

# 2020 FFOF Summer Reading List

复旦附中海外基金会  
暑假推荐阅读书目

## Fiction

The Paper Menagerie and Other Stories  
The Fault in Our Stars  
Animal Farm  
A Separate Peace  
The Story of B  
The Razor's Edge  
Every Living Thing

## Biography and Memoir

Educated  
When Breath Becomes Air  
Liar's Poker: Rising through the Wreckage on Wall Street

## Academia and Industry

Thinking Sociologically, 3rd edition  
Sapiens - A Brief History of Humankind  
Good Economics for Hard Times  
How Google Works

附录一:如何写好书评?

附录二:获奖作品选读

附录三:关于“知缘阁”

附录四:关于“基金会”

## 引言. 翰墨香飘盛夏日

每年暑假,复旦附中海外基金会(以下简称:基金会)都会联系在各个领域有独到见解的学长学姐们,为同学们推荐英文书籍,以充实暑假生活。若偶有所得,愿意梳理成文并与我们分享,不如参加英文读后感征文比赛,赢取名次和奖品。

自2014年开始,基金会的荐书传统已经延续了七年。在过往六期书单中,不乏经久不衰的经典,也有广受追捧的热门。2017年起,核心书单(Core Picks)试点的成功,让我们决心进一步提炼,将本期打造成为“最强集结版”。诚然,曾经每一本都是精挑细选,那么我们是如何确定这14名终选的呢?

首先,仍然秉承多样化原则,选取各类题材、体裁、写作风格和阅读难度,争取让每一位同学都挑选到适合的书。比如说,光小说类目,就覆盖了经典与流行、情感与思辨、现实与幻想。其次,结合我们收到的反馈,对书页篇幅、语言难度进行限制,以求适用于同学们的认知水平;侧重于大家关心的话题,如传记、社会学、科技;当然,还保留了大家热爱的几本小说,因为它们带来的启迪,已经体现在众多读后感中传达给我们了。最后,如果希望扩展知识的宽度、思想的深度,不妨挑战一下我们预备的妙书。相信即使只是翻阅书单,大家也会享受英语阅读的乐趣,了解海外青年的阅读风潮,说不定能和推荐人有思想的碰撞。

按照惯例,在每一本书的书名下面,我们都标注了类别(Category),同学们可以选择自己感兴趣的领域进行阅读;首次发行年份(Publishing Year)和页数(Pages)标签,让同学们心中有数。但是,请大家记住,标签并不是绝对的,“兴趣是最好的老师”,读到喜欢的内容,阅读便会变得更顺利。

关于读后感的写作,比起复述书本的(整体或部分)内容,学长学姐们更期待读到你们的所思所想。如果能结合自身经历或者引述事实资料,有条有理、言简意赅地说服我们,那就更棒了。在书单最后,我们还附上了两篇优秀征文,供大家参考、品读。另外,我们提醒同学们注意引用问题:在引述原文或者他人的观点的时候,一定要注明出处,避免原创性不足的嫌疑。这在国外高校中是常识、是规则、是习惯,可惜在中国的中等教育中还比较少提及。基金会希望通过暑期阅读项目,让附中的同学们得到这种写作训练的机会,和学术理念相接轨。

也许在推荐人中,你们会发现有几个名字重复出现。正因为这些校友在百忙之中的无私分享,我们才能每期都为大家带来新鲜的好书。借此机会,让我们感谢历届荐书者,是他们的引路,让附中学子们跨越学级和大洋、用思想进行对话。大家一起读书,一起思考,无论何时何地,愿良好的阅读习惯伴附中人一路成长。

复旦附中海外基金会  
2015年6月10日  
更新于2020年7月10日

**Fiction**

# The Paper Menagerie and Other Stories

Category: Fiction  
Publishing Year: 2016  
Length: 464

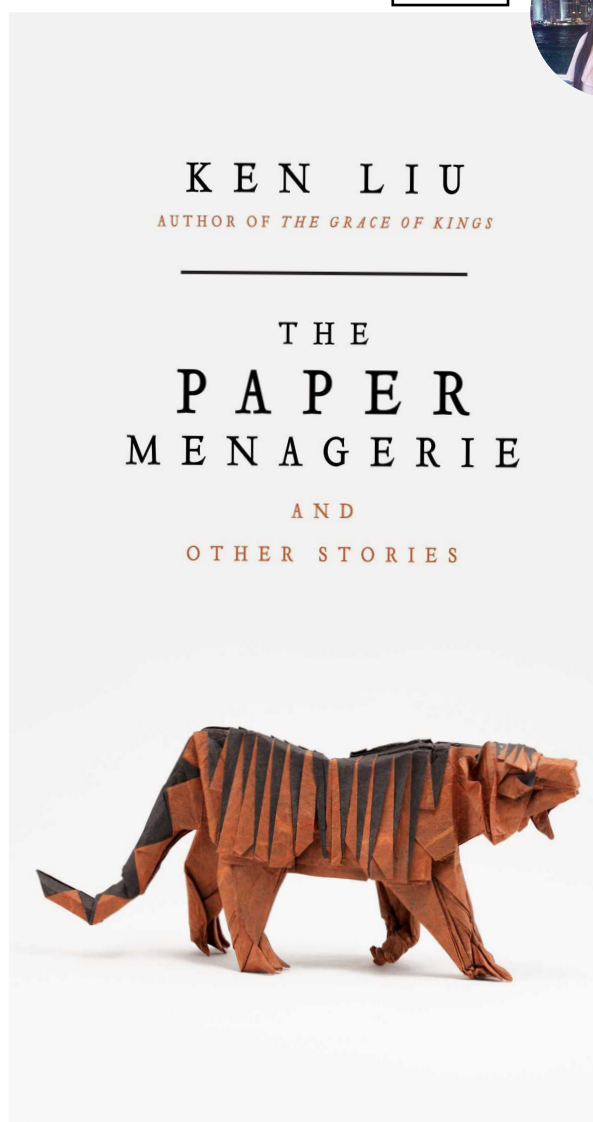
## 荐书人:阮予辰(2014')

Yuchen is a member of the class of 2014. With a Bachelor's degree in medicine from Shanghai Medical College of Fudan University, she currently studies medical sciences as a postgraduate student in the University of Hong Kong. She grew up reading science fictions, with interest in natural science and imaginations of the universe and the future. Her work is primarily in research and development of in vitro diagnostic products.

## 推荐语:

The book is a collection of short science fiction stories written by Ken Liu, a Chinese-American author. The famous Netflix short animation 'Love, Death & Robots' has made an adaption of the story 'Good Hunting' in this collection. When I was in FDFZ, I first read the Chinese translated story 'The Paper Menagerie (手中纸, 心中爱)' originally written by Ken Liu and other short science fiction stories in English written by him. I was impressed by his writing style with a background of Chinese traditional culture, delicate emotions, unique imagination and discussions on humanity topics. I regard the collection of his readable short stories as a friendly introduction to English original science fictions.

