

LESSON ONE

Your College Years

By Bob Hartman

Step One *Leading-in Activities*

- Free Talk
- Group Discussion
- Think, Write and Read



Free Talk: Warm-up Question

1. As a sophomore, what is your general impression of college?



➤ **many opportunities for one to explore the unknown**

experiencing a lot

➤ **making lifelong friends**

➤ **enjoying various kinds of activities**

➤ **developing one's personal interests**

➤ **keeping a good balance and laying a solid foundation**

➤ **...**

➤ **the golden time in one's life**

To be continued on the next page.

2. Have you experienced anything different from your high school life?

- being far away from home
- living with others
- becoming independent
- taking care of oneself
- handling one's own finance
- making one's own decisions
- ...
- **changes are occurring**



3. What's your purpose of receiving a college education?

- to get and keep a good job
- to earn more money
- to get a good start in life
- to fully develop oneself
- to contribute more to society
- ...
- **a sound investment that is worth every penny**



To be continued on the next page.

4. Have you had any psychological problems ever since you entered college?

- **loneliness**
- **confusion**

- **frustration**
- **jealousy**
- **a sense of inferiority**
- **feeling pressure**
- **...**
- **psychological problems abound on campus**



Group Discussion

- **What do you think is particularly important for us English language students?**



Think, Write and Read

There are four seasons in a year, which make the days distinctive and exiting.

Metaphorically, there are four seasons in one's college years representing different aspects of college life, which make the days rewarding and unforgettable.

Do you agree? If so, what do you think the four seasons represent ? Share your opinions, please.

To be continued on the next page.

Step Two *Word Study*

1. affirm

**v. to declare (usually again) positively;
strengthen beliefs, ideas, or feelings**

affirmation

affirmable

Examples:

- **affirm one's judgment/innocence**
- **affirm sth. to sb.**
- **affirm that it is true**

affirmative *a.*

- **affirmative reply/nod/reaction**



Word Study

2. contribute

- v. a. to join with others in giving help, money, etc.
b. to help to cause or produce

Cf:
distribute
attribute

Examples:

- **contribute** food and clothing **for** the refugees.
- **contribute to** the *Red Cross*
- Exercises **contribute to** one's health.
- Drinking **contributed to** his ruin.

To be continued on the next page.

Word Study

3. distribute

**v. to give things to a large number of people;
spread sth. over an area**

- **distribute** pictures **among** children
- **distribute** magazines **to** subscribers
- **distribute** manure **over** a field

attribute n. a quality or feature of sb./sth.
v. to say or believe that sth. is the
result of a particular thing

- Politeness is **an attribute** of a gentleman.
- He **attributes** his success **to** hard work.



Word Study

4. counsel

v. (*fml.*) to advise

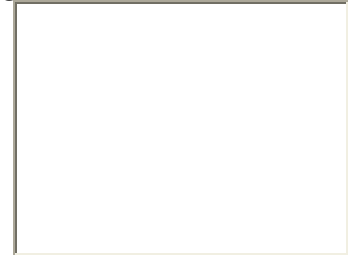
n. advice; opinion; suggestion

Examples:

■ I would **counsel** you to say nothing about the affair .

counsellor

n. adviser; lawyer



Word Study

5. endeavor

v. (fml.) to try very hard

n. (fml.) effort; attempt

Examples:

- He **endeavored to** calm himself down but in vain.
- His **endeavors to** persuade her to go with him failed.



Word Study

6. endowment

Word formation

n. a. a quality or ability that someone has naturally

v. endow

b. money, property, etc. given to provide an income

Examples:

- They are **men of great endowments**.
- The Oxford and Cambridge colleges **have numerous endowments**.



To be continued on the next page.

Word Study

7. endow

- v. a. to possess naturally, be born with
 b. to give a college, hospital, etc. a large sum of money that will provide it with an income

Examples:

- She **is endowed with** both beauty and brains.
- That hospital **is privately endowed**.



