

美) Jennifer Leigh Youngs 美)Bettie B. Youngs, Ph.D., Ed.D.

erry Teen's Guide to Setting & Achieving Goals

外语教学与研究出版社 FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS 北京 BEIJING

(京)新登字 155 号

京权图字: 01-2003-5470

图书在版编目(CIP)数据

与自己有个约定/(美)扬斯(Youngs, B. B.),(美)扬斯(Youngs, J. L.)著. 一北京:外语教学与研究出版社,2004.4 ISBN 7-5600-4144-2

Ⅰ. 与… Ⅱ. ①扬… ②扬… Ⅲ. 英语一语言读物 Ⅳ. H319.4

中国版本图书馆 CIP 数据核字(2004)第 034382 号

Original title: A Taste-Berry Teen's Guide to Setting & Achieving Goals Copyright © 2002 Bettie B. Youngs and Jennifer Leigh Youngs

Published by arrangement with HEALTH COMMUNICATIONS, INC. Deerfield Beach, FL. U. S. A.

与自己有个约定

(美) Bettie B. Youngs
Jennifer Leigh Youngs
* * * *

责任编辑: 乔艳红

出版发行: 外语教学与研究出版社

社 址: 北京市西三环北路 19号 (100089)

网 址: http://www.fltrp.com **印** 刷: 北京外国语大学印刷厂

开 本: 880×1230 1/32

印 张: 7.125

版 次: 2004年5月第1版 2004年5月第1次印刷

书 号: ISBN 7-5600-4144-2/H·2013

定 价: 13.90元

如有印刷、装订质量问题出版社负责调换

制售盗版必究 举报查实奖励

版权保护办公室举报电话: (010)88817519

前言

"少年心事当拿云",当然没有错,但少年时,也并不是只有拿云的心思,还有许许多多的故事,有许许多多的困惑和迷茫。

当你遇到生活中的种种难题,一定会有父母、老师或长辈站出来为你释疑解惑。但拿着他们给的"标准答案",你是否会觉得意犹未足?因为尽管长辈的答案浸淫了他们数十年的人生经验,但你更想知道的是同样的故事是否也发生在跟你同龄的人身上,你更想了解同龄人面对同样的问题会如何应对。

"阳光英语"系列丛书即是以青少年的眼光和见解来看待青少年成长路上遇到的种种困扰。其释疑解惑不是长辈的说教,而是同龄人对问题的见解。这是这套丛书跟其他面向青少年的丛书最不同的地方。

本套丛书共分为四本,其中三本的英文书名里都有"taste berry",何为"taste berry"?原书作者解释如下:There is a fruit called the Richardelladulcisica, better known as the "taste berry". When eaten, the taste buds experience whatever is being consumed—even distasteful foodstuffs—as sweet and delicious. 大意是说"taste berry"是一种神奇的浆果,用它做调味剂,任何食物都会变成美味,就算是原本味道不佳的食物也不例外。

有人说生活就像五味俱全的一顿大餐,没有人知道下一口会尝到什么。我们希望这套丛书能成为你生活中的"taste berry"。当你尝到生活的苦咸滋味,看看同龄人的相似经历与应对方法,或许能让你对自己的生活有另一番领悟。

想必通过这本书的英文书名,你就已经知道这本书重点在讲什么了: 它以青少年在青春期的切身体验为切入点,提出设立自己的人生目标的概念,引领青少年认识自己,理清思路,合理设计人生目标并取得成功。

本书共分为五个部分,每一部分都会有数个青少年站出来向你讲述他们自己的故事,然后著者会对这些事例进行分析,告诉你如果面对同样的情况,你应该如何做,及为什么要那样做。最后还会有一个"实战演习",让你结合自己的情况,给出你的答案。这五个部分环环相扣,循序渐进,依次让你明白:"我"是谁;"我"的目标是什么;如何制订一个合理而又可行的计划来实现"我"的目标;如何把"我"的计划分解成年计划、月计划、周计划,甚至是日计划;如何克服实现计划过程中出现的种种障碍等等。

有人说"拥有梦想只是一种智力,实现梦想才是一种能力"。只有在 计划变成现实时,你才能体会到收获的喜悦,你才会有前进的动力。

如果你已经开始思考生活中什么对你来说最重要,如果你已经打算制订一个计划,来实现自己的目标,let's get started!

