



## 毕业后继续住在家里并不意味着啃老

### Living at home post-college is not a failure to launch

After her college reopened following the covid-19 pandemic, 24-year-old Nethra Rammohan still felt left out of the on-campus action. Continuing to commute from her family home, she felt lonely — as if all her friends were having fun without her. Upon graduation, she was determined to move out into a place of her own.

24 岁的 Nethra Rammohan 的大学在新冠肺炎 (covid-19) 后重新开放后，但她仍觉得自己被排除在校内活动之外。她继续从家里上下学，她感到很孤独 —— 好像她所有的朋友没有她照样玩得很开心。毕业后，她决定搬出去住。

#### 重点词汇：

**college:** n. 大学；学院

**reopen:** v. 重新开放；恢复

**covid-19 pandemic:** 新冠大流行

**lonely:** adj. 孤独的

**graduation:** n. 毕业

**determined:** adj. 下定决心的

**move out:** 搬出去



### 固定搭配:

**have fun without:** 不需要...就玩得开心

They can have fun without spending a lot of money.  
(他们可以不花很多钱就玩得开心。)

**move out into:** 搬出去到...

She decided to move out into her own apartment after graduation. (她毕业后决定搬出去自己的公寓。)

Her parents were opposed at first. In Indian culture, Nethra explains, the early 20s are often seen as the last years a young woman has with her family before marriage. Nethra's parents hoped she'd enjoy these precious single years by their side.

她的父母起初是反对的。Nethra 解释说, 在印度的传统中, 20 出头通常被视为女孩婚前与家人相处的最后时光。Nethra 的父母希望她能待在他们身边享受这些宝贵的单身时光。

### 重点词汇:

**opposed:** adj. 反对的; 反感的

**marriage:** n. 婚姻

**precious:** adj. 宝贵的; 珍贵的

**single years:** 单身年华

### 固定搭配:

**seen as:** 被看作是

In some cultures, the color white is seen as a symbol of purity. (在某些文化中, 白色被看作是纯洁的象征。)

But despite having to fight “tooth and nail” with her parents to do it, Nethra moved out the summer after she graduated from college. Eventually, her parents got onboard. But initially, “It was an emotional, turbulent time at home,”



she tells me. "My mom was like, 'Oh, you're moving out? You still haven't really learned to cook or anything!' "

尽管必须与父母“斗智斗勇”，Nethra 还是在大学毕业后的那个夏天搬了出去。最终，她的父母也同意了。但最初，“家里人都很激动、动荡不安，”她告诉我。“我妈妈说，‘哦，你要搬出去吗？你还没学会做饭！’”

### 重点词汇：

**fight:** v. 战斗；斗争

**tooth and nail:** 拼命地；不屈不挠地

**graduate from:** 从...毕业

**get onboard:** 支持；赞成

**emotional:** adj. 情感的；感情上的

**turbulent:** adj. 动荡的；骚乱的

### 固定搭配：

**fight tooth and nail:** 拼命地争取

She fought tooth and nail for her right to speak at the conference. (她拼命地争取在会议上发言的权利。)

**graduate from:** 从...毕业

He graduated from the university with honors. (他以优异成绩从大学毕业。)

**get onboard:** 支持；赞成

After hearing the proposal, the team got onboard with the idea. (听完提案后，团队支持了这个想法。)

Settling in, Nethra took full advantage of her newfound freedom (and lack of curfew). She hung out with friends every night, paid the bills, cleaned and, yes, learned to cook for herself. But keeping up with this new lifestyle slowly took a toll on her health. In trying to do it all, she neglected self-



care and began to burn out. In the end, she decided to give living with her parents a second try.

