrain: v. 避免；克制

checking: n. 检查

If you're in a waiting period, cutting down on your tech use — such as scrolling on social media and excessively checking your email or applicant tracking system — will probably help.

如果你正处于等待期，减少对科技产品的使用（例如：在社交媒体上无休止的滚动以及过度频繁查看电子邮件或求职申请跟踪系统）可能会有所帮助。

重点词汇：

cutting down on: 减少

scrolling: n. 滚动

social media: 社交媒体

excessively: adv. 过度地

checking: n. 检查

固定搭配：

cutting down on: 减少

Cutting down on sugary foods can improve your health. (减少摄入含糖食物可以改善健康。)

scrolling on: 在...上滚动

He spends hours scrolling on social media every day.
(他每天花费数小时在社交媒体上滚动。)

One of my favorite pieces of advice on waiting without obsessively checking comes from this tweet by Steven Bartlett: “You wouldn't plant a seed and then dig it up every few minutes to see if



it has grown.” Refreshing repeatedly for updates on your status will only reinforce the anxiety and stress of “not knowing,” while endless social media scrolling might invite unhelpful feelings of envy or comparison.

我最喜欢的关于等待时不执着于不断查看的建议来自史蒂文·巴特利特 (Steven Bartlett) 的这条推文：“你不会种下一颗种子，然后每隔几分钟就把它挖出来看看它是否已经长大。”反复刷新你的状态更新只会加剧“不知道”的焦虑和压力，而无休止的滚动社交媒体可能会招致不必要的嫉妒或比较情绪。

重点词汇：

obsessively: adv. 过度地；着迷地

plant a seed: 播种

dig it up: 挖掘它

status: n. 状态

reinforce: v. 强化

anxiety: n. 焦虑

endless: adj. 无休止的

scrolling: n. 滚动

unhelpful: adj. 不利的

envy: n. 嫉妒

comparison: n. 比较

固定搭配：

plant a seed: 播种

Planting a seed is the first step in gardening. (播种是园艺的第一步。)

dig it up: 挖掘它

Don't dig up the plant; it needs time to grow. (不要挖掘植物，它需要时间生长。)

updates on: 关于...的更新

I need updates on the project's progress. (我需要了解项目进展的更新。)



endless scrolling: 无休止的滚动

Endless scrolling on social media can be addictive. (在社交媒体上的无休止滚动可能会上瘾。)

Instead, take the time to reflect on your goals and progress. Avoiding excess tech use during waiting periods can help these times feel restful and restorative rather than frantic.

相反，花时间反思你的目标和进展。在等待期间避免过度使用科技产品，可以让这些时间感到平静和恢复，而不是狂躁。

■ **重点词汇：**

reflect: v. 反思

progress: n. 进展

excess: adj. 过度的

restful: adj. 安宁的

restorative: adj. 恢复的

frantic: adj. 疯狂的

3. Redirect your energy

3.调整你的精力

■ **重点词汇：**

redirect: v. 重新定向；重新引导

While I was talking with recent grads this week, many of them shared that channeling heightened energy and anxiety into productive activities and hobbies helps them cope with waiting periods.



本周，我在与应届毕业生交谈时，他们中的许多人都表示，将高涨的精力和焦虑转化为富有成效的活动和爱好中，有助于他们应对等待期。

重点词汇：

channel: v. 投入；引导

heightened: adj. 增强的

productive: adj. 有成效的

activity: n. 活动

cope with: 应对

固定搭配：

channel energy into: 将精力投入

She's channeling her energy into a new project. (她将精力投入到一个新项目中。)

This tip can be especially impactful if the activities you invest in are related to your end goal. For example, while you are waiting on medical school acceptances, start volunteering at a free clinic or working as a medical assistant. You will still feel connected to your goal — which can help reduce feelings of helplessness. You'll also be gaining experience that will benefit you on your medical journey regardless of whether you are accepted this cycle.