CONTENTS

	Part 1
and the same	Do You and Your Friends Talk About Your Goals?
	1. A Message from the Authors
	2. Teen Talk: "Goals" That Are (Most) Important to Me Right Now 8
	Part 2 43
	Who Are You?— Setting Goals That Are "Totally You"
	3. A Message from the Authors
	4. Your Personality: Setting Goals That Are in Sync with Your
	Personality
	5. Your Aptitudes: What Do You Do Best? Setting Goal Around
	Your Strengths
	6. Your Hobbies: Setting Goals That Explore Your "Innate"
	Interests
	0.5
	Part 3 93
	What Do You Want to Achieve—Today, Tomorrow and in the Future?
	7. A Message from the Authors
	8. How Do You Define Success?
	9. Are You Dreaming "Big Enough"? 108
	10. Are You Willing to Be in Charge of Your Life? 116

此为试读, 需要完整PDF请访问: www.ertongbook.com

123 Part 4 Ready, Set, Gol Your Personal Guide to Creating Goals Part 5 Just Do Itl Achieving Your Goalsl 19. Removing Obstacles That Stand in the Way of Meeting Your Goals 201



Do You and Your Friends Talk About Your Goals?

A Message

from the Authors

When was the last time you and your friends talked about the most important goals each of you have? Maybe you answered that question something like this: "Well, just last week my friends and I talked about our plans to ace the semester finals." Or, maybe upon reading the question you chuckled and said, "Talking about goals is a geeky thing to do, and none of my friends do it!"

Think about it. You and your friends may not sit down to the lunch table and say, "Okay, let's all talk about our goals," but that doesn't mean you don't discuss the things that you'd like or plan to do, whether for the immediate future, like this weekend, or in the distant future, like two years from now. Even a (daily, weekly or monthly) "to-do" list is an indication you have goals.

Maybe you readily talk about your goals, or maybe you don't. Teens who do discuss their goals with each other say they do so because of one or more of the following reasons:

- ♥ All my friends talk about what's important to them.
- The more I talk about what I'd like to do, the more I find out, for sure, what is really important to me, as well as what is not.

 This clarity⁵ helps me make decisions.
- Talking about the things I want to do helps me commit myself to achieving them.
- When I talk about my plans with my friends (and parents and teachers, too), I get a lot of information on how to make my dreams even better or bigger. And I often learn how to do things in a better or more efficient way than when I'm left to my own thinking⁷.
- ▼ Talking about my goals makes me feel important and like a "somebody" with my friends and family.
- ▼ Talking about my goals makes me feel like my life is going well, like I'm not wasting my time. And I like how I feel about myself when I'm achieving things that are important to me.

As you can see, it's good to talk about your goals. Talking about what's important to you is a first step in discovering and clarifying who you are and what you want out of life. And, as you'll discover when you work through this book, it's the basis of setting goals that are important to you and of formulating⁸ a plan of action to achieve

注释

- I. ace the semester finals: 在期末考试中取得好成绩, ace: 在·····中取得好成绩。
- 2. chuckle: 暗笑, 咯咯地轻声笑。
- 3. geeky: 〈俚〉傻的。
- 4. indication: 象征, 迹象。

- 5. clarity: 清晰,明晰。其动词形式 为 clarify。
- 6. commit oneself to doing sth.: 致力 于做某事。
- 7. to sb.'s thinking: 据某人的想法(或看法)。
- 8. formulate: 规划, 构想。

your goals. More on this later, but first we would like to comment on the primary reasons teens say they do not discuss their goals.

I'm not sure what I want to do (and don't want to be seen as lacking ambition).

Probably that's a good reason to set goals — at least those that help you explore your interests, hobbies and aptitudes¹⁰ (more on this in chapters 3 to 6). In this book, you'll get a chance to explore who you are and what you want. You'll learn how to devise a plan to uncover, little by little, those things that make you excited about taking more and more control of your life, as well as plan to have a bigger say¹¹ in shaping the direction of life — both for the days and years ahead. You'll also get a chance to set goals in nine specific¹² areas, a feat¹³ that is sure to leave you feeling that you are not without ambition.

- With my friends, it's just not cool to talk about goals. Some teens may believe it's not "cool" to talk about goals, but actually it's very cool to be involved in your life and take an active role in shaping the way your days, weeks, months and years unfold¹⁴. Look around you; you'll find that many teens are actively pursuing¹⁵ their dreams and ambitions — and whether they speak out loud or let their achievements do the talking, teens with goals are not wallflowers¹⁶!
- ▼ I don't want to risk that others might belittle, ridicule or discourage me in meeting my goals.¹⁷

It's true that someone may—even with good intentions—discourage you from attempting your goals. Maybe this person believes the goals you want to achieve are too difficult for you, and that you'll fail to meet your goal as a result. And, of course, someone could tell you (perhaps out of jealousy¹⁸)

that your chances of meeting your goals are "ridiculous" or "preposterous¹⁹"! It could happen, but are you willing to let the opinion of others stop you from meeting your goals? Hopefully, not.