安顿下来后，Nethra 充分利用了新的自由（并且没有宵禁）。她每天晚上都和朋友出去玩，付账单，打扫卫生，是的，她还学会了自己做饭。但这种新的生活方式慢慢地影响了她的健康。在努力做好这一切的过程中，她忽视了照顾自己，并开始疲惫不堪。最终，她决定再次与父母同住。

### 重点词汇：

**settling in:** 安顿下来

**take full advantage of:** 充分利用

**newfound:** adj. 新获得的；新发现的

**freedom:** n. 自由

**lack of:** 缺乏

**curfew:** n. 宵禁

**hung out with:** 与...出去玩

**keep up with:** 跟上

**lifestyle:** n. 生活方式

**take a toll on:** 对...产生影响

**neglect:** v. 忽视；忽略

**self-care:** 自我关爱

**burn out:** 精疲力竭

### 固定搭配：

**settling in:** 安顿下来

After moving to a new city, it took some time to settle in and get used to the surroundings. (搬到一个新城市后，需要一些时间来安顿下来并适应周围环境。)

**take full advantage of:** 充分利用

She decided to take full advantage of her free time to pursue her hobbies. (她决定充分利用自己的空闲时间来追求自己的爱好。)

**keep up with:** 跟上



She had a hard time keeping up with the demands of her new job. (她很难跟上新工作的要求。)

**take a toll on:** 对...产生影响

The stress of the project took a toll on her health. (项目的压力对她的健康产生了影响。)

### 🔴 长难句分析:

总体来说, 这个句子描述了主人公 Nethra 开始享受新自由生活, 但由于过于忙碌, 健康受到影响, 最终决定返回父母家居住。这个句子使用了多个动作和时间状语短语, 以表达这个故事:

1. "**Settling in, Nethra took full advantage of her newfound freedom (and lack of curfew)**": 这是一个主句, 描述了 Nethra 安顿下来后, 她充分利用了新获得的自由, 包括不再有宵禁的限制。
2. "**She hung out with friends every night, paid the bills, cleaned**": 这是一个并列结构, 列举了 Nethra 过去的行为, 包括每晚与朋友外出、支付账单和清理。
3. "**and, yes, learned to cook for herself**": 这是一个补充部分, 表示 Nethra 还学会了为自己做饭。
4. "**But keeping up with this new lifestyle slowly took a toll on her health**": 这是一个主句, 表明适应新生活方式开始慢慢对她的健康产生影响。
5. "**In trying to do it all, she neglected self-care and began to burn out**": 这是一个主句, 说明 Nethra 在努力应对一切的过程中, 忽视了自我照顾, 并开始感到疲惫不堪。
6. "**In the end, she decided to give living with her parents a second try**": 这是一个主句, 表明最终, 她决定再次尝试与父母一起生活。

With a new appreciation for her parents' gestures of love, home-cooked meals and bids to spend time together, Nethra is now happier and healthier than ever. And the feelings are mutual: "We understand each other better" after the



move, Nethra's mom says. Though Nethra is open to moving out again later in her 20s, she now feels at peace — not constricted — living with family. Since returning home, she says, "I haven't really felt, like, lonely or anything even once." Why? Simply put: "I had my fun. I accomplished what I wanted to when I was away."

Nethra 对来自父母的关爱、家常饭菜以及共度时光有了新的认识，她现在比以前更快乐、更健康了。这种感觉是相互的：Nethra 的妈妈说，搬家后“我们更加理解了彼此”。尽管 Nethra 愿意在 20 多岁时再搬出去住，但她现在和家人住在一起感到很平静，无拘无束。她说，自从回家后，“我再没有感到孤独过”这是为什么呢？简而言之：“我过得很开心。当我离开时，我完成了我想做的事情。”

### 重点词汇：

**appreciation:** n. 欣赏；感激

**gesture:** n. 手势；姿势

**home-cooked meals:** 家常餐

**bid:** v. 邀请；提议

**spend time together:** 共度时光

**mutual:** adj. 相互的

**open to:** 对...开放

**at peace:** 心安理得

**constricted:** adj. 受限制的

**accomplished:** adj. 完成的

### 固定搭配：

**at peace:** 心安理得

After making amends, she felt at peace with herself.

