
Vocabulary: Timekeeping 词汇: 守时

We all have one, don't we? A friend who's always late. The one who turns up for coffee a full half hour after **the appointed time**. The one who seems to be forever '**stuck in traffic**'. The dear pal who sends a message saying "Sorry, bit delayed", when they're already 20 minutes **behind schedule**. I mean, what kind of a friend is that? Or just maybe, if you're really honest, this **persistently tardy** individual is actually you yourself?

Either way, if you're **on the receiving end**, lateness can be extremely irritating, even **infuriating**. How on earth can people be so **inconsiderate**?

Well, recent research suggests that there might be more to this than simple rudeness. Psychologists from Washington University believe people **perceive** time differently. Their study gave participants a specific amount of time in which to complete a task, and even provided them with a clock. Despite this, some people became so **engrossed** in the activity that they completely **lost track of time** and forgot to check the clock.

According to psychologist Dr Susan Krauss Whitborne, from University of Massachusetts Amherst, this is like when we scroll through our social media **feed** and think only five minutes have **elapsed**, when in fact twenty have **slipped by**. Does that feel familiar? She writes in Psychology Today that those who were better at clock-checking were therefore "less reliant on their potentially flawed internal **timekeeper**." So, what about the reasons beyond our faulty inner clocks?

Well, our personality also plays a role. Laura Clarke writes for BBC Capital that the less **punctual** among us often share traits such as "optimism, low levels of self-control, anxiety, or **a penchant for thrill-seeking**". Why optimism, you ask? Optimists tend to **overestimate** how much they can achieve and underestimate problems – which means they don't account for the long traffic jam on the way to meet you for that coffee.

Here's another thought: maybe language is to blame? The English phrase '**to be fashionably late**' is used to describe the optimum time to arrive at an event. If you're too early, you can appear overly eager, but if you're a bit late you seem cool and sophisticated. The problem is, what one person regards as fashionably late, another may view as plain impolite. So, next time you have coffee, do try to be on time.

词汇表

the appointed time	约好的时间
stuck in traffic	堵在路上
behind schedule	迟于约定的时间
persistently	一次又一次地
tardy	迟到的，行动缓慢的
on the receiving end	等人的那一方
infuriating	令人愤怒的
inconsiderate	不为他人着想的，不体谅别人的
perceive	看待
engrossed	全身贯注的
lose track of time	忘记时间
feed	（社交媒体上的）状态更新
elapse	（时间）流逝
slip by	不知不觉地流逝
timekeeper	（个人）对时间的把握
punctual	守时的
a penchant for	（拥有）...的嗜好，倾向
thrill-seeking	追求刺激的
overestimate	高估
to be fashionably late	“约会故意迟到一会儿”，以显示自己处事老练而时髦

测验与练习

1. 阅读课文并回答问题。

1. Why are optimists more likely to be late?
2. Which is stronger: irritating or infuriating.
3. Is it a good idea to be 'fashionably late' for a job interview?
4. Which two adjectives describe something that has a problem or defect?
5. True or false: *According to the article, people who are more punctual have better inner clocks.*

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I need to take control of my life. The days keep _____ and I never achieve anything.

overestimating	elapsed	losing track of time	slipping by
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2. Luke is always _____. I've never seen him be late for anything.

tardy	punctual	persistent	fashionably late
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3. Don't _____ Lucy. She might be quiet, but she's extremely professional.

underestimate	overestimate	misunderestimate	overhear
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4. We had so much fun last night that we completely _____ and got home very late.

lose track of time	lost track of times	tracked lost time	lost track of time
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5. I don't like _____ the receiving end when he's angry. He can get very aggressive.

being	to be	being on	being on the
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答案

1. 阅读课文并回答问题。

1. Why are optimists more likely to be late?

Optimists are more likely to underestimate potential problems and overestimate their ability to achieve things within a period of time.

2. Which is stronger: irritating or infuriating.

Infuriating is stronger. It is related to the word 'furious', which means extremely angry. If you are 'irritated', you are only annoyed.

3. Is it a good idea to be 'fashionably late' for a job interview?

No. If you are late for any job interview you will be seen as unprofessional. In certain contexts it's OK to be slightly late, for example at some parties.

4. Which two adjectives describe something that has a problem or defect?

Flawed and faulty.

5. True or false: *According to the article, people who are more punctual have better inner clocks.*

False. The article suggests that those who are more punctual are better at checking the time frequently, whereas those who are late forget to do so. It says that our inner clocks are not reliable on their own.

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I need to take control of my life. The days keep **slipping by** and I never achieve anything.

2. Luke is always **punctual**. I've never seen him be late for anything.

3. Don't **underestimate** Lucy. She might be quiet, but she's extremely professional.

4. We had so much fun last night that we completely **lost track of time** and got home very late.

5. I don't like **being on** the receiving end when he's angry. He can get very aggressive.