▼ I don't want to set myself up for failure: If I said I wanted to accomplish something, and then didn't, I'd look—and feel bad.

What if you tell everyone your goal is to get on the pep squad, and you try out but don't make the team?²⁰ Of course, it will be a disappointment to you. That's only natural. But after all, you did something—you "went for it²¹"! Seldom does anyone meet 100 percent of his or her goals in life. As an old saying goes, "You always miss 100 percent of the shots you don't take!²²" So go for it! And there is something else you should consider as well: Most people will not fault you for trying to succeed at your goals, even if you don't hit your mark²³ in the end. And for those who do, you have to ask yourself if you are willing to place their opinion ahead of the respect you feel for

注释

- 9. primary: 首要的, 主要的。
- 10. aptitude: 天资, 才能。
- II. say: n. 决定权。
- 12. specific: 特定的。
 - 13. feat: n. 使人愉快的事物。此处是说若人生目标明确,你就会对自己很有信心。
 - 14. unfold: 展现, 呈现。
 - 15. pursue: 追求,寻求。
 - 16. wallflower: 〈口〉舞会或聚会中因 没有舞伴或害羞而坐着作壁上观的 人,此处喻指生活中消极的旁观者。

- 17. 在实现目标的过程中,可能会遭到 别人的贬损和嘲笑,或者听到一些 泄气话,我不想冒这个险。belittle: 贬低, ridicule:嘲笑。
- 18. jealousy: 妒忌, 妒羡。
- 19. preposterous: 荒谬的, 愚蠢的。
- 20. 要是你跟每个人都说了你想进啦啦 队,还参加了选拔,但(最后)没 能成为队员,那该怎么办? pep squad:啦啦队。
- 21. go for it: 大胆试一试, 冒一下险。
- 22. 如果你不去尝试,你一定会失败。
- 23. hit one's mark: 成功, 达到目的。

H

yourself in making the attempt to succeed in the first place.

I'm really not all that clear on how to go about setting goals. Probably this isn't true. If, for example, you say, "I'm going to get all of my homework done this week!"—that's a goal! A decision and plan to pass this week's test, or to stop biting your nails, or to develop a better relationship with a family member, all qualify²⁴ as goals. And here's some more really good news: This book will help you learn a great deal about setting and achieving goals!

So there you have it: Talking about your goals is a good thing—and we're hoping that you're in the group that actively discusses your goals! Clarifying the things you'd like to "do, have, be and achieve" is one of the best ways to have a fun, exciting and rewarding life. Everyone needs to look forward to doing purposeful things. If you had no goals whatsoever, you might feel that life was dull, boring, even depressing. ²⁵ But with goals, you get to actively participate in creating the life you want. And that's what growing up is all about: knowing who you are and what you want, and shaping the direction you'd like your life to take.

In the following chapter, you'll meet teens who readily discuss their goals — from small ones to grand ones, from seemingly lighthearted ones to serious ones, from lifelong dreams to recent ones. The following stories make their diversity²⁶ and power very clear. As you read each one, you'll discover that whether teens call their goals "baby steps" or "Eiffel Tower plans"²⁷, they see them as building blocks toward constructing a life that is interesting and fulfilling. So as you read about their ambitions, be thinking about the goals that are most important to you — both now and in the future. Then, throughout the remainder of this book, we'll show you how to map out²⁸ a plan and set a steady course for reaching

your own destination—achieving your own goals that are important to you, and worthy of you!

Taste Berries to You! Bettie and Jennifer Leigh Youngs

注释

- 24. qualify: 有资格, 胜任。
- 25. 如果你完全没有目标,你可能就会觉得生活单调、无聊,甚至(变得)抑郁。whatsoever:[用在否定句中,放在被修饰的名词或代词之后,语气较whatever强]丝毫的,任何的。
- 26. diversity: 差异,多样性。
- 27. baby step: 婴儿的步伐, 此处喻指"小目标", Eiffel Tower: 埃菲尔铁塔, 法国巴黎的标志性建筑之一, 高达 300米, 此处的 Eiffel Tower Plans 喻指"大目标"。
- 28. map out: 制订。

Teen Talk:

"Goals" That Are (Most)
Important to Me
Right Now



Is That Eddie Murphy¹ Under All That Makeup?