(和解后，她感到心安理得。)

### 长难句分析：

总的来说，这段文本描述了 Nethra 对父母的爱意表现有了新的欣赏，她感到更加幸福和健康，同时也强调了父母理解她的



情感。文本通过引用来呈现不同的声音，包括 Nethra 和她的母亲，以支持作者的描述：

1. **"With a new appreciation for her parents' gestures of love, home-cooked meals and bids to spend time together"**：这是一个长句，描述了 Nethra 对父母的爱意表现有了新的欣赏。它包括以下要素：
  - "With a new appreciation for"：这是一个介词短语，用于引出 Nethra 对父母的新欣赏。
  - "her parents' gestures of love"：这是名词短语，描述了父母的爱意表现。
  - "home-cooked meals"：这是一个名词短语，列举了一种父母的爱意表现。
  - "and"：这是一个并列连词，用于连接不同的爱意表现。
  - "bids to spend time together"：这是另一个名词短语，描述了父母邀请一起度过时间的行为。
2. **"Nethra is now happier and healthier than ever"**：这是一个简单的主句，表明 Nethra 目前比以往更加快乐和健康。这部分反映了她与父母重新在一起后的积极变化。
3. **"And the feelings are mutual"**：这个短语用于引出接下来的内容，表示父母也有相同的感受。
4. **"“We understand each other better” after the move"**：这是父母的言论，说明他们在搬回一起生活后，相互之间更加理解。这是引用部分，用引号括起来。
5. **"Though Nethra is open to moving out again later in her 20s"**：这是一个条件从句，表示虽然 Nethra 愿意在她的二十多岁时再次搬出去。
6. **"she now feels at peace — not constricted — living with family"**：这是句子的主要陈述部分，表明 Nethra 现在与家人一起生活时感到平静，没有受到约束。
7. **"Since returning home"**：这是一个时间状语短语，用于描述发生在 Nethra 搬回家后的情况。
8. **"she says"**：这是引用的标识，表明前面的话语来自 Nethra。
9. **"I haven't really felt, like, lonely or anything even once"**：这是 Nethra 的陈述，她表示自从回家以来，她从未感到孤独或其他负面情绪。



10. "Why? Simply put: "I had my fun. I accomplished what I wanted to when I was away.": 这部分解释了为什么 Nethra 感到开心，因为在与家人同住期间理解了很多，成长了很多。

In the United States, amid a turbulent labor market and rising costs, multigenerational living is having a moment. But living with parents post-college is abundantly common in many parts of the world. Mutual caretaking not only cuts down on costs but also strengthens familial bonds and reduces loneliness.

在美国，随着劳动力市场动荡和成本上升，多代同堂的生活正在兴起。在世界许多地方，大学毕业后与父母同住的现象非常普遍。相互照顾不仅能降低成本，还能增强家庭纽带，减少孤独感。

#### 重点词汇：

**amid:** prep. 在...之中

**turbulent:** adj. 动荡的；混乱的

**labor market:** 劳动市场

**multigenerational living:** 多代同堂生活

**abundantly common:** 非常普遍

**mutual:** adj. 相互的

**caretaking:** n. 照顾；护理

**strengthen:** v. 增强；加强

**familial bonds:** 家庭纽带

#### 固定搭配：

**abundantly common:** 非常普遍

Multilingualism is abundantly common in many European countries. (多语言能力在许多欧洲国家非常普遍。)

**cut down on:** 减少





Eating less sugar can help cut down on health risks.  
(减少摄入糖分可以降低健康风险。)

Living with family can provide stability to young people navigating the transient nature of post-grad life. And practicing how to live well with others as an adult — cleaning up, helping to cook, shouldering family expenses, communicating, resolving conflicts and expressing love — sets recent graduates up for success in future relationships.

与家人生活在一起，可以让年轻人在毕业后的短暂生活中保持稳定。培养作为一个成年人如何与他人和睦相处——打扫卫生、帮忙做饭、承担家庭开支、沟通、解决冲突和表达爱——为毕业生在未来的人际关系中取得成功奠定基础。

#### 重点词汇：

**stability:** n. 稳定

**navigate:** v. 导航；引导

**transient:** adj. 短暂的；过渡的

**post-grad:** 毕业后

**shouldering:** v. 承担

**family expenses:** 家庭开支

**communicate:** v. 沟通

**conflict:** n. 冲突

**set up for:** 为...做准备

#### 固定搭配：

**post-grad life:** 毕业后的生活

Many graduates face uncertainty in their post-grad life. (许多毕业生在毕业后的生活中面临不确定性。)

**live well with others:** 与他人和谐相处

Living in a shared house teaches you how to live well with others. (在合租房屋中生活教会你如何与他人和谐相



处。)

**set up for success:** 为成功做准备

Acquiring new skills sets you up for success in your career. (获得新技能为你的职业成功打下基础。)

Sharing Nethra's story, I could have been telling my own. I grew up in a household where moving out before marriage was out of the question. I have protective Arab parents who wanted the best for me, which meant that I spent my high school and college years mostly at home, mostly studying. Commuting to and from college with a tight curfew, I felt a lot like Nethra — lonely, and as if I missed out on all the fun.