Word Study

8 . ethnic

- a. a. of race or the races of mankind
- b. (*colloq.*) of a particular cultural group

Examples:

- **ethnic** clothes/food/music/restaurants



Word Study

9. excessive

a. much more than is reasonable or necessary

Examples:

- **excessive** rainfall
- **excessive** charges

excess *n.*

- **an excess of** enthusiasm
- That is a city with a population **in excess of** two million.



Word Study

Word formation

10. inherit

n. inheritance

v. to receive (genetic characters) from one's parents

Examples:

- **inherit** money/estate/title
- She **inherited** her mother's good looks and her father's bad temper.

To be continued on the next page.

Word Study

11. inhibition

***n.* (psych.) a feeling of worry or embarrassment that stops you doing or saying what you really want to**

Example:

- **Wine weakens a person's inhibitions.**

inhibit v. to hinder; to restrain

- **inhibit sb. from doing sth.**

Word Study

12. **project**

- v.**
- a. to plan**
 - b. to cause a shadow, an outline, etc. on a surface**
 - c. to present sb./sth./yourself to other people in a particular way, esp. one that gives a good impression**

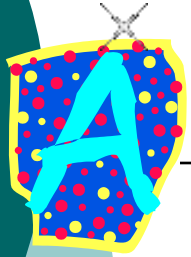
- **project** a dam/a new canal
- **project** a picture on a screen
- **project** the future roles as men or women

Step Three *Background Information*

- 1. About the author:
Bob Hartman**
- 2. Erik H. Erikson**
- 3. About the text**



The author



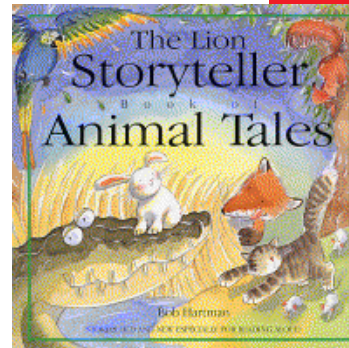
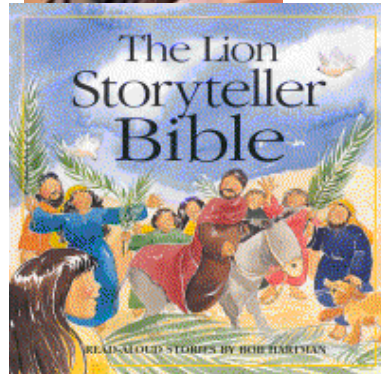
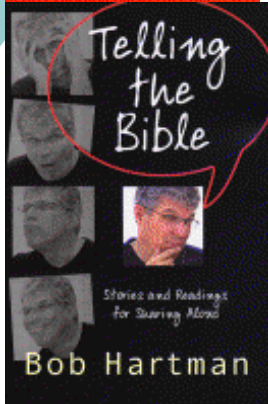
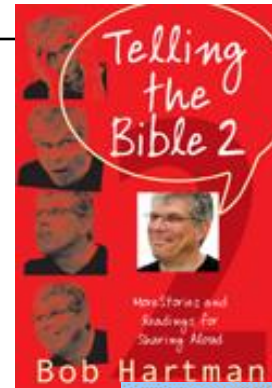
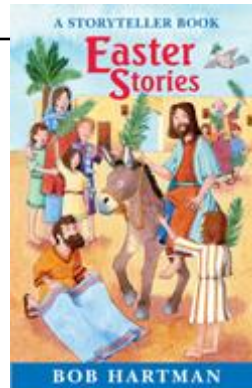
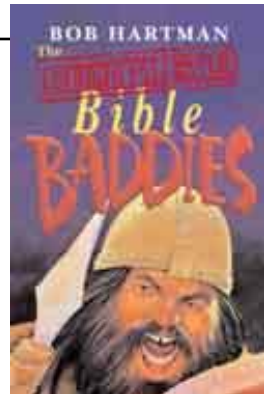
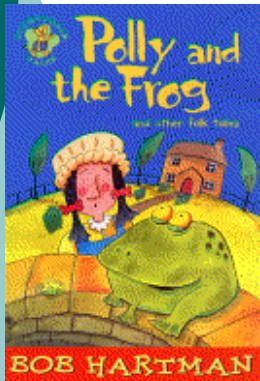
Bob Hartman was born in Pittsburgh, the United States, and moved to England in the summer of 2000. He has been working as a storyteller for children for more than a decade and is a part-time pastor.



