



BEST
COMMENCEMENT
SPEECHES
OF US TOP
UNIVERSITIES (III)

WISDOM
ON THE TONGUE
舌尖上的智慧



——美国名校最佳毕业演说(第3辑)

《新东方英语》编辑部 编著

“听、说、读、看”——全方位体验英语演讲
学习地道英文，模仿演讲技巧，感悟成长故事，规划励志人生



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SPEECHES

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All in on Love

一切为了爱

— John Legend Gives University of Pennsylvania 2014 Commencement Speech

—— 约翰·传奇在宾夕法尼亚大学 2014 年毕业典礼上的演讲



Profile 名人

9 次获得格莱美奖的唱作人约翰·传奇 (John Legend)



约翰·传奇，原名约翰·斯蒂芬斯 (John Stephens)，生于 1978 年，是一位曾 9 次获得过格莱美奖的 R&B 唱作人、钢琴家。2014 年 5 月，约翰回到自己的母校宾夕法尼亚大学，在该校 2014 年毕业典礼上为学生们送上了一场演讲。

由于个人爱好和家庭影响，音乐天赋极高的约翰从小便对演唱和钢琴兴趣浓厚。他 4 岁加入教堂合唱队，7、8 岁时已经开始为唱诗班进行钢琴伴奏。16 岁时，约翰离开家乡，进入宾夕法尼亚大学学习，主修英文，专攻美国黑人文学。然而在学习之外，约翰仍然热衷于音乐事业，他录制了自己的音乐专辑，并参加了许多才艺表演。

毕业后，约翰前后参与过许多大牌歌手的专辑录制。2003 年，坎耶·韦斯特 (Kanye West) 正式将他签入自己的唱片公司。2004 年 12 月 28 日，在坎耶的打造下，约翰的首张专辑 *Get Lifted* 正式发行，获得了白金销量的佳绩。由于首张专辑的成功，约翰的事业蒸蒸日上，并参与了很多重要场合的演出，其中包括美国黑人音乐厂牌摩城唱片的白宫庆祝音乐会。在约翰的众多单曲中，最有名的要数他于 2013 年推出的 “All of Me”，这首单曲在 2014 年 5 月登上了 Billboard Top 100 单曲榜第一位。

最难能可贵的是，约翰不仅仅是一个出色的音乐人，更是一个卓越的人道主义者。在其歌唱事业中，约翰一直努力将人们的视线引向全球贫困与教育问题。他举办过很多场慈善音乐会，并成立了 Show Me Campaign 基金，该基金致力于通过提供教育帮助人们战胜贫困。

Speech 演讲

Thank you very much. Thank you to the provost for that introduction. Good morning. And congratulations!

Now I'll try to be brief this morning. As a musician, this is about 10 hours before I normally go to work, so I'm gonna need a nap soon. And you've also got degrees to receive.

And I also have a feeling some of you are already tired of me. The thing about pop radio in America, somehow they've scientifically determined that the public is only capable of liking the same 10 songs at any given time, so they

非常感谢。谢谢教务长的介绍。大家早安。祝贺你们！

今天上午我会尽量讲得简短一些。作为一名音乐人，现在离我平时开始工作的时间还有差不多十个小时，所以之后我需要小睡一会儿。另外你们也还要领学位证。

此外，我能感觉到，你们中有些人已经对我感到厌倦了。这都是美国的流行音乐广播干的好事，不知他们用了什么科学方法得出结论：无论什么时候，听众们都只能爱上相同的十首歌，于是他们就没完没了、



音频



视频

simply play those songs over and over and over and over until you're finally completely **exasperated**¹⁾. Then they move on.

I've had a 10-year career as a major label solo artist and none of my songs has ever been one of those 10 songs until this moment. And now "all of you are so over me, you're tired of hearing that I went to Penn. Why'd they bring him back again?" (sung to the tune of "All of Me" chorus)

That was my humble brag way of saying I have the biggest song in the country right now. But, honestly, I am truly humbled and honored and grateful to be here at the commencement of the University of Pennsylvania, one of the finest universities on the planet. I first visited this campus as a high school senior named John Stephens in 1995—19 years ago—and I would have never thought at that moment that I would be standing here as John Legend, speaking to you today.