在分享 Nethra 故事的同时，就像在讲我自己的故事一样。我生长的家庭不可能让我在婚前就搬出去住。我的阿拉伯父母对我呵护有加，希望我过上最好的生活，这意味着我的高中和大学生活大部分时间都是在家里度过的，大部分时间都在学习。由于宵禁时间很紧，我往返于大学之间，感觉很像 Nethra —— 孤独，像是我错过了所有的乐趣。

**重点词汇:**

**household:** n. 家庭

**out of the question:** 不可能的

**protective:** adj. 保护的

**Arab:** n. 阿拉伯人

**commute:** n. 通勤

**tight curfew:** 严格的宵禁

**固定搭配:**

**out of the question:** 不可能的

Going on vacation this year is out of the question due to budget constraints. (由于预算限制，今年度假是不可能的。)



## 🔴 长难句分析:

总的来说, 这段文本描述了作者与 Nethra 的相似经历, 包括在一个保守的家庭中长大, 在婚姻之前不被允许离开家。它还强调了作者在高中和大学时期的生活, 以及她与 Nethra 之间的共鸣, 尤其是关于孤独和错过乐趣的感受:

1. **"Sharing Nethra's story, I could have been telling my own"**: 描述了作者与 Nethra 的经历有相似之处。它包括以下要素:

- "Sharing Nethra's story": 这是一个现在分词短语, 用于引出作者与 Nethra 的故事有关。

- "I could have been telling my own": 这是主句, 表明作者可能在讲述自己的故事。

2. **"I grew up in a household where moving out before marriage was out of the question"**: 这是一个主句, 描述了作者成长在一个家庭中, 离开家庭在婚姻之前是不被接受的。

3. **"I have protective Arab parents who wanted the best for me"**: 这是一个主句, 表明作者的父母是保护性的, 并希望为作者提供最好的。

4. **"which meant that I spent my high school and college years mostly at home, mostly studying"**: 这是一个关系从句, 进一步解释了为什么作者待在家中。它包括以下要素:

- "which meant": 这是一个关系从句引导词, 用于引出解释或原因。

- "I spent my high school and college years": 这是主句, 描述了作者在高中和大学时期的生活。

- "mostly at home, mostly studying": 这是对作者在这段时间内的主要活动的描述。

5. **"Commuting to and from college with a tight curfew"**: 这是一个介词短语, 描述了作者上大学时的通勤和晚归时间有限。

6. **"I felt a lot like Nethra — lonely, and as if I missed out on all the fun"**: 这是主句, 表明作者与 Nethra 有相似的感受, 包括孤独和错过了许多乐趣。



I was also embarrassed to live at home at 22, especially without my own means of transportation. When I told people I lived at home or needed a ride, they would chuckle awkwardly and say things like, “Well, you’d better get a move on” or “You can’t just live with your parents forever, you know,” as if I had “failed to launch.”

22岁还住在家里这让我很尴尬，尤其是没有自己的交通工具。当我告诉别人我住在家里或需要搭车时，他们会尴尬地笑笑，然后说，“好吧，那你最好赶快行动起来”或“你不能永远和父母住在一起”，就好像我在“啃老”。

### 重点词汇：

**embarrassed:** adj. 尴尬的

**means of transportation:** 交通工具

**chuckle:** v. 咯咯笑

**awkwardly:** adv. 尴尬地

**get a move on:** 快点行动

**fail to launch:** 英语俚语，通常用来形容一个成年人（通常是年轻成年人）没有积极地迈出独立生活的步伐，依然依赖父母或家庭支持，没有找到工作或未能承担起成年人的责任。这个短语通常用来形容那些拖延、不愿意离开家庭或独立生活的人，他们似乎无法迈出自己的第一步，从而实现自己的成年人生活目标。