To be continued on the next page.

Author

A selection of books by Bob Hartman



Erik H. Erickson

Erik H. Erickson (1902—1994), was a German-born American psychoanalyst whose writings on social psychology, individual identity, and the interactions of psychology with history, politics, and culture influenced professional approaches to psychosocial problems and attracted much popular interest. He was most famous for his work on refining and expanding Freud's theory of [developmental stages](#).

To be continued on the next page.

Erickson's Theory of Developmental Stages

Basic Theory:

Babies are born with some basic capabilities and distinct temperaments. But they go through dramatic changes on the way to adulthood and old age. According to psychologist **Erik H. Erikson**, each individual passes through eight developmental stages.

To be continued on the next page.

Erickson's Theory of Developmental Stages

Each developmental stage is characterized by a different psychological "crisis", which must be resolved by the individual before the individual can move on to the next stage. If the person copes with a particular crisis in a maladaptive manner, the outcome will be more struggles with that issue later in life. To *Erikson*, the sequence of the stages are set by nature.

To be continued on the next page.

Erickson's Theory of Developmental Stages

Stage 1: Infant

Stage 2: Toddler (学步的小孩)

Stage 3: Preschooler

Stage 4: School-age Child

Stage 5: Adolescent

Stage 6: Young Adult

Stage 7: Middle-Age Adult

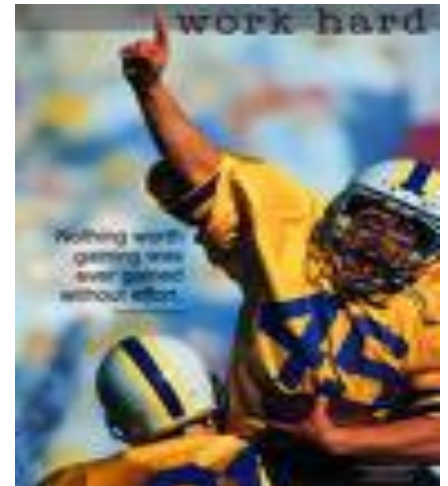
Stage 8: Older Adult

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Step Four Text General Analysis

Structure of the Text

Theme of the Text



Text Analysis

Structure of the text

- Part 1 (para. 1):** At college, students move from adolescence to young adulthood.
The introduction
- Part 2 (paras. 2 –9):** **A:** during this time, students experience an identity crisis (paras. 2-4)
B: in their college years students grow in a number of aspects. (paras. 5-9)
The body
- Part 3 (para. 10):** College is a time of personal growth and expansion.
The conclusion

Theme of the text

College is designed to be a time of changes for students. Threatening the changes may be, they contribute to young adults' growth and maturity.

College students are experiencing a lot. Not only are they being introduced to new people and new knowledge, but they are also acquiring new ways of assembling and processing information. They are also proudly growing in their understanding of themselves, others and the world.



The end of Theme.



Step Five *Text Detailed Study*

1. Sentences Paraphrase
2. Language in Detail
3. Writing Device



It occurs to sb that...

— (of a thought or idea) come into the mind of (someone) 浮现在某人脑海中，想起

Similar Structure

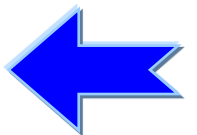
- It strikes to sb that...
- It dawns on sb that...
- It hits sb that ...
- Sb hits up(on) an idea that ...

Translate

你是否曾意识到吃得太丰盛了对身体也有坏处？

Key

Has it occurred to you that eating too rich food is harmful to the health?