The reason I'm here, the reason I've had such a wonderful journey so far, is that I've found love. Yes, love. We were all made to love. And I've found that we live our best lives, we are at our most successful, not simply because we're smarter or because we hustle harder, not because we become millionaires more quickly. The key to success, the key to happiness, is opening your mind and your heart to love, spending your time doing things you love and with people you love.

My life could have gone differently though. At first, I had a pretty good childhood. I grew up in a small blue-collar city called Springfield, Ohio. I was surrounded by family, including two loving parents who cared so much about our education that they home-schooled us for several years during grade school. And they took the time to teach us more than just academics. They taught us about character, about what it meant to live a good life.

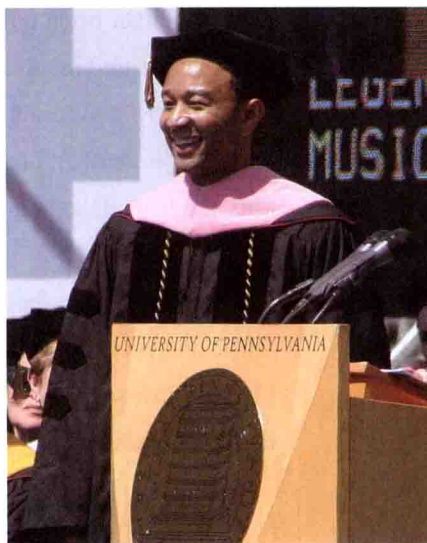
一遍一遍地放那些歌，直到大家最后彻底听腻了为止。然后他们才会换歌。

我作为一家大唱片公司的独唱歌手已经十年了，直到此刻，我的歌曲才第一次成功打入到那十首之中。而现在“你们已对我如此厌倦，听够了我是宾大校友之事，又为何还要请我回来？”（以“All of Me”副歌的旋律唱出）

以上是我对自己拥有时下全国最热门歌曲的一点小小的自吹自擂。不过，真的，能够在世界上最优秀的大学之一宾夕法尼亚大学的毕业典礼上做演讲，我深感荣幸与感激。19年前，也就是1995年，我第一次来这所学校参观时，还是一个名叫约翰·斯蒂芬斯的高中四年级学生。那时，我绝不会想到，今天我会以约翰·传奇的身份站在这里，为你们做演讲。

我今天之所以能站在这里，之所以到目前为止能拥有一段如此精彩的人生，是因为我发现了爱。是的，爱。我们每个人都是为爱而生。我意识到，我们之所以能够活出最精彩的人生、取得最大的成功，并不仅是因为我们比別人更聪明或更努力，也不是因为我们比別人更早成为百万富翁。获得成功和幸福的诀窍，是敞开心扉拥抱爱，是花时间做自己爱做的事，以及与自己所爱的人在一起。

然而，我的人生其实也可能是另外一番景象。我的童年起初过得颇为幸福。我在俄亥俄州一座蓝领小城斯普林菲尔德长大，在家人环抱中成长。我有一对慈爱的父母，他们非常重视儿女的教育，因此在小学阶段，有几年的时间我们都是在家接受教育。在此期间，我的父母不仅指导我们学习，还教会了我们如何塑造个人品行，并告诉我们生活幸福意味着什么。



1. exasperated [ɪgˈzɑːspəˈreɪtɪd] *adj.* 恼火的，烦恼的

My father often talked to us about his definition of success. He told us that it wasn't measured in money and material things, but it was measured in love and joy and the lives you're able to touch—the lives you're able to help. And my parents **walked the walk**²⁾. They gave of themselves to our church. They took in foster kids and helped the homeless, even though we didn't have much money ourselves.

Growing up in the Stephens' house also meant you were immersed in art and music and encouraged to be creative. We had a piano and a **drum kit**³⁾ in the house. I begged to take piano lessons when I was 4. I started singing in the church choir and in school plays by the time I was 7. I fell in love with music at a very young age.

My family was like a model family in our church and local community. My parents were leaders, raising intelligent, talented kids in a loving environment. We even had a little singing group called the "Stephens 5."

But things started to fall apart when I was 10. My maternal grandmother passed away that year when she was only 58 years old, and her death devastated my family. She was our church **organist**⁴⁾, and on Sundays after church, I would go to her house just to hang out with her. She would make chicken and **collard greens**⁵⁾ and corn bread. And she would teach me how to play **gospel**⁶⁾ piano. She was one of my favorite people on the planet.