荐书人



# The Fault In Our Stars

荐书人



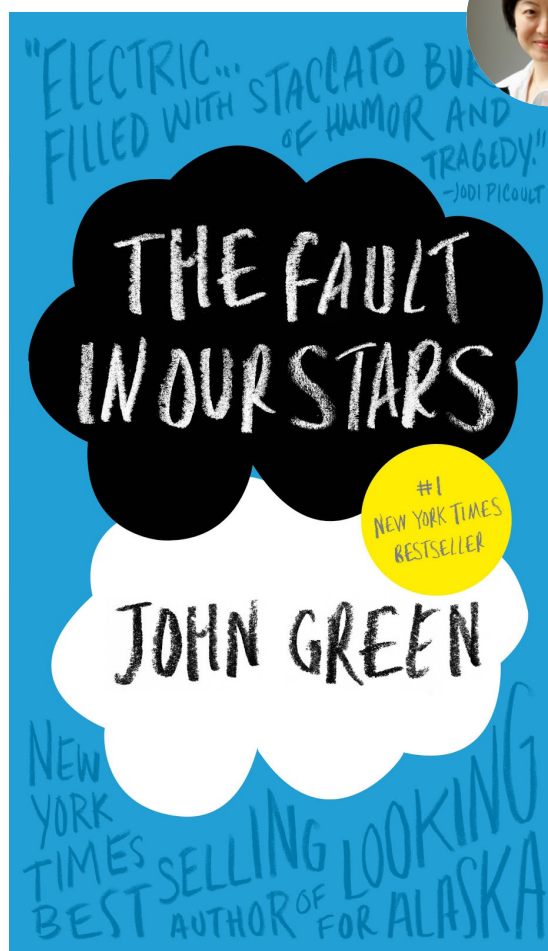
Category: Fiction  
Publishing Year: 2012  
Length: 313

## 荐书人:刘翎(1988')

Ling (also known as Ling Ma in her Fudan Fuzhong) is one of the founders of the FDFZ Overseas Foundation and a board member since its inception. Currently, Ling is a managing director at Cathay Capital Group, a private equity group that invests in China. Ling also worked at Morgan Stanley in New York and Hong Kong, DTT Consulting in Hong Kong and Andersen Consulting in New York. Ling is a graduate of Columbia Business School (MBA 98') and SUNY Albany (BS 92'). Ling resides in Greenwich, CT with her husband and four children.

## 推荐语:

What is it like to be a 16-year old? We all have fond memories of those teenage years - memories of first love, memories of best friends and memories of failures and triumphs. But what is it like to be 16-year olds with terminal cancer? The Fault in Our Stars explores the conflicts of young lives that are full of future and yet with the certainty of pre-mature deaths. How these terminally ill teenagers face their challenges and overcome the obstacles, how they still find humor, courage and above all, love, is heartwarming and heartbreaking at the same time. The story gives a lot of humanity and perspectives to all of us who can enjoy good health with a long life to look forward to. How fragile life is, and how can we not live it to the fullest every day! Enjoy a teenage love story!



# Animal Farm

作者



Category: Fiction  
Publishing Year: 1945  
Length: 112

## 荐书人:郭悠乐 (2014')

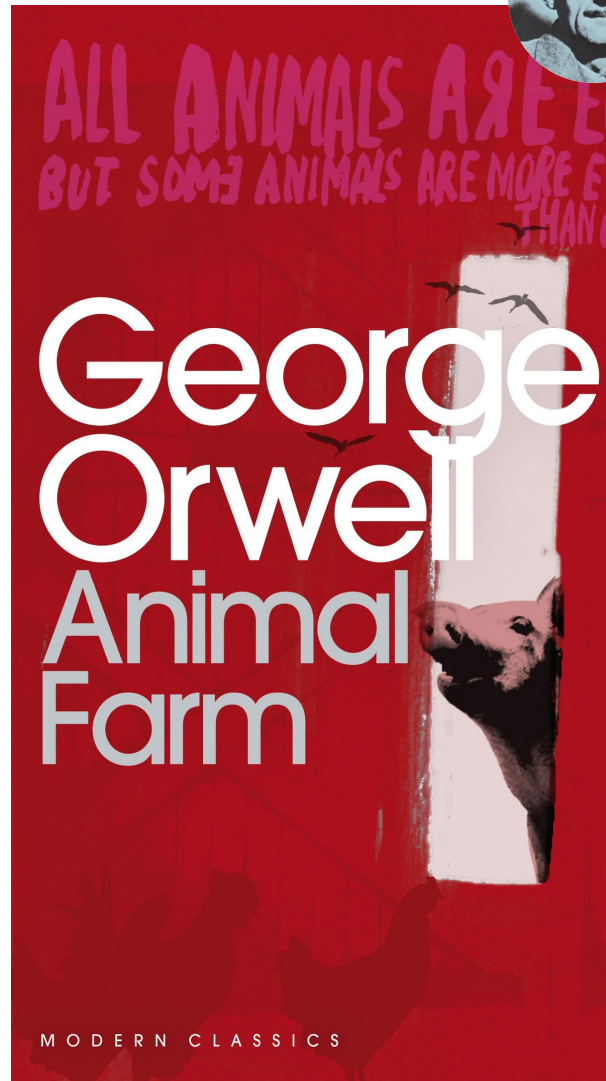
Guo Youle, a member of the class 2014 at FDFZ, studied political science at Fudan University, and is currently studying political theory at Boston College.

## 推荐语:

You, with aspiration and anxiety for the future, feel discontent and indignant with the fact “All animals are equal, but some animals are more equal than others”-but aren't you in fact in the advantaged position of those who are “more equal”?

This book is an easy read, yet a trenchant one. It reminds us of the endeavors yet to be accomplished, which requires generations of effort. The power of youth lies in the unceasing desire to stand up from mires, and the omnipresent hope, to improve upon the plights.

Never worry about your speed of reading. If in reading you find anything puzzling, linger over it, ponder upon it, and try to formulate that puzzle in your own language. If you find anything interesting, read more closely, pay more attention to it, and try harder to reveal its full implications. If you find anything touching, try not to relate that to your own thought and experience too hastily. Those classics, those great books, are worthy to be read once and again, for talented student like you; always open them as if they can always help you learn something new.