It dawns on sb that...

— If a fact dawns on you, you realize it for the first time 浮现在某人脑海中，想起

Translate

他突然意识到尽管他现在很有钱，但并不十分幸福。

Key

It dawns on him that although he was rich now, he was not very happy.



More to learn

Has it ever dawned on you that certain developmental changes will occur in your life as you move from adolescence to young adulthood?

It is a psychological term which refers to the physiological and behavioral changes throughout one's life.



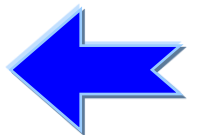
Paraphrase

Has it ever dawned on you that certain developmental changes will occur in your life as you move from adolescence to young adulthood?



Paraphrase

When you are developing into an adult, you will experience some changes both psychologically and physically. Have you ever thought about that?



go through

- (1) to experience a difficult or unpleasant situation;
- (2) to examine in order to organize them or find something; _____
- (3) to use a lot of something;
- (4) to be officially accepted or approved

Practice

I don't think this plan will go through the Security Council. (4)

We have gone through all these arguments. (2)

Before I gave up smoking I was going through 40 cigarettes a day. (3)

You didn't know what I have gone through. (1)



More to learn

During this time, students are going through an identity crisis and are endeavoring to find out who they are and what their strengths and weaknesses are. she. to try very hard



What is identity crisis?

Are you unsure of your role in life? Do you feel like you don't know the 'real you'? If you answer yes to the previous questions, you may be experiencing an identity crisis. Theorist Erik Erickson coined the term identity crisis and believed that it was one of the most important conflicts people face in development.

According to Erickson, an identity crisis is a time of intensive analysis and exploration of different ways of looking at oneself. In this article it refers to the difficulties, confusions and anxieties that you go through during adolescence when you are not sure who you really are and what your purpose in life is.



Paraphrase

perceive (perceivable, perception)

— (1) to think of as

(2) to notice, to discover, to observe

(3) to understand, to grasp

Examples

- He perceived himself a loser who could not even support his family.
- Musicians can perceive very small difference in sounds.
- I gradually perceived that culture and language can't really be separated.

Practice

- (1) The patient was perceived to have difficulty in standing and walking.
- (2) Some things are not perceivable by sense, but only cognizable by reason.
- (3) He is scared by the quickness of her perception.
- (4) I can't perceive any difference between these coins.



endowment (endow: be endowed with)

— (1) money that is given to a college or hospital, etc. in order to provide it with an income, or the giving of this money:

(2) something that you have from birth, often a quality:

Examples

- There are tests which can establish a baby's genetic endowment.
- The school has received an endowment of 10 000 to buy new books for the library.

Translate

她生来美貌与智慧并存。

并非所有的人生来都像你这样有天赋。

Key

She's endowed with intelligence as well as beauty.

Not everyone is born with such endowment like you.



Paraphrase

identity is determined by genetic endowment (what is inherited from parents), shaped by environment, and influenced by chance events.

“Chance” here is an adjective, meaning “accidental”



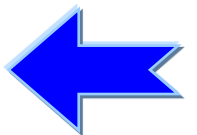
Paraphrase

Who we are is determined by three things: First, our genes, or what our parents have given us, our legacy; second, environment, and third, luck or opportunities.



Translate

自我认同取决于遗传基因（遗传于父母），由环境塑造，并且受偶然事件的影响。



in turn

— one after the other, in succession; as a result of;

by turns

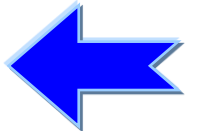
— (of people or their actions) one after the other, in rotation

take turns (at sth)

— do sth one after the other

Examples

- 1) There were twelve of us in the boat and we rowed by turns.
She went hot and cold by turns.
- 2) We went in turn to be examined by the doctor.
Theory derives from practice and in turn serves practice.
- 3) The three brothers took turns at looking after their sick mother.
We take turns in guarding the treasure.



be independent from / of (independence)

— not influenced or controlled in any way by other people, events or things

be dependent on (dependence)

— influenced or decided by something

Examples

- He was freed from financial dependence on his parents.
- He has little independence, but goes with the stream.
- The study is totally independent of central government.
- Small firms are dependent upon the local economy.