My eyes were glued to the screen² — she looked like she was nearly a hundred years old—but she was only in her twenties! Maybe you remember seeing this sort of incredible transformation of a screen character. Take Eddie Murphy, for example. He can play his handsome self in one scene, and in the very next, a very old white lady! Sitting there in the theater and seeing this remarkable change — and knowing it's Eddie Murphy—you still find yourself asking, "Is that really Eddie Murphy?" And it's all done at the hands of a very skilled makeup artist.

I find the art—and magic—of makeup amazing.

I'm so intrigued³ by how someone who is old is suddenly transformed into someone young, and how someone very young can look old. It's just amazing to me that someone attractive can play an ugly monster; a young man can appear to be an old woman; a woman can appear to be a man; and a man can look like the most feminine⁴ woman. What incredible illusions—and all due, largely, to makeup artistry.⁵ Seeing it all leaves me with this "I have to do that" feeling. And so, it's become a goal: I'd like to be a makeup artist.

I don't have it all worked out as to how I'm going to reach my goal, but I'm working on it.⁶ I can only tell you that excitement fills me even when I walk near a makeup counter in a department store, most especially if there's a makeup artist showing someone how to artfully apply makeup.

I guess you could say I've been interested in makeup for a long time. My mother tells me that as a child, I was always into her cosmetics and wanting to put on

注释

- 1. Eddie Murphy: 埃迪·墨菲, 美国 著名喜剧演员, 代表作有电影《48 小时》、《妙探出差》等, 他还为影 片《怪医杜立德》和《怪兽史瑞克》 配音。
- 2. 我目不转睛地盯着屏幕。glue (to): 似用胶固定。

- 3. intrigue: 迷住,激起……的好奇心 (或兴趣)。
- 4. feminine: 娇柔的, 女子气的。
- 5. 多么令人不可思议的错觉——而这 一切大部分都得归功于化妆术。 illusion: 假象, 错觉, due to: 应归 功于, makeup artistry: 化妆术。
- 6. 我不是很清楚自己要如何做才能达 到这一目标,但我一直在努力。

lipstick, eyeliner, perfume⁷—and everything else! All my friends are always asking me to do their makeup for them when they have a special date, are going to the prom⁸ or want to look "very cool". They tell me that I do it so well and always say things like, "Wow—it's beautiful!" or, "It looks so professionally done."

But like I said, I'm just getting things figured out on how to reach my bigger goal. I know that I'm going to start out by going to beauty school and get a cosmetology9 license. Then I'd like to get some experience working in a great department store with a really classy10 makeup department. After that, I think I'd like to contact some local television stations and see if I can become the makeup artist for the on-air TV personalities¹¹". (I think it would be sooooo coooool¹² to get a job as the makeup artist with a big television star, like be Oprah's¹³ makeup person!) After that, I'll see if I can work in local theater. I plan to do all this so that I can have some good experience "under my belt14"; then I plan to move on to—well, who knows, maybe I'll be a "special-effects15 makeup artist" on a movie set. It would be so totally cool to work on a movie in the caliber of Lord of the Rings¹⁶! And I just may — hev, vou never know!

So those are my plans to date¹⁷. I know that working in the motion-picture industry¹⁸ is going to mean I'll need good experience as well as some really good contacts in order to get "my foot in the door.¹⁹" So far I don't have any—but I have to start somewhere, and I plan to. So a few years from now, when you're

watching the latest and greatest special-effects movie, try to remember not to leave the theater before the final credits²⁰ roll, because that's where you'll see my name!

Colette Feener, 16



- 7. be into: 〈口〉对……很有兴趣; cosmetic: 化妆品; lipstick; 口红, eyeliner: 眼线笔, perfume; 香水。
- 8. prom: 〈美口〉(大学、高中等的) 班级舞会。
- 9. cosmetology: 美容业。
- 10. classy: 高级的、有气派的。
- 11. TV personality: 电视名人。
- 12. sooooo coooool: 在口语中, 有时 会拖长单词的音节, 以加强语气。
- 13. Oprah: 全名为Oprah Winfrey (欧普拉·温弗莉), 美国著名的脱口秀

节目主持人。

- 14. under one's belt: 〈口〉被自己获得(或掌握、记住、经历过)。
- 15. special-effects: 特技效果。
- 16. caliber: 水准,程度,Lord of the Rings:《指环王》,一部风靡全球的 好莱坞魔幻巨片。
- 17. to date: 迄今为止。
- 18. motion-picture industry: 电影业。
- 19. get a foot in the door: 〈ロ〉获得 机会参加。
- 20. credit: [-s](电影或电视片的)片 头 (或片尾) 字幕, 摄制人员名单。

H