# A Seperate Peace

荐书人



Category: Fiction  
Publishing Year: 1959  
Length: 236

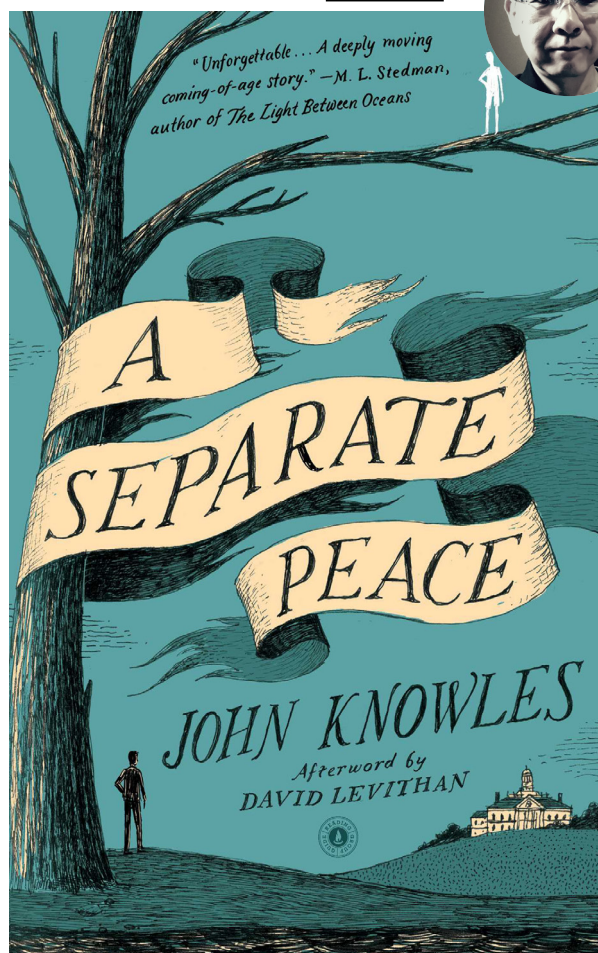
## 荐书人:汤浩(1982')

The class of 1982 was the last two-year high school class in Shanghai. I was also a commuter student as my parents taught at the nearby Tongji University. Two years of FDFZ flew by so quickly. I was left with only fond memories of the wonderful teachers and classmates.

## 推荐语:

The book is a first-person narrative of a small group of boys growing up at an old New England prep school called Devon during the early years of World War II. It is about friendship, identity, change and growing up. Reading the book reminds me of my own years at FDFZ; I urged my son to read this book for inspiration before starting on college application essays. In addition, this is a classic, often a required reading in high school English class in the U.S. There is even a movie made from this novel. With a better understanding of western culture and belief, I found more meaning from the book when I read it again after many years.

There are also many study guides available in text and videos. If you are to read one book this summer, please pick this one and learn all about it. And read it again when you are at the age of Gene.



Detailed Study Guide from a textbook publisher: [http://www.glencoe.com/sec/literature/litlibrary/pdf/separate\\_peace.pdf](http://www.glencoe.com/sec/literature/litlibrary/pdf/separate_peace.pdf)



# The Story of B

Category: Fiction  
Publishing Year: 352  
Length: 1996

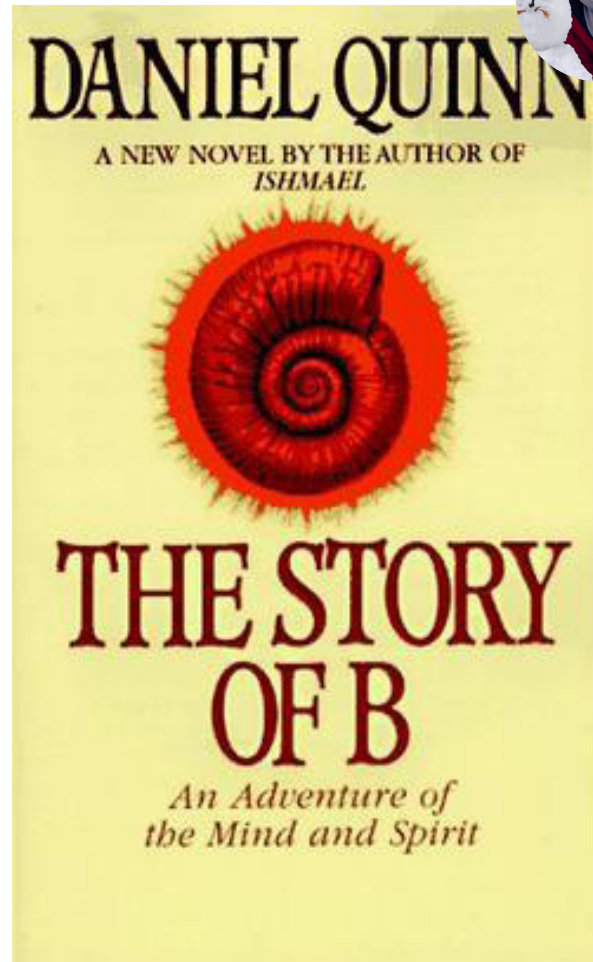
## 荐书人:严馨佳 (2012')

I studied environment at UC Berkeley and this book was recommended in an undergraduate ecology class. This was a profoundly depressing but insightful book to me. It fundamentally changed my previous belief in human's ownership of the earth. What happened before our agricultural society? Why humans are ranked "higher" than other species? This book is designed to make the readers read, think, read and think again. Later when I worked at different international organisations, I was lucky to be exposed to disparate views and cultures about human-nature relationship. But whenever I think about an environmental policy or program, I always start with one idea from Story of B — we are part of the nature, not beyond.

## 推荐语:

This is a philosophical work disguised as a novel that asks very hard questions about rigid social hierarchy, destructive exploitation of the nature, endless war for profit and trends of tribalism and populism. Why is our society becoming like this? I think most of us are not aware of the reasons and awareness is vital.

荐书人



# The Razor's Edge

荐书人



Category: Fiction

Publishing Year: 1944

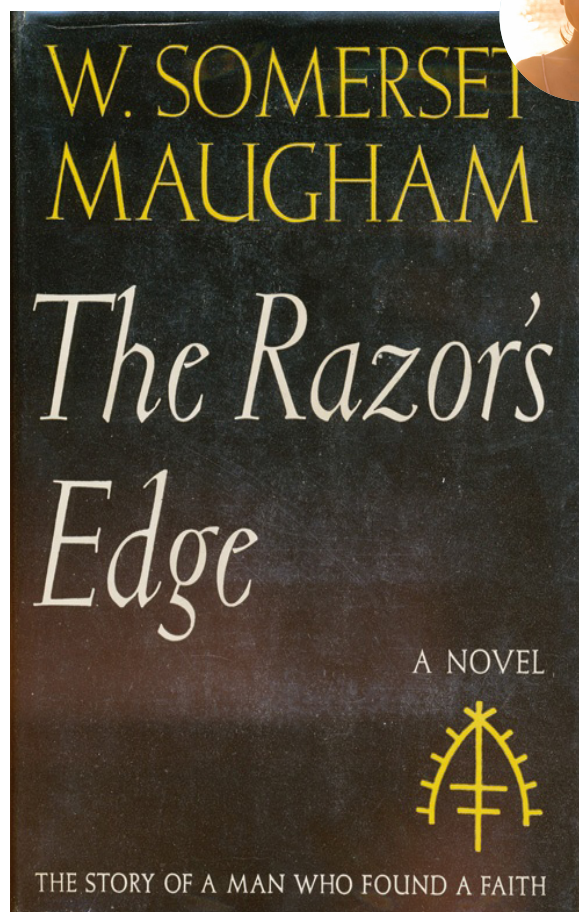
Length: 262

**荐书人:俞疏影 (2015')**

Message: Knowing others or knowing yourself, wish you could find where the true passion lies.