### 固定搭配：

**means of transportation:** 交通工具

Public buses are a common means of transportation in the city. (公共汽车是城市中常见的交通工具。)

**get a move on:** 快点行动

If you want to catch the train, you need to get a move on. (如果你想赶上火车，你需要快点行动。)



**failed to launch:** 英语俚语，通常用来形容一个成年人（通常是年轻成年人）没有积极地迈出独立生活的步伐，依然依赖父母或家庭支持，没有找到工作或未能承担起成年人的责任。In a society that values independence, relying on one's parents for financial support can be seen as a failure to launch. (在一个重视独立的社会中，依赖父母的经济支持可能被视为“啃老”的表现。)

So, like Nethra, I moved out into my own apartment (amid a lot of tears and drama) for a short stint. My new place was always quiet — ideal for writing and studying. I went out to late dinners and to nighttime jam sessions where I learned how to play the drums (poorly). I never had to wait to use the laundry machine. I could always find my ear buds, and my chocolate-covered pretzels did not mysteriously disappear when left on the counter overnight. The apartment was magical. It was also not home.

因此，和 Nethra 一样，我搬到了自己的公寓（在一片哭声和闹剧中）住了一段时间。我的新家总是很安静，非常适合写作和学习。我出去吃夜宵，参加夜间即兴演奏会，在那里我学会了打鼓（打得很差）。用洗衣机也不用等。我总能找到我的耳塞，我的巧克力脆饼也不会放在柜台上放一夜后神秘消失。公寓很神奇。但它也不是家。

### 重点词汇：

**apartment:** n. 公寓

**drama:** n. 戏剧；戏剧性事件

**stint:** n. 有限的努力；一段时间

**jam session:** 吉他即兴演奏

**drum:** n. 鼓

**poorly:** adv. 不好地

**laundry machine:** 洗衣机

**ear buds:** 耳塞



**chocolate-covered pretzels:** 巧克力覆盖的椒盐脆饼

**mysteriously:** adv. 神秘地

**counter:** n. 柜台

**overnight:** adv. 在夜间

**magical:** adj. 神奇的

 **固定搭配:**

**for a short stint:** 短时间

He worked in the construction industry for a short stint before switching careers. (他在建筑行业工作了一小段时间后转行了。)

**ideal for:** 对...来说是理想的

The quiet library is ideal for studying. (安静的图书馆对于学习来说是理想的。)

Luckily, I made my way back to my brothers and parents. When I did, my perspective shifted. I started to see my culture's norms around living at home until marriage not as stifling, restrictive or patriarchal — but rather as a way of ensuring young people had the resources, love and support to thrive in their 20s.

幸运的是，我回到了父母、兄弟身边。回来之后，我的观念发生了转变。我开始认识到，我的文化标准中关于结婚前在家里生活并不是令人窒息的、限制性的或重男轻女的，而是一种确保年轻人拥有资源、爱和支撑在 20 多岁时茁壮成长的方式。

 **重点词汇:**

**perspective:** n. 视角；看法

**shift:** v. 转变

**norm:** n. 规范；规则

**around:** prep. 关于

**stifling:** adj. 压抑的

**restrictive:** adj. 限制的



**patriarchal**: adj. 家长的

**resource**: n. 资源

**thrive**: v. 繁荣；茁壮成长

### 🔗 长难句分析：

总的来说，这段文本描述了作者的个人经历，包括离开家庭后的观点转变。作者从以前认为的负面观点变为看待文化规范的积极作用，强调这些规范是为了支持年轻人在他们的二十多岁时过上更好的生活。这个改变的观点也反映了作者的成熟和理解：

1. **"Luckily, I made my way back to my brothers and parents"**：这是一个主句，描述了作者幸运地回到了她的兄弟和父母身边。

2. **"When I did, my perspective shifted"**：这是一个主句，表明当作者回到家人身边后，她的观点发生了改变。

3. **"I started to see my culture's norms around living at home until marriage"**：这是一个主句，描述了作者开始看待文化中有关婚前居家的规范。

4. **"not as stifling, restrictive or patriarchal"**：这是一个并列结构，列举了作者不再认为文化规范是令人窒息、限制或父权制的。这部分说明了作者的新观点。