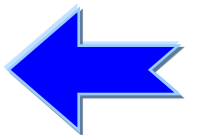
Paraphrase

While students are going through an identity crisis, they are becoming independent from their parents, yet are probably still very dependent on them.



paraphrase

As students are experiencing an identity crisis, they are not totally relying on their parents, but they still need their parents' help.



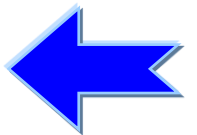
In fact, it may be heightened by their choice to pursue a college education.

“It” here refers to the word “struggle” in the previous sentence



Paraphrase

If they choose to go to college to continue their education, they will face an even more serious struggle between the desire to be independent and the need to depend on the financial support of their parents.



distinct (from)

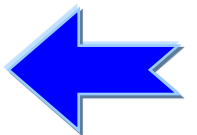
— adj, easily heard, seen, felt or understood, definite; different in kind, separate. 清楚的, 清晰的, 明显的

distinctive (of)

— that distinguishes sth by making it different from others 特有的, 有特色的, 有差别的

Practice

- Pupils in Hong Kong usually have Distinctive badges on their school uniforms.
- The footprints are quite distinct; they must be fresh.
- But I distinctly remember you promising to phone me!
- Long complex sentences are distinctive of Henry James's later style.



First, there is functional independence, which involves the capability of individuals to take care of practical and personal affairs, such as handling finances, choosing their own wardrobes, and determining their daily agenda.

independence in handling everyday life situations;
the ability to solve practical problems.

learn how to spend money wisely

choosing their own clothes

determining what they are going to do every day



Translate

第一，功能独立，它包括个人处理实际事务和个人事务的能力，比如理财，自主选择穿什么样的衣服以及决定日常安排等。



Paraphrase

define (... as ...)

— state precisely the meaning of (e.g., words)

definite (definitely)

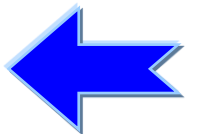
— adj. clear, not doubtful; sure, certain

definition

— stating the exact meaning of words; clear statement, outlining

Practice

- Dictionary writer must be skilled in the art of definition.
- He seemed definite about what had happened.
- I have no definite plans for tomorrow.
- The contract will seek to define the client's obligations.



freedom (free) from sth

— state of being without or not affected by the thing 不受某事物影响的状态

freedom of sth / to do sth

— state of being unrestricted in one's action.

Practice

“We look forward to a world founded upon four essential human freedoms. The first is freedom of speech and expression - everywhere in the world. The second is freedom of every person to worship God in his own way - everywhere in the world. The third is freedom from want - everywhere in the world. The fourth is freedom from fear - anywhere in the world.

Franklin D. Roosevelt



More to learn

Hoffman defines this process as “freedom from an excessive need for approval, closeness, togetherness, and emotional support in relation to the mother and father.”

much more than reasonable or necessary



Understanding

If somebody has an excessive need for approval, it means that he is too dependent on others' approval. Children need their parents to tell them what to do or not to do. They also need to be close to their parents and receive encouragement, love, and all kinds of emotional support to give them strength. But when they grow up, this should change. They should no longer have the same needs as babies.



Paraphrase

Hoffman defines this process as “freedom from an excessive need for approval, closeness, togetherness, and emotional support in relation to the mother and father.”