**推荐语:**

When Larry Darrel returned from the nasty WWI battlefields, he had a bright future and a gracefully endearing fiancée eagerly waiting for him. Yet he was not satisfied. The unuttered memory of a fellow airman died before his eyes had hollowed Larry's heart, leaving a hole where only the questions of life, faith and meaning remained, echoing to and fro in vain. Mysticism, Catholicism...the young man refused to stop his journey, both spiritual and physical, until he finally found himself at peace under the light of Eastern philosophies—a classical resort against a dire form of nihilism evolved in the 20th century that once prevailed in, if not strangled, the western philosophy. Thanks to the fluency, light-heartedness, and occasional shrewdness of Maugham's writing, this “postwar Odyssey” provides us with not only a distinct prospect of life, but a jolly peek into the zeitgeist as well as the different social lives at the time between Europe and America.



# Every Living Thing

Category: Fiction  
Publishing Year: 2011  
Length: 352

## 荐书人: 黄濛婷 (2014')

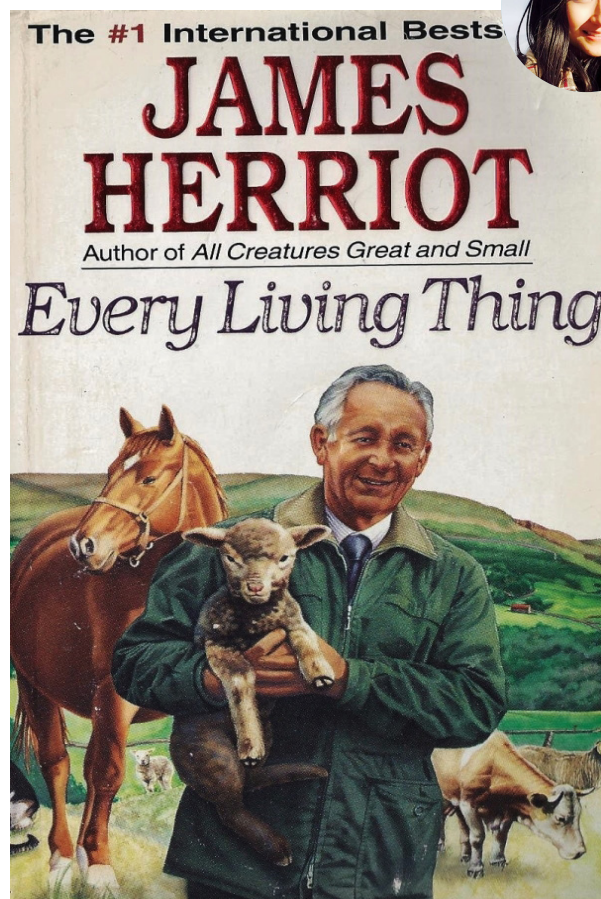
Mengting (Valerie) Huang is a member of FDFZ class of 2014. Graduated with a dual degree of Computer Science and Physics from Claremont McKenna College in 2019, she is currently finishing her Master's degree with a focus on Big Data and Machine Learning in Simon Fraser University. The years in FDFZ remain her best memories, giving her lots of intellectual immersion and making her a very open-minded and courageous person.

## 推荐语:

Here is a book for all those who love animals and find laughter and joy in animals, and who know and understand the magic of wild places and beautiful countryside. *Every Living Thing* shines with the storytelling magic and reveals more of the real James Herriot than ever before, and I recommend all of his other books too.

Set after the "All Creatures Great and Small" series, we're back in Yorkshire with Dr. Herriot, at the English countryside surrounded by interesting people and animals of all types. It's life, both animal and human, dealt with sweetness and sincerity that can twist a heart and bring a smile in just pages of each other.

荐书人



# **Biography and Memoir**

# Educated

Category: Memoir

Publishing Year: 2018

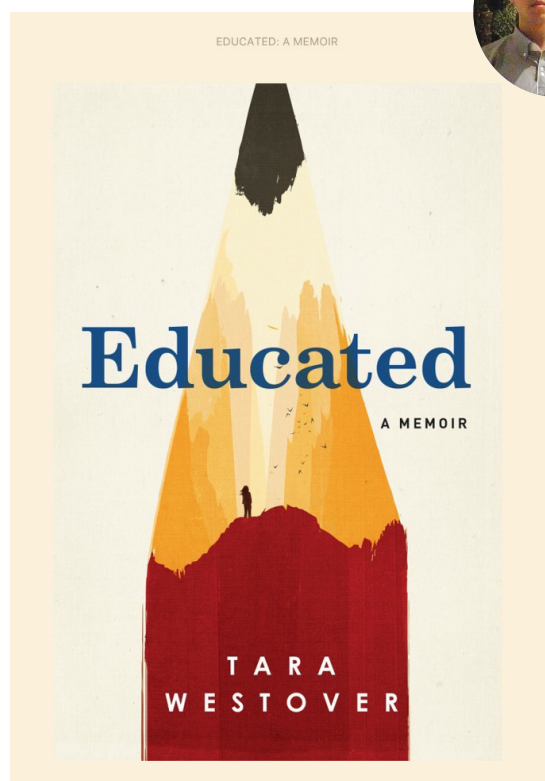
Length: 352

## 荐书人: 李一雷 (2005')

Yilei was admitted into FDFZ in 2002. After that, he spent ten years in Fudan (3 years in FDFZ and 7 years in Fudan University as an undergraduate/ graduate student). He obtained his PhD degree in EE department of UCLA, and now works in a technology company as a Research Scientist. He is a witness of major events of Fudan: the 100 anniversary of Fudan (they invited Andy Lau to the celebration), the rise and fall of Fudan Southside Promenade (he still misses Takoyaki and Maomao newsstand there), and the evolution of cafeteria in FDFZ (it used to be so so so bad!). He feels extremely grateful for spending his youth in Fudan, as Fudan protected him from becoming a total technology nerd. Now he is a romantic nerd.

## 推荐语:

Education comes from more than school, and some things are easy to learn, hard to unlearn.