5. **"but rather as a way of ensuring young people had the resources, love and support to thrive in their 20s"**：这是一个主句，表明作者现在将文化规范看作是确保年轻人在他们的二十多岁时拥有资源、爱和支持以茁壮成长的方式。

Relationships with parents and siblings are the "closest and longest" we'll ever have, says Susan Newman, a social psychologist and author of "Under One Roof Again: All Grown Up and (Re)Learning How to Live Together Happily." Living at home is "an opportunity to shore them up and enhance them," she notes. When I ask her about the "failure to launch" stereotype, Newman says living at home is anything but. By letting adult



children live at home during their early 20s, parents are “putting fuel into the launchpad.”

社会心理学家、《Under One Roof Again: All Grown Up and (Re)Learning How to Live Together Happily.》一书的作者苏珊·纽曼 (Susan Newman) 说，与父母和兄弟姐妹的关系是我们所拥有的“最亲密、最长久的”关系。她指出，住在家里是“巩固和加强这些关系的契机”。当我问她关于“啃老”的刻板印象时，纽曼说，住在家里并不意味着什么。让成年子女在 20 岁出头的时候住在家里，父母就是在“为发射台加注燃料”。

### 重点词汇：

**sibling:** n. 兄弟姐妹

**social psychologist:** 社会心理学家

**opportunity:** n. 机会

**shore up:** 支撑，支持

**enhance:** v. 增强

**stereotype:** n. 刻板印象

**launchpad:** 发射台

Allan Njomo, 23, lives with his dad but travels for work often — sometimes more than three weeks per month. In terms of his career, he's as independent as they get. But his independence isn't mutually exclusive with his need for a “home base” where he can relax at the end of a hard day. Home is where Allan can work through the question marks in his post-grad life. He feels lucky to get advice from his father for “probably 98 percent of the things I do.”

23 岁的艾伦·恩乔莫 (Allan Njomo) 与父亲住在一起，但他经常出差，有时每月超过三周。在事业上，他是独立的。但他的独立并不排斥他需要一个“家”，在结束一天的辛苦工作后，他可以在这里放松一下。家是艾伦可以解决毕业后生活中的各种





问题的地方。他感到很幸运，“可能我做的 98% 的事情都能从父亲那里得到建议”。

### 重点词汇：

**in terms of:** 就...而言

**career:** n. 职业

**independent:** adj. 独立的

**mutually exclusive:** 互斥的

**home base:** 家

**relax:** v. 放松

**end of:** 结束

**work through:** 解决

**post-grad:** 毕业后

**get advice from:** 得到建议

**percent:** n. 百分比

### 固定搭配：

**mutually exclusive with:** 与...互斥

His commitment to his family is not mutually exclusive with his dedication to his job. (他对家庭的承诺并不与他对工作的奉献互斥。)

**work through:** 解决

We need to work through these issues to find a solution. (我们需要解决这些问题以找到解决方案。)

A first-generation Kenyan immigrant living in Texas, Allan comes from a culture like mine, where young people generally live in the family home until marriage or achieving total financial stability. Allan and I laugh when he tells me he feels more pressure to stay at home than to move out. “And it’s not negative pressure,” he adds, reflecting, it’s “my dad always making sure I understand that I have a home. For as long as I need.”



艾伦是生活在得克萨斯州的第一代肯尼亚移民，他的文化和我的文化一样，在这种文化中，年轻人一般都住在家里，直到结婚或实现全面的财务稳定。当艾伦告诉我他觉得呆在家里比搬出去压力更大时，我和他都笑了。“这不是负压力，”他补充、反思道，这是“我父亲总是让我明白我有一个家。只要我需要，就可以。”

■ **重点词汇：**

**first-generation:** adj. 第一代的

**immigrant:** n. 移民

**generally:** adv. 通常

**achieving:** v. 达到

**financial stability:** 财务稳定

**pressure:** n. 压力

**move out:** 搬出去

**negative:** adj. 负面的

**reflect:** v. 反思

Living at home has afforded him opportunities for better communication with his father face-to-face, a change that has made them both feel happier and more secure.