如果您投入的活动与你的最终目标相关，那么这个建议就尤其有影响力。例如，当你在等待医学院的录取时，可以开始在一家免费诊所做义工或担任医疗助理。你仍然会觉得自己与目标息息相关——这有助于减轻无助感。无论你是否在这一轮被录用，你收获的经验都将对你的医学之路有所裨益。

重点词汇：

impactful: adj. 有影响力的

invest: v. 投入



end goal: 最终目标

acceptance: n. 接受；赞同，认可；容忍

clinic: n. 诊所，门诊部

assistant: n. 助理，助手；店员，售货员

connect to: 与...相关

reduce: v. 减少

helplessness: n. 无助

journey: n. 旅行，旅程；历程，过程

固定搭配:

feel connected to: 感到与...相关

She felt connected to the cause and decided to volunteer. (她感到与这个事业相关，决定做志愿者。)

benefit you on: 在...上受益

The skills you learn will benefit you on your future projects. (你学到的技能将使你在将来的项目中受益。)

4. Review

4. 回顾

Exploring uncomfortable emotions is a necessary part of personal growth. When a goal or desire feels so all-consuming, it might be time to reflect on how we are linking the attainment of a particular goal to our worth, either in our own eyes or those of others.

探索不适的情绪是个人成长的必要组成部分。当一个目标或愿望让人感到如此投入时，也许是时候反思一下，在自己或是在他人眼中，我们是如何将实现特定目标与我们的价值联系在一起的。

重点词汇:



explore: v. 探索

uncomfortable: adj. 不舒适的

emotion: n. 情感

necessary: adj. 必要的

desire: n. 渴望

all-consuming: adj. 全身心投入的

reflect on: 反思

attainment: n. 实现

 **固定搭配:**

personal growth: 个人成长

Personal growth often involves facing challenges. (个人成长通常涉及面对挑战。)

reflect on how: 反思如何

It's important to reflect on how your actions affect others. (反思你的行为如何影响他人很重要。)

linking the attainment of: 将实现与...联系

Linking the attainment of wealth to happiness is a common misconception. (将财富的实现与幸福联系在一起是一种常见的误解。)

When we can step back and evaluate where our desires are coming from, we can be more mindful about the next goals we set, making sure they are authentic expressions of who we are.

当我们能够退一步评估我们的欲望从何而来时，我们就可以更加关注我们设定的下一个目标，确保它们真实地表达了我们是誰。

 **重点词汇:**

step back: 退后；放慢

evaluate: v. 评估

mindful: adj. 有意识的



authentic: adj. 真实的

expression: n. 表达

 **固定搭配:**

be more mindful about: 更加有意识

Being more mindful about your actions can lead to better decision-making. (更加有意识地对待你的行为可以促进更好的决策。)

Another thing I do while waiting is intentionally imagining what rejection would look and feel like and planning what I would do if it occurred. This helps desensitize me to potential loss and rejection and helps me understand that even if things don't go as I wish, I will still be able to bounce back strong.

在等待期间，我做的另一件事，就是刻意地想象被拒绝的样子和感觉，并计划如果发生的话我会如何应对。这有助于让我对潜在的损失和拒绝不那么敏感，并帮助我明白，即使事与愿违，我仍然能坚强的重新站起来。

 **重点词汇:**

intentionally: adv. 有意地

imagining: v. 想象

rejection: n. 拒绝

desensitize: v. 使麻木

potential: adj. 潜在的

bounce back: 恢复；弹回

 **固定搭配:**

intentionally imagine: 有意地想象

She intentionally imagines her future success. (她有意地想象她的未来成功。)



5. Rest

5. 休息

Several recent grads told me that they have experienced major health issues while waiting because of serious anxiety and stress. It can be hard to rest and let go of the need for instantaneous answers or resolution during a waiting period.

几位应届毕业生告诉我，由于严重的焦虑和压力，他们在等待期间出现了严重的健康问题。在等待期间，很难放松下来，不去追求立刻的答复或解决方法。

重点词汇：

major: adj. 重大的

let go of: 放下

instantaneous: adj. 瞬间的

resolution: n. 解决

Taking extra time to invest energy into routines that are healthy, protective and productive — such as hobbies, meditation or prayer, exercise, reading or sleep — can help. Pouring into your health and well-being on a daily basis will not only distract you from whatever email you're waiting to receive — it'll also keep you nourished and ready to succeed whenever the wait finally ends.

抽出额外的时间将精力投入到健康、保护性和富有成效的日常活动中——例如爱好、冥想或祈祷、锻炼、阅读或睡眠——会有所帮助。每天关注健康和幸福不仅可以分散你对等待接收的



电子邮件的注意力，还可以让你保持充沛的精力，随时准备好在等待终于结束时取得成功。

■ **重点词汇：**

extra: adj. 额外的

invest: v. 投入

routine: n. 例行公事

healthy: adj. 健康的

protective: adj. 保护的

productive: adj. 有成效的

meditation: n. 冥想

prayer: n. 祈祷

pouring into: 投入

nourished: adj. 有营养的