# When Breath Becomes Air

Category: Autobiography  
Publishing Year: 2016  
Length: 228

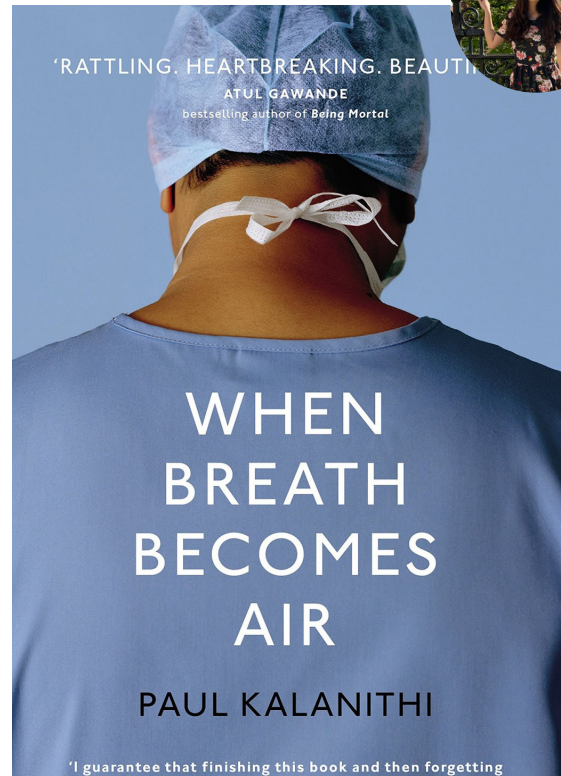
## 荐书人:傅逸帆(2015')

Yifan attended FDFZ from 2012 to 2015, during which period she cultivated a strong academic interest in teaching and learning. She went on to study special education and child development at Vanderbilt University and has recently received her master of education in Mind, Brain, and Education at Harvard Graduate School of Education. She is currently working as a special educator in the state of Washington, teaching students with disabilities. She is dedicated to improve the quality of education for all students, especially including those on the margins.

## 推荐语:

American neurosurgeon Dr. Paul Kalanithi recorded his battle with lung cancer in this profoundly touching autobiography. One day he was the 36-year-old rising star in one of the most challenging fields of medicine, but the next he becomes the vulnerable patient struggling to extend his days. What is a man to do with his life when he knows that death is on the table? What is the worth of your day when there is no more tomorrow? In this beautifully written memoir, you will peek into the last days of a dying man's life and feel both the weight and the lightness of life itself. The book is suited for students reading at a high fluency level.

荐书人



# Liar's Poker: Rising through the Wreckage on Wall Street

荐书人



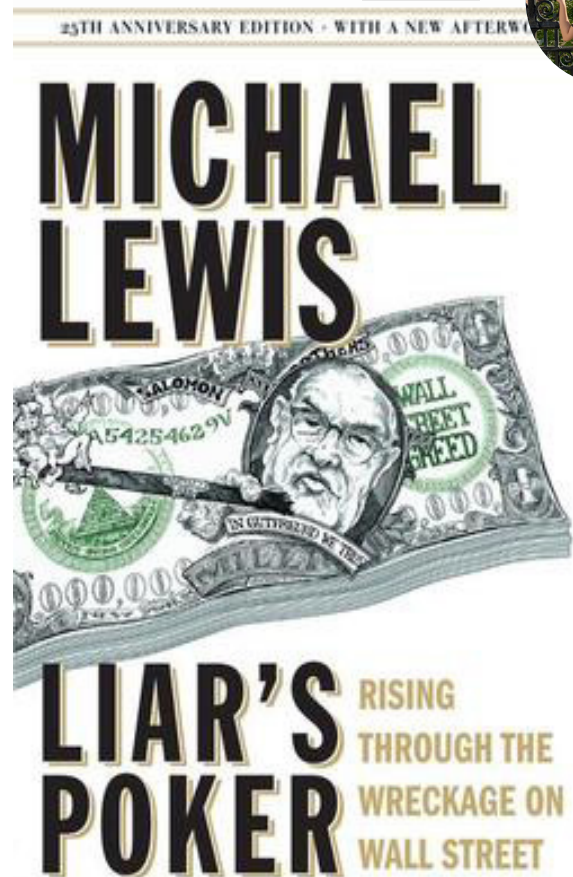
Category: Biography  
Publishing Year: 1989  
Length: 256

荐书人: 姚梦晓 (2014')

Mengxiao works at the global market department in the financial industry.

## 推荐语:

Liar's Poker is a non-fiction, semi-autobiographical book by Michael Lewis describing the author's experiences as a bond salesman on Wall Street during the late 1980s. Depicting the scene of the financial world, it's a very objective portrayal of Wall Street traders and salesmen, the culture, beliefs and their work practices.

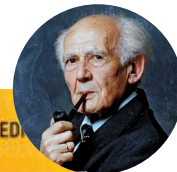


# Academia and Industry



# Thinking Sociologically (3rd edition)

作者



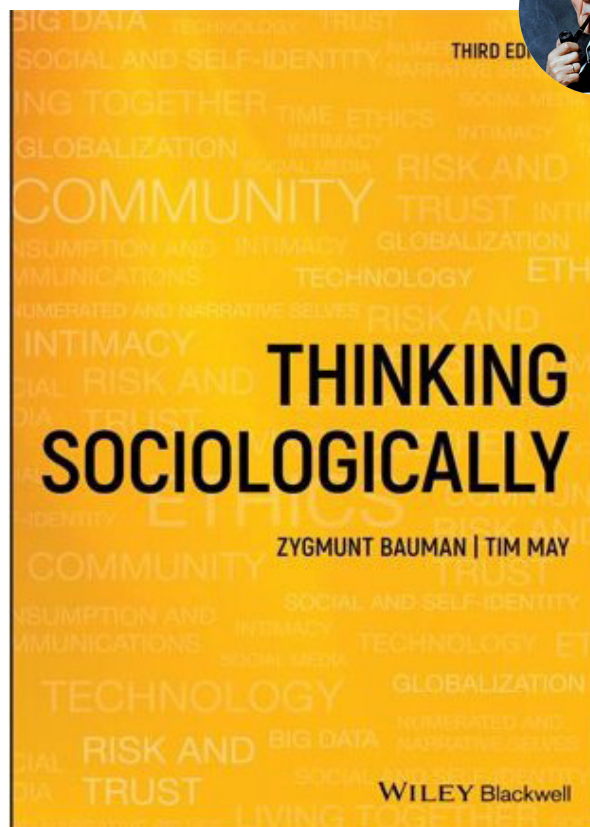
Category: Social Science  
Publishing Year: 2019  
Length: 214

## 荐书人: 徐毅萌 (2017')

After graduating from FDFZ in 2017, Yimeng is currently an undergraduate at the Department of Sociology, Peking University, and also a member of "Logos and Polis", both an interdisciplinary program and an academic community on social and political thought. He developed his interest in sociology of culture and urban studies. Now he is working on an oral history program on Shanghai sent-down youth who went to Xinjiang Corps, interpreting their voices and memories. He is also a railway lover and a flaneur who loves observing the process of urbanization at the urban edge and gentrification in the center.