在家生活让他有机会更好地与父亲面对面交流，这一变化让他们都感到更快乐和更有安全感。

■ **重点词汇：**

**afford:** v. 提供；给予

**communication:** n. 沟通

**face-to-face:** 面对面的

**secure:** adj. 安全的

Newman tells me that living with parents in young adulthood is a chance to see your parents “as people” — not just as authoritarian rulemakers.



And if recent grads can prove themselves to be responsible contributors to the family unit, Newman says parents will probably become more receptive to new adult boundaries around, say, privacy.

纽曼告诉我，在刚成年时与父母同住是将父母视为“人”的机会——而不仅仅是独裁的规则制定者。纽曼说，如果刚毕业的学生能证明自己是对家庭负责任的贡献者，那么父母可能会更容易接受新的界限，比如隐私方面的界限。

### 重点词汇：

**authoritarian:** adj. 权威主义的

**recent grads:** 毕业不久的学生

**responsible:** adj. 负责的

**contributor:** n. 贡献者

**receptive to:** 对...持开放态度

**boundary:** n. 分界线，边界；界限

**around:** prep. 关于

**privacy:** n. 隐私

As a first-gen Mexican American, 23-year-old Jessica Olvera, a district representative for the California State Assembly, always wanted to experience young adulthood independently — what she calls the “American Dream.” But she has gained new maturity and closeness to her family by living at home and witnessing her parents go through difficulties of their own.

作为第一代墨西哥裔美国人，23岁的加州议会区代表杰西卡·奥尔维拉 (Jessica Olvera) 一直想独立体验年轻的成年生活，她称之为“美国梦”。但通过住在家里，目睹父母经历的困难，她变得成熟和与家人的亲近。

### 重点词汇：



**district representative:** 区代表

**young adulthood:** 青年时期

**independently:** adv. 独立地

**gain:** v. 获得

**maturity:** n. (思想行为、作品等) 成熟

**closeness:** n. 亲近

**witnessing:** v. 见证

**go through:** 经历

“You get to see the human in them. I got to see my mom being sad,” she tells me. “And then I also got to see my dad stressed” about “all those individual things that they would see for themselves in their own individual lives,” such as dreams, decisions and relationships. She reminds me that parents are experiencing life for the first time, too: “It’s like watching them grow up. You don’t want to miss out on their moments for their life, too.”

“你能看到他们身上的人性。我看到了妈妈的悲伤，”她告诉我。“然后我也看到了我爸爸的压力，所有这些都是他们在自己的生活中会看到的”，比如梦想、决定和人际关系。她提醒我，父母也是第一次体验生活：“就像看着他们长大一样。你也不想错过他们的人生时刻。”

### 重点词汇:

**stressed:** adj. 焦虑的; 紧张的

**individual:** adj. 个体的; 独立的; n. 个体

**decision:** n. 决策; 决定

**moment:** n. 时刻; 瞬间

### 固定搭配:

**get to see:** 有机会看到

You get to see the beauty of nature when you go hiking. (当你去远足时, 你有机会看到大自然的美丽。)



**miss out on:** 错过

Don't miss out on the opportunity to travel the world.  
(不要错过环游世界的机会。)

Jessica takes pride in her independence. She supports herself financially, other than living rent-free, and sometimes helps her family by paying for groceries. But there are other gifts she's grateful that her family provides for her.

杰西卡为自己的独立感到自豪。除了免房租生活外，她在经济上自给自足，有时还帮助家人支付日用品的费用。但她也很感激家人为她提供的其他礼物。

 **重点词汇:**

**independence:** n. 独立; 自主

**financially:** adv. 在财务上; 经济上

**rent-free:** adj. 免租的; 不收房租的

**groceries:** n. 食品杂货

**grateful:** adj. 感激的; 感谢的

**provide:** v. 提供; 供给

 **固定搭配:**

**take pride in:** 以...为傲

She takes pride in her artistic skills. (她以自己的艺术技能为傲。)

**other than:** 除了...之外

Other than the weather, everything else is going smoothly. (除了天气之外, 其他一切都顺利。)

**pay for:** 支付...的费用

He is responsible for paying for his own college tuition.  
(他要自己支付大学学费。)



**grateful for:** 感激...

I am grateful for your help during my difficult times.