She and my mother were also very close, and her death sent my mother into a deep depression that eventually tore our family apart. My mother disappeared into over a decade of drugs and despair after my parents got divorced. And I was confused and disoriented.

After the initial shock of my family breaking apart, my outward response

我的父亲经常和我们谈起他对成功的定义。他告诉我们，成功不是由金钱或物质来衡量的，而是由爱和喜悦，以及你带给别人的感动和帮助来衡量的。我的父母正是这样身体力行的。他们热心为教堂服务，收留寄养的儿童，帮助无家可归者，尽管我们自己也并不富裕。

生长在斯蒂芬斯家还意味着你会沉浸在艺术和音乐中，生活在鼓励创新的气氛之中。我家有一架钢琴和一套架子鼓。4岁时，我就央求父母让我学钢琴。7岁时，我开始在教堂唱诗班和学校的戏剧演出中演唱。我从很小的时候就爱上了音乐。

在教堂和当地社区中，我的家庭堪称模范。我的父母作为一家之主，在充满爱的环境中培养出了聪明又多才多艺的孩子们。我们甚至还组成了一支名为“斯蒂芬斯五人组”的演唱小组合。

但是，在我10岁那年，我的世界开始崩塌。我的外婆在那年过世了，年仅58岁。她的离世对我的家庭造成了致命的打击。外婆生前是教堂的风琴师，周日做完礼拜后，我都会去她那里和她一起共度周末。外婆会做鸡肉、羽衣甘蓝和玉米面包给我吃，还会教我弹福音钢琴曲。她是我在世上最爱的人之一。

外婆和我母亲的感情也很深，她的去世让母亲陷入了深深的抑郁，并最终导致了家庭的破裂。在我的父母离婚后，母亲有十多年的时间一直沉溺于毒品和绝望之中。我则感到茫然失措。

在父母离异的最初打击过后，我并没有表现得十分情绪化。我对于这场家庭

2. walk the walk: 身体力行，用行动来证明

3. drum kit: 成套鼓乐器，架子鼓

4. organist ['ɔ:(r)gənɪst] *n.* 风琴手

5. collard greens: 羽衣甘蓝

6. gospel ['gɒspl] *n.* 福音

wasn't very emotional. I coped by being **stoic**⁷⁾ and seemingly unaffected. I thought if I didn't expose myself to any more pain and vulnerability, I could never get hurt. If I didn't fall in love, no one could ever betray me like that again.

I busied myself with school work and lots of activities, and tried not to think too much about my family situation, tried to avoid pain whenever possible. A big reason I only applied to colleges on the east coast was to make sure I had no reminders of home in my daily life.

The only thing I allowed myself to really love without reservation was music. I put all of my passion into it. I spent so much of my spare time working on it that I barely got any sleep. At night, I was doing community choir, show choir and musicals in high school; **a cappella**⁸⁾ and a church choir here in college. I wrote my own songs played in talent shows. I put a lot of energy into becoming a better artist, a better writer and a better performer. And in some ways, it made me a better student and a better leader. Because when you actually care about something, you want to lead. **Apathy**'s⁹⁾ not so cool any more.

When I graduated from Penn, I had many of the traditional opportunities in front of you now, and I took a job at the Boston Consulting Group as they said. But I couldn't shake my passion for music. I followed the path that the Penn graduate was supposed to take, but I didn't fall in love. I immediately started thinking about how I could leave BCG and become a full-time musician. I spent hours during the day preparing PowerPoint presentations and financial models. And I spent almost as many hours at night writing songs and performing at small gigs around New York and Philadelphia.

I always believed that my big break would come sooner rather than later. In

变故的处理方法是默默忍受、故作坚强。我认为如果不让自己再触碰痛苦和脆弱之处，就不会再受到伤害。如果我不再去爱，就不会再受到这样的背叛。

我埋头于学校的功课，还参加了许多课外活动，尽量不去想家里发生的事，尽量逃避痛苦的侵袭。我只申请了东岸的大学，其中一个重要原因就是为了确保在日常生活中，不再出现家的影子。