## 推荐语:

As a way of thinking and seeing ourselves and others, sociology is central to the journey towards more just and sustainable relations. Thinking Sociologically is one of the best introductory writings on sociology, which has been written with the aim of helping people to understand their experiences and addressing the issues that we routinely encounter but may have little time and opportunity to reflect upon, such as power, gifts, body, and advances in technology, to name a few. A questioning attitude is encouraged in this book. Starting with our own perspectives, engagement with these texts requires us to constantly ask questions of ourselves, others, and the dynamics and trajectories of societies in general, renders us more sensitive to and tolerant of difference and diversity, and opens our eyes to a relational horizon beyond our immediate experiences.



# Sapiens - A Brief History of Humankind

Category: Anthropology  
Publishing Year: 2015  
Length: 464

荐书人: 张敏华(2000') & 陈斯昊(2014')

**Minhua** holds a bachelor's degree from Harvard University, Summa Cum Laude, in Physics and Mathematics. While at Harvard, he was Co-President and Publisher of Harvard China Review, Board member of Chinese Student Association, Captain of the Leverett House Ping-Pong Team, Member of the Harvard Sailing Team, Astronomy club, and Phi Beta Kappa. After his first ten years as an option trader in a major hedge fund on Wall Street, he is now working for Cubist Systematic Strategies (SAC) as a quantitative analyst. Minhua is currently living with his beloved wife and two sons in New York.

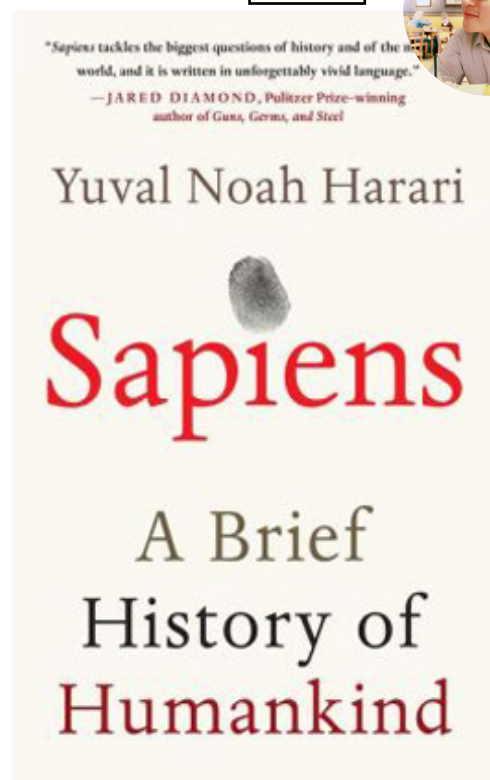
**Sihao Chen** is a doctoral student at the University of Pennsylvania, studying computational linguistics and machine learning. His research focuses on bridging the gap between the cognitive/reasoning capabilities of humans and machines through written language. Sihao likes to survey different schools of thoughts in Sociology, Psychology, Linguistics, and Cognitive Science through scholarly discussions and reading.

## 推荐语:

A most refreshing retelling of a very old story - Harari's masterful survey of the entirety of human history is both breathtaking and intriguing. Above all, it offers unique perspectives unburdened by any individual's life experiences or lifetime. (Bonus: 21 Lessons for the 21st Century, by the same author.)

A comprehensive yet entertaining overview of the history of humankind, through the lens of different fields of studies. It offers unique (and controversial) insights on "why" and "how" human development happens.

荐书人



# Good Economics for Hard Times

Category: Economics  
Publishing Year: 2019  
Length: 432

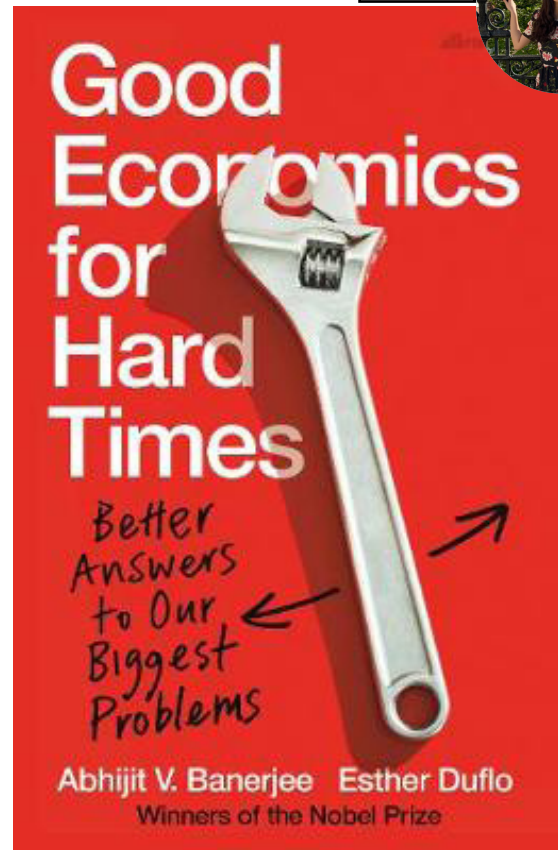
荐书人: 姚梦晓 (2014')

Mengxiao works at the global market department in the financial industry.

## 推荐语:

"Good Economics for Hard times" is a book following the "Poor Economics" written by two prestigious Nobel Prize winning economists about assessing how different social politics can fight poverty, especially those conflicted with ideologies. It's very easy to read for those readers who don't have a degree in economics.

荐书人



# How Google Works

荐书人



Category: Business / Technology  
Publishing Year: 2017  
Length: 320

## 荐书人: 翁其钊 (2008' )

Qizhao, a proud member of FDFZ class of 2008, graduated from Princeton University in 2013 with a B.S.E degree in Operations Research and Financial Engineering and a certificate in Japanese Language and Culture. During college, she was involved in Princeton Chinese Theatre, Smart Women Securities and an A Cappella group called V-tone. After college, she worked for Citigroup in New York. She now lives in Los Angeles as an US-China investment professional.

## 推荐语:

How Google Works is an entertaining book about lessons that Google Executive Chairman and ex-CEO Eric Schmidt and former SVP of Products Jonathan Rosenberg learned as they led and helped build Google. The authors explain how technology has shifted the balance of power from companies to consumers, and that the only way to succeed in this ever-changing landscape is to create superior products and attract a new breed of multifaceted employees whom Eric and Jonathan dub “smart creatives.” As tech companies are playing increasingly important roles in the world, I recommend this book for students who aspire a career in technology and startups.

Fudan Fuzhong is an amazing place for all of us, which is what brought us together to work for Fudan Fuzhong Overseas Foundation in New York City. Follow your passion and never forget about giving.