Paraphrase

Children need to be on intimate terms with their parents and are eager to receive encouragement, love and all kinds of emotional support from their parents. But Hoffman thinks when children are pursuing emotional independence, they are gradually free from these needs.



approve (of sb/sth) (approving, approval)

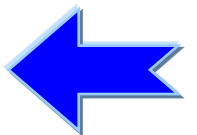
— say, show or feel that sth is good or acceptable or satisfactory 赞成, 认可, 满意

disapprove (of sb/sth) (disapproving, disapproval)

— consider sb/sth to be bad, immoral, foolish

Practice

- He shook his head in disapproval.
- She felt happy because she received many approving glances.
- I approve of your trying to earn some money but please don't neglect your studies.
- Animal conservationists disapprove of experimenting on animals.
- Step-parents need to win a child's approval.



inhibit (sb from sth/doing sth)

— prevent sb from doing sth that should be natural or easy to do

inhibited

— (of people) unable to relax or express one's feelings in a natural way; (of behavior) not relaxed (指人) 拘谨的; (指举止) 不轻松的, 不自然的

inhibition

— the act of inhibiting, restricting; a feeling that makes one self-conscious and unable to act in a relaxed and natural way.

Practice

- She had no inhibition about asking for more.
- The earnings rule inhibits some retired people from working.
- Her severe upbringing had left her inhibited; a very inhibited young man, anxious and ill at ease;



Paraphrase

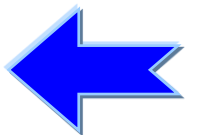
College students need to stand back and see where they are in the independence/dependence struggle.

stand back (from sth): move back; be situated away from sth



Translate

大学生需要退一步来审视自己在独立性与依赖性的冲突中所处的位置。



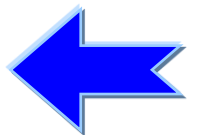
Probably one of the most stressful matters for young college students is establishing their sexual identity, which includes ~~relating to the opposite sex and projecting their future roles as men and women.~~

planning, designing, outlining, devising the future roles as men or women



Paraphrase

Maybe one source of pressure for young college students is to figure their sexual identity, which includes interacting with the opposite sex and planning their future roles as men and women.



These are exciting times yet frustrating times.

The author uses **antithesis** to give a focus to how college students are stressful in establishing their sexual identity.



What is antithesis?

A figure of speech in which sharply contrasting ideas are juxtaposed in a balanced or parallel phrase or grammatical structure.

它是把意义相反或相对的语言单位排列在平行、对称的结构里,以求取一种匀称的形式美和强烈的对照感。Antithesis 有两个特点:一是语义上的对照性,二是结构上的对称性。因此,该辞格可看作是Parallelism(平行)与Contrast(对照)的结合,故译作“平行对照”。英语Antithesis 形式整齐对称,音律节奏铿锵,内容既适于反衬对照,又适于重复强调,在形、音、义各方面都具有鲜明的修辞功能。Antithesis 的使用能揭示事物的矛盾性,对照的语句往往说得巧妙机智,寓意深刻,蕴含着某种人生的哲理或真谛,常见于英语谚语、名言、演说及文学作品中。



More Examples

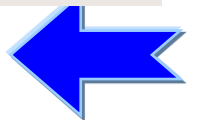
Similar Structure

- Knowledge makes humble , ignorance makes proud.
- A pessimist is one who makes difficulties of his opportunities ; an optimist is one who makes opportunities of his difficulties.

Find more examples in paragraph 5.

- Probably nothing can make students feel lower or higher emotionally than the way they are relating to whomever they are having a romantic relationship with.

- It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness. , it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way...



Probably nothing can make students feel lower or higher emotionally than the way they are relating to whomever they are having a romantic relationship with.

feel happy or unhappy, with or without hope for the future

Comparative degree is used to express superlative meaning.

objective clause



Paraphrase

Perhaps the things that can make students feel the emotion of sadness or happiness best is the way they are associating with whomever they fall in love with.

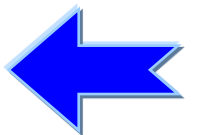


More to learn

否定词语+比较级=最高级; 否定词语+so... as =最高级

Example:

- Nothing is happier than staying with one's parents and having nothing to worry about.
- I cannot agree with you more.
- Nothing is so easy as this.



