BBC LEARNING ENGLISH

Take Away English 随身英语

How important is choosing the right name?
取个好名字到底有多重要？

词汇：naming 取名

New parents often spend a long time **debating** what to call their **newborn**. Should they **name them after** a relative, a famous person or just pick a name at random? For many of us it can be quite the **gruelling** task, but it's our children who need to live with our choice. So, how important is the name you choose?

Names usually stay with us for a lifetime, unless we decide to change them. They become part of our identity. Quite often we hear stories of celebrities giving their children unusual names, while other people give their children names which have special meanings, for example, the name Sarah comes from a Hebrew word meaning 'princess'. Sadly, though, our parents don't always get it right.

So, what if you don't like your **given name**? A study led by psychologist Jean Twenge found that a person who hates the **moniker** given to them is more likely to have greater psychological **adjustment** issues – possibly due to low **self-esteem**. This is because our title becomes a **symbol** of our self, and if we loathe our name, our confidence may be affected.

And what if your name is no longer popular? While names like Ethel and Gladys were once in fashion, they now sound a bit **out of date**, which can be embarrassing. And when it comes to unpopular names which aren't **trending**, they may even affect our love lives. Studies have shown that people with **old-fashioned** names are more likely to be rejected on dating apps.

However, if you choose an unusual name, it's not all bad news. According to a study conducted by Professor David Zhu, people with uncommon names can develop a sense of **uniqueness** and can often become more creative and open-minded.

So, when choosing your **offspring**'s name, there are a fair few things to consider – but going for something too common or too old-fashioned may not be a great choice. And, if your children hate your choice, they can always select a **nickname**.

词汇表

debate	争论，讨论
newborn	新生儿
name someone after someone	以某人的名字给…命名
gruelling	累人的，使人筋疲力尽的
given name	（与姓相对的）名
moniker	名字，绰号
adjustment	调整，适应（新情况）
self-esteem	自尊心
symbol	象征
out of date	过时的
trending	（在一段时间内）流行的
old-fashioned	老式的，过时的
uniqueness	与众不同，独一无二
offspring	后代
nickname	绰号，昵称

测验与练习

1. 阅读课文并回答问题。

1. What type of people often give their children unusual names?

2. Where does the name 'Sarah' come from?

3. What can happen to someone who hates their name?

4. True or false? *Unpopular names can make you feel embarrassed.*

5. What happens to people with unfashionable names on dating apps?

2. 选择意思恰当的单词或词组来完成下列句子。

1. We spend most of our time _____ what to eat in a restaurant!

newborn	gruelling	trending	debating

2. What did you decide to call your _____?

adjustment	newborn	out of date	trending

3. There's a slight _____ period as you need to get used to the weather.

debating	self-esteem	gruelling	adjustment

4. Have you seen that video that's _____ on social media?

symbol	trending	given name	debating

5. I think this is quite a _____ task.

gruelling	adjustment	out of date	newborn

答案

1. 阅读课文并回答问题。

1. What type of people often give their children unusual names?

Celebrities often give their children extraordinary names.

2. Where does the name 'Sarah' come from?

The name Sarah comes from the Hebrew word for 'princess'.

3. What can happen to someone who hates their name?

They can end up with low confidence.

4. True or false? *Unpopular names can make you feel embarrassed.*

True. People who have names that aren't trending may feel embarrassed.

5. What happens to people with unfashionable names on dating apps?

People with old-fashioned names tend to get rejected more.

2. 选择意思恰当的单词或词组来完成下列句子。

1. We spend most of our time **debating** what to eat in a restaurant!

2. What did you decide to call your **newborn**?

3. There's a slight **adjustment** period as you need to get used to the weather.

4. Have you seen that video that's **trending** on social media?

5. I think this is quite a **gruelling** task.