# 附录

## 附录一 如何写好书评?

为了方便没有阅读英文原著或者用英语写读后感经验的同学们,基金会为大家准备了以下小贴士。和任何模版一样,得心应手后就可以按照自己的阅读习惯加以灵活运用。

### 选择哪一本书?从喜欢的内容入手!

首先,书单上每一页书名下面的分类(Category),能够帮你了解这本书的题材和体裁。社科、科技、小说等不同类别的文章,往往对应着不同的写作手法、行文风格。我们在历年的读后感文章中,点播率最高的是小说,它的文字因为情节性强而获得了同学们的青睐,但写作背景和修辞手法又会造成一定的阅读障碍。

选择一本题材和你感兴趣的内容相关的书,而不要被书的长度所欺骗。众所周知,《哈利·波特》那么长,但翻起来非常快;而《论语》那么短,读起来却委实不易。一般来说,选择你喜欢的内容会相对不易因为阅读过程中的词汇和语法瓶颈导致读不下去的窘境。进行一个章节的试读,也是帮助你快速做出判断的好方法。

其次,可以调查一下这个作者的背景,他/她是在什么情况下、为什么样的读者写的这本书?这本书是什么年代出版的?做出过什么贡献,又在该分类有什么样的地位?收集这些信息亦有助于帮你判断从什么角度来理解这本书。

另外,如果从推荐这本书的校友的背景入手,也许有意外的线索。看看这是不是你以后兴趣发展的方向;也可以从校友写的推荐入手,看看他们对于这本书的理解,为什么要推荐它呢?如果实在吃不准的话,不要害羞,咨询一下你的老师,他/她会很乐意给你提供建议哦。

### 如何阅读?不要让生词难句成为你的障碍!

你需要了解“我要读什么”和“我已经读了什么”。翻一下目录,大致了解每一章主题。读的时候记得记笔记和做小结。“记笔记”指的不仅是生词、好词,修辞手法或例子,更包括了你喜欢的语句,作者的论点论据。如果碰到了有疑问的内容,可以做个书签,待读完一个段落,再回头查证。“做小结”则是说每段读完后概括一下段落大意,这样有助于区分有效信息和不必要的细节,更能帮助联系前后文加深理解。如果生词和难句显著地影响了你对于阅读的理解,那么在查阅字典之后再通读一遍也是有帮助的。

我们读外语书的时候,常常会读了一大段却不知所云,甚至畏难而就此搁浅——这很正常。怎么办?找一个(或者一群)小伙伴一起组成读书打卡小组,在通报进度、互相打气之外,还可以读完一章后把意思讲给对方听,看大家是否理解得一致。在海外读大学时,大家一起形成Study Group来完成作业是常有的事,但最重要的是,大家一起理解了以后,每个人要形成自己的思考。

## 如何写作?把你的思想表达出来!

多年来,在读后感征文中,我们常常被个别学生的文采和思想所惊异。同时,看到许多同学对写英语写作无从下手,有所思考却困于表达,也非常可惜。因此,给大家提出一些建议:

首先,确定行文的结构。就内容结构而言,书评一般为议论文,这和中文的议论文是比较相似的(参照附图)。但有几大注意事项:一是英文写作中,每篇的首段、每段的首句一般会提纲挈领地概括主旨。对应地,每篇的末端、每段的末句,一般会在概括的基础上进行引申。二是英文写作非常注重学术诚信(Academic Honesty),即对已有文献的引述。如果你用他人的观点或表述来支持或反驳作者的观点,那你必须要提供脚注或者附注。特别是基于反剽窃(Anti-plagiarism)的考虑,请克制对原文、他人文章、网络资源等的过多借鉴。三是简化你的表达内容,注重词句的准确性。如果采用你所熟悉的语法和词汇来构成语句,包括原书中的常用搭配等(看看你的笔记!),会比中翻英更能贴近你想表达的意思。

虽然第一次写英文书评不简单,但最重要的是,不要因为你的英文能力还无法表达出你的思想而灰心!不要放弃!要知道并非所有美丽的文字都一定要用复杂的词汇或者句式来表达。如果你翻看下一页的获奖作品选读,你会发现,比起华丽的词藻,我们更期待有思想的灵魂。有时候简单的语句蕴含着不平凡的想法。仔细想一想,理清思路,你一定可以做到的。

最后,通读一遍你的文章,是否有单词或者语法的错误?调整一下格式,修改完以后再看看,你已经做到了!

1. 简要介绍这本书及其作者

2. 你对这本书的看法

3. 你为什么这么看?

4. 举例论证

5. 重复步骤2-4

6. 总结

### Happiness of Adolescent

高一(11)陈奕汐

Russell, a famous philosopher and mathematician, as well as the author of *The Conquest of Happiness*, possesses a larger reputation than the book. Russell uses simple words and vivid examples to show all the readers the decisive factors causing unhappiness and happiness. As a guide to cheerfulness, Russell also gives readers practical suggestions to gain happiness.

As for me, an adolescent, I paid more attention to the causes that relate to the youth. Nowadays, it's ordinary to find young people suffering from depression. Not only that, the amount is keep growing while people's material conditions are getting better and better. Due to this, it's vital to understand what's the essential core of happiness. In the book, the author is looking for *a cure for the ordinary day-to-day unhappiness form which most people in civilised countries suffer which perfectly fits what I want.*

In the following paragraphs, I will summarize some point of views in the book and try to connect them with my daily emotions and Chinese adolescents' present situation.

According to the book, one of the factors cause people to feel unhappy is the struggle for success. Adolescents, especially as students, usually struggle for success. We are always in different kinds of competitions. We are usually compared with our siblings and schoolmates, even friends. All these kinds of competitions bring people pressure. When the pressure gets to a certain amount, people might feel overwhelmed. This is the essence of the stress of studying. Studying doesn't actually make students feel unhappy, but competitions do.

The second factor should be considered is fatigue. Russesll tells us that fatigue is also due to worry, especially meaningless worries. Many people, including me, aren't able to *cease to think about worrying topics at times when no action can be taken in regard to them.* For example, after the entrance examination for high school, I was sometimes very anxious since I didn't know my score—

Although I understood I could do nothing, I just couldn't stop thinking about it. In fact, realizing the unimportance of the matter is significant. I could predict my lowest score, and I then convinced myself to accept the worst result. After that, the score of the test didn't seem such a big deal to me. A great way to avoid being anxious is to list all the possible outcomes and try to accept all of them.

What is worth mentioning is that family also plays a really important role in adolescents' life. The book says that at present the relations of parents and children are in nine cases out of ten a source of unhappiness to both parties. For Chinese families, I think the chief reason causing parents and children to have bad relationships might be the possessive of parents, more precisely, parents' strong will to control children's deeds. I am not saying that it's wrong for parents to teach children what to do, but it's important not to interfere children too much. A good example might be Qiao YingZi and Song Qian in a famous TV show broadcasted last summer called *A Little Reunion*. Song Qian tried hard to control nearly everything of Qiao YingZi and caused Qiao YingZi to suffer from depression. It's quiet sorrowful to watch this happening in the TV show, but actually worse stories are happening in the real world. There are parents forcing their children to do what they want but their children don't. The book tells exactly the truth that whenever society demands of a mother sacrifices to her child which go beyond reason, the mother will expect from her child compensations exceeding those she has a right to expect. Most of the time it's nobody's fault but just the conflict of different opinions and demands.