During the course I had come to realize that while my world was expanding and new options were opening for me, my father, who was in his sixties, was seeing his world shrink and his options narrow.



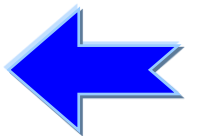
Paraphrase

From the course, I realized that I had an enlarged world and more choices while my father who was in his sixties, had to face up to the fact that his world was getting smaller and his choices fewer.



Translate

在学习该课程的过程中，我渐渐意识到，当我的世界不断扩展，新的选择不断出现时，我的父亲，一个已年过花甲之人，正在亲眼目睹自己的世界在缩小，选择也在变少。



model oneself/sth on sb/sth

— take sb/sth as an example for one's action, plan, etc.

Examples

- The design of the building is modeled on classical Greek forms.

Translate

她以最喜爱的小说家为榜样。

Key

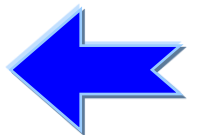
She models herself on her favorite novelist.



More to learn

Since birth, one or more parents have been modeling for them and teaching them certain beliefs, values, and morals.

serving as a model for them, setting an example for them



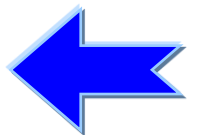
In their adolescent years, however, these matters are questioned and in some cases rebelled against.

to oppose or fight against



Paraphrase

In their adolescent years, however, people often have doubts about these matters and sometimes oppose them.



prejudice sb against sb/sth (sb be prejudiced against

— cause sb to have a liking or disliking opinion towards sb /sth

Translate

Newspaper gossip had prejudiced her against him.

Key

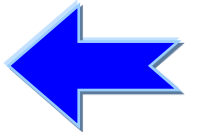
报上的那些流言蜚语的文章使她对他抱有偏见。

Translate

他的声音和举止都使听众反感。

Key

His voice and manner prejudice his audience against him.



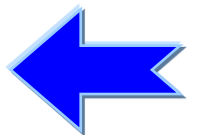
As she finished her senior year, she had grown to realize that people of their races were not only equal to her but were ~~people who could be her friends and from whom she could learn.~~

to be just as good as



Paraphrase

When she finished her fourth-year study, she had known that people of other races were born equal to her. Besides, she could make friends with them, and even learn something from them.



These religious, moral, and ethical values that are set during the college years often last a lifetime.



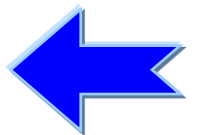
Paraphrase

These values that are established during the college years often last a lifetime. It is believed that our character of basic moral principles are formulated during this period of time.



Translate

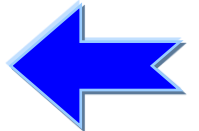
这些在大学期间确立的信仰、道德和种族观念，往往伴随人的一生。



In addition to affirming personal values

strengthen (beliefs, ideas)

values concerning personal life or
behavior as opposed to social values.



mean sth to sb

— be of value or importance to sb

Examples

- Your friendship means a great deal to me.

Translate

20英镑对于穷人来说是个大数目。

Key

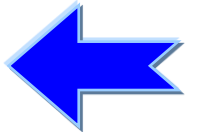
20 pounds mean a lot to a poor person.

Translate

你不知道我多么喜欢你。

Key

You don't know how much you mean to me.



appoint (sb to sth)/ appoint sb as sth

— choose sb for a job or position of responsibility.

Examples

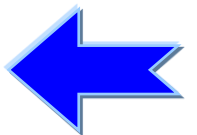
- He was appointed to the vacant post.

Translate

A person may appoint an agent to perform the same acts which he might legally do himself.

Key

一个人可以委托一个代理人去完成他自己能够合法完成的相同行为。



I can no longer read the newspaper or watch a television newscast without seeing the people from other countries in a different light.

to see sb in a certain (different, new, etc.)

light: to see sth/sb in a certain way



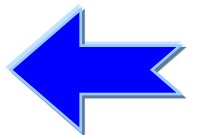
Paraphrase

When I read the newspaper or watch a television newscast, I always see the people from other countries in a way different from the way I used to see them.