唯一一样我允许自己毫无保留地去爱的东西就是音乐。我对音乐付出了全部的激情。我把大量的业余时间用来做音乐，几乎到了不眠不休的地步。中学时期，我会在晚上参加社区合唱团，为舞台剧伴唱，并参与音乐剧的演出；上大学后，我则参加了无伴奏合唱和教堂唱诗班的活动。我自己写歌，参加选秀比赛。为了成为更好的音乐家、创作者和表演者，我投入了大量精力。某种程度上，这也使我成了更好的学生和更好的领导者。因为当你真正在乎一件事时，你会希望自己能够主导。冷漠在这时就失去用武之地了。

从宾大毕业时，摆在我面前的有许多常规的就业机会，就像你们现在的情况一样。正如传闻所说的那样，我进入了波士顿咨询公司工作。但是我无法停止对音乐的热爱。我选择了一条宾大毕业生应选的道路，却并没有感受到那份热爱。很快，我就开始考虑如何离开公司，成为一名全职音乐人。白天在班上，我花费数小时准备幻灯简报、制作财务模型。而到了晚上，我会拿出几乎同样多的时间用于写歌，以及在纽约和费城参加小型演出。

我一直相信自己很快就会迎来事业上的重大突破。实际上，有6年的时间——

7. stoic ['stəʊɪk] *adj.* 坚忍的

8. a cappella [ˌæ kə'pelə] *n.* 无器乐伴奏的合唱

9. apathy ['æpəθi] *n.* 冷漠，漠不关心

fact, for 6 years, from 1998, while I was still at Penn, to early 2004, I spent each of those six years always thinking that I would get that big record deal within the next few months. I always thought my moment was just around the corner. But I was rejected by all the major labels; some of them rejected me multiple times. I played for all the giants of the business—Clive Davis, L.A. Reid, Jimmy Iovine, you name it, I played for them. And all of them turned me down.

But I did find a young producer from Chicago named Kanye West who believed in me. Kanye happened to be the cousin of my good friend DeVon Harris, a classmate and roommate of mine here at Penn. DeVon introduced me to Kanye in 2001, and we've been working together ever since. Our collaboration has been a huge part of my career, and it had a lot to do with me finally getting a major recording contract in 2004.

Now, Kanye and I have very different personalities, as you might have guessed. But what unites us is our true love for music and art. We love to create, and at no point in our creative process do we stress about what will sell or what's already popular. We think about making something beautiful, something special, something we can be proud of. We truly do this because we love it. We put all of ourselves into it.

And it turns out that love requires that level of commitment from you. Half-doing it is not doing it right. You have to go all in. And yes, your personal relationships require that too.

I know what it's like to be all ego in your 20s. I know what it's like to be selfish and just focus on your immediate wants and desires. I know what it's like to protect your heart from pain and disappointment. I know what it means to be all about the **rat race**¹⁰⁾ and winning.

从 1998 年我还在宾大的时候，到 2004 年初——我都一直认为自己不出几个月就能拿到一份大的唱片合约。我一直认为成功指日可待。但是所有的大唱片公司都将我拒之门外，有几家公司甚至拒绝过我好几次。我为业内所有的大人物表演过——克莱夫·戴维斯、L. A. 里德、吉米·艾欧文，凡是你能叫得出名字的，我都为他们表演过。而他们全都拒绝了我。



不过，我最终还是找到了一位相信我的年轻制作人——来自芝加哥的坎耶·韦斯特。坎耶刚好是我在宾大的同窗室友兼好友德文·哈里斯的表兄弟。德文 2001 年介绍我和坎耶认识，从那以后，我们一直合作至今。与他合作是我音乐生涯中非常重要的一部分，而我能够在 2004 年最终拿到一纸重要的唱片合约，与此也有很大关系。

大家也许猜到了，坎耶和我的个性差异很大。但是对音乐和艺术的热爱将我们团结在了一起。我们热爱创作，而且在创作过程中，我们从不会过多考虑什么样的音乐会畅销，什么样的音乐正当红。我们一心只想创作出美好、特别、能令我们为之自豪的作品。我们这样做完全是出于热爱，我们为此全身心地投入。

事实证明，爱就是需要这种程度的付出。三心二意是行不通的。你必须全力以赴。在生活中与别人交往的时候也是如此。

我了解人在 20 多岁时一切以“我”字当先的那种感觉。我了解自私自利、只关注眼前的需要和欲望的那种感觉。我了解自我保护、不愿为痛苦和失望所伤害的那种感觉。我了解满脑子只想着同别人激烈竞争、一心求胜的那种感觉。

10. rat race: 职场上激烈的、你死我活的竞争