(我感激你在我困难时期的帮助。)

**provide for:** 供养; 提供

He works hard to provide for his family. (他努力工作来

养家糊口。)

“Once you cross that door and you smell a home-cooked meal in a clean house with people who are just excited to see you, you know, happy to actually see you,” the stress of the day melts away, she says. She laughs and adds, “And I don’t want to sound like I’m a little girl again, but ... they’re still there to kind of protect you. You know, nothing from the outside world is going to get to you when you’re there.”

她说：“一旦你跨过那扇门，在干净房子里闻到家常饭菜的香味，周围的人都很高兴见到你，你知道，他们很高兴真正见到你，”一天的压力就会烟消云散。她笑着补充说：“我不想让自己听起来又像个小女孩了，但是.....他们仍然在那里保护着你。你知道，当你在那里的时候，外界的一切都不会影响到你。”

**重点词汇:**

**home-cooked:** adj. 家常的; 家庭烹饪的

**melt away:** 融化; 消散

**固定搭配:**

**cross the door:** 走进门

As soon as I crossed the door, I knew I was home. (我

一走进门，就知道我回到了家。)

**melt away:** 消散; 融化



The warmth of her smile melts away my worries. (她微笑的温暖让我的忧虑融化了。)

**protect from:** 保护免受.....的伤害

Parents are always there to protect you from harm.

(父母总是在那里保护你免受伤害。)

**get to you:** 伤害你; 影响你

Don't let the negativity from the outside world get to you. (不要让外部世界的负面情绪影响你。)

The young people I spoke to for this column are clearly not failing to launch. They are all highly motivated, mature, smart, successful and independent people. Not to mention all gainfully employed. They've embraced family life and developed strong interpersonal skills that allow them to live happily, and empathetically, with others. They feel secure, protected and taken care of in a phase of life when so much about their futures is uncertain.

我为撰写本专栏而与之交谈过的年轻人显然并没有失败。他们都是积极进取、成熟、聪明、成功且独立的年轻人。更不用说那些有薪酬工作的人了。他们热爱家庭生活，培养了很强的人际交往能力，能够快乐地与他人共处，并能感同身受。在他们的未来充满不确定性的人生阶段，他们感到安全、受到保护和照顾。

### ■ 重点词汇:

**motivated:** adj. 积极的, 主动的

**mature:** adj. 成熟的

**gainfully:** adv. 有收入地; 有利益地

**embrace:** v. 拥抱; 接受

**interpersonal:** adj. 人际关系的, 人际的



The idea that we must reject mutual care and protection in favor of claiming our independence as early as possible needs revision. As do the unhelpful stereotypes depicting those who live at home as adult babies living in their parents' basements.

我们必须将「摒弃相互照顾和保护而主张尽早独立」的想法需要修正。把「那些住在家里的人描绘成住在父母地下室的巨婴」的无益刻板印象也需要修正。

### 重点词汇：

**rejection**: n. 拒绝；抵制

**unhelpful**: adj. 无益的；不帮助的

**stereotypes**: n. 刻板印象；成见

**adult baby**: 巨婴

### 固定搭配：

**in favor of**: 支持；赞成

She chose the healthy salad in favor of the greasy fast food. (她选择了健康的沙拉，支持它，而不是油腻的快餐。)

**depict as**: 描述成；描绘为

The novel depicts the main character as a brave and adventurous explorer. (这本小说将主人公描述成一个勇敢和冒险的探险家。)

Being a part of a family ecosystem as a young adult is an enriching way to spend one's 20s. And these recent grads (including one who writes a weekly column for The Post) are proof.

年轻时成为家庭生态系统中的一员，是度过 20 多岁的一种充实方式。这些刚毕业的大学生（其中一位每周都为《邮报》撰





写专栏) 就是最好的证明。

 **重点词汇:**

**family ecosystem:** 家庭生态系统

**enriching:** adj. 丰富的; 充实的

 **固定搭配:**

**be a part of:** 成为...的一部分

She wanted to be a part of the team and contribute to their success. (她希望成为团队的一部分, 为他们的成功做出贡献。)

**proof of:** 证明; 证据

His success is proof of his dedication and hard work.

(他的成功证明了他的奉献和努力。)