Translate

在我读报或者看电视新闻时，我已经不再用不同的眼光去看待那些其他国家的人们了。



assemble

- (1) cause people or things to come together, collect;
 - (2) fit together the parts of sth
-

Examples

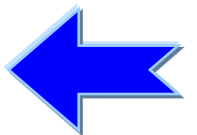
- assemble evidence, materials, equipment, a collection of objects.

Translate

这书柜用一把螺丝刀就可以很容易地安装起来。

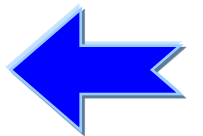
Key

The bookcase can easily be assembled with a screwdriver.





Answer of Exercises





Vocabulary

1. Translate the following expressions into English.

- (1). define the word
- (2). resent the treatment
- (3). Frustrate the students
- (4). declare war
- (5). evaluate the result
- (6) perform one's duty
- (7). narrow the gap
- (8). expand business
- (9). Present the facts

Vocabulary

2. Translate the following expressions into Chinese.

- (1). 认识自己的优缺点
- (2). 进入职场
- (3). 学会管理个人财务
- (4). 凡事都得请父母做主
- (5). 为我们将来如何扮演男人或女人的角色作准备
- (6). 逐步培养和建立自己的宗教信仰、道德和价值观
- (7). 学会选择着装
- (8). 确定个人身份
- (9). 向权威叫板和挑战

Vocabulary

3. Translate the following sentences into English

- ① **He is so devoted to his research that it never occurs to him that he will soon have to retire.**
- ② **Many people have observed that, without effective checks, we all have a tendency to abuse our power.**
- ③ **Some countries refuse to get involved in this dispute and they resent any foreign interference.**
- ④ **The control of sand storms will involve a tremendous amount of work and money.**
- ⑤ **You have to take the local conditions into consideration/account when you apply these technologies.**

Vocabulary

- ⑥ **All applicants will have to fill out these forms and mail in an application fee of 50 dollars.**
- ⑦ **Based on his careful observation of children's behavior, he came to the conclusion that learning is a natural pleasure.**
- ⑧ **In a country of many nationalities, ethnic harmony requires very careful handling.**
- ⑨ **The government is determined to punish all the corrupt officials involved.**
- ⑩ **Cheating at/on exams does not occur very often. But when it does, the school takes a very tough position.**

Grammar

4. Translate the selection into Chinese.

- 我们人类成长的过程与海里的虾蟹颇相似。龙虾的成长需要不断长出又脱去保护其肉体的硬壳。每次它从内向外扩展时，限制它发展的硬壳必须得脱掉，在替代旧壳的新壳长出之前，其肉体就暴露无遗，极易受到伤害。
- 在人类从一个阶段过渡到下一个成长阶段的过程中，我们也必须脱掉一套保护性的机制，这使我们完全暴露，极为脆弱，但同样会帮助我们过渡到新的成长期，使我们以前所没有的方式发展。人类这种“脱壳”每次可能需要几年或更长的时间完成。不过每完成一个阶段的成长，我们就进入下一个更长也更稳定的阶段，在新的阶段我们可以获得相对的平静，重新获得一种心理平衡感...

Grammar

4. Translate the selection into Chinese.

- 我们看到，每个人都以自己独特的方式应对这些发展阶段。有些人永远完不成整个过程。我们当中谁也不能一蹴而就——比如说通过从父母的家直接进入职场或婚姻这种方式——解决我们与童年时的看护者分离过程中面临的各类难题。我们也不可能通过将自己的梦想转换为具体目标，而一劳永逸地达到自立的境界，即使是实现了这些目标。一个时期核心问题或任务从不会是全部完成，而后打包搁置一边。然而这些问题已不再是首要任务，当前阶段的生活机制已经达到其目的时，我们迈进下一个发展阶段的时机就已经成熟。