Back to my topic, I have picked out the point of views which I think are most relevant to adolescent's mental health from this book and tried to analyze them. It's not hard to find out that what adolescents need to do is actually simple, which is trying to compromise with their parents and themselves. The only problem is that when whatever comes to ourselves, it's difficult for us to stand in an objective perspective and stay absolutely calm.

\*注：原文引用部分需要符合英文写作引用规范，希望同学们从今年起严格遵守。



## Love Demands to be Felt

刘思千 On THE FAULT IN OUR STARS recommended by ling Liu' 88

To be frank, I was shocked.

The fault in our stars is written by JOHN GREEN — an award-winning international bestselling author. In his book, Green told us an epic love story.

Hazel was a 17-year-old girl with lung cancer. This terrible disease had robbed her of many joys a young girl should have. She ate irregularly, she barely left the house and she read the same book over and over. It seemed that the writer of the book — Peter Van Houlten—was the only intimate she had. Until she met Gus — a 18-year-old boy with osteocarcinoma. As two teenagers with the same short life journey, they irreversibly fell in love. The happiness of love magically weaken the pain of cancer. Although Gus died at the end of the novel and Hazel would also face the death soon, Gus gave Hazel “a forever within the numbered days”.

Because of the brevity of life, one will have a deeper insight into DEATH and FEAR. It's cruel, but it's true. Facing death, all of us will feel afraid. Then, what we fear on earth? At the beginning of the story, Gus gave a good answer—oblivion. Who are you? Where are you come from? Where are you going? Nobody will remember. It just feels like you had never come to the world and all the things you seek for during your lifetime were meaningless. So sad, right? And what's more, we all know that the human beings, or even the whole universe will absolutely go extinct. As Hazel said “Oblivion is inevitable”. Then what should we do?

Green has discussed this deeply in the novel. For many people, the answer is :”Okay, since everything will go extinct and nothing is meaningful. What we have to do is to lie down and wait for the death. There is no reason to live or die, just let it go. Ha, perfect.” Just like Hazel at the beginning, living a negative life. However, this is not the true answer. It's an act of escaping. They are just poisoning themselves.

Suppose you are right, everything will turn to dust in the future. Well, that could be a perfect reason to deny the meaning of all the things we do today. But you can not deny the fact that today we are alive, or exist. Instead of frowning and thinking about the meaning of life, why not step forward and join in your own life? Yeah, a journey will surely end at somewhere, that is what you can't change. But there's one thing that you are able to change: brighten the journey or not.

At first Hazel refused to do so, she refused Gus's love. Because she was afraid of hurting Gus. But Hazel was thinking, with Gus whispering in her ears: “I hope you realize that you trying to keep your distance from me in no way lessens my affection for you. All your efforts to keep me from you are gonna fail.”

Finally, when Gus told Hazel he had used his wish (Every teenager in America with cancer can realize a dream with the help of an organization.) for her, in order to enable her to visit her favourite writer, Hazel decided.

Since pain demands to be felt, so does love.

Love yourself, love your family, love your friends, love the world AND love your lover. Life is brief. Instead of wasting time on fear and sadness why not spend more time on loving?

So they did. Two lonely souls suffering the greatest pain, surprisingly strolling in the beautiful city—Amsterdam—with the brightest smile. They went boating. They drank champagne and had dinner together in a romantic restaurant.

It was beautiful.

In fact, just before the trip, Gus's disease had already been incurable.

On a bench, he told Hazel the truth and burst into tears. It's so cruel that such a sunshine boy will soon lie in a cold tomb. Gus was disappointed, because he wants to be a great man and to be remembered, but everything is too quick. And he was still afraid of oblivion.

But Hazel finally managed to take the fear away. On his pre-feudal, she said peacefully “You gave me forever in your numbered days.”

Toward time, we had nothing but love. Even nobody will remember, it still had been existed. Exist is whole meaning of exist.

Just as Gus said:

“I'm in love with you,  
and I know that love is just a shout in the void,  
and that oblivion is inevitable,  
and that we are all doomed,  
and there will come a day when all our labor has  
been returned to dust,  
and I know the sun will swallow the only earth we  
will ever have,  
and I'm in love with you.”

Just go, and love.

## 附录三 关于“知缘阁”

2006年秋,一个周六的下午,在美国纽约公园大道和五十一街街口的一家“星巴克”里,五位附中校友机缘巧合地坐在了一起。虽然大家毕业年份不同,从1984届到2000届,但大家的共同点,附中留下的那份传统,一种校友文化,一份人文关怀,却把大家聚到了一起。经过一番激烈的讨论之后,复旦附中海外基金会就这么诞生了。从诞辰至今,历经十三年,基金会一直都致力于为附中带来更多教育资源,关注附中学子社会责任和人文精神的养成。

经历了美国的大学教育,回忆起过去附中的学习生活,在海外求学或者工作的附中校友们往往会感叹,与大学相比,在高中时的阅读量小很多,尤其是在英语方面。即使是中国最优秀的高中,英语的阅读资源毕竟还是不够充裕,学生也较难养成良好的阅读习惯。然而,书却恰恰是人文精神最好的载体,传承人类五千年来的文化,静静叙述着古往今来,议论着天下时事,为读者开启一扇窗,惊鸿一瞥那灿烂的文明。而英文的资源,由于写作思考方式的不同,往往也会为中国读者提供一个全新视角,令人耳目一新。

顺着这样的思路,基金会于2009年开始动员附中海外校友资源,在附中创建学生资源中心——“知缘阁”。附中校友志愿者们通过直接进口的方式将海外的书籍资料引入附中,将这部分资源公开放置在“知缘阁”。在每年编纂进口书目时,我们校友志愿者们也力求书籍种类的多样性,涵盖各个学科领域最浅显易懂的经典著作,尽力保证附中的同学们在读过每本书后,都有一份收获与成长。

经过“知缘阁”多年的运营,基金会的校友志愿者们在原有基础上计划以暑期阅读书目的方式,更为互动地将校友的推荐传达给附中的同学们。五年以来,我们通过附中在海外各个领域工作的校友征集了精选书目,并邀请每位推荐校友结合自身过往经历,写下自己独到的推荐理由。我们借鉴了西方高中的教学方式,将书目以暑期阅读的方式引入附中。感谢众多校友志愿者们的努力,也感谢附中英语教研组的帮助及合作,以及学校方面的大力支持。

如今,“知缘阁”虽然已经不再对外开放,但多年以来沉淀下来的书目,仍然在图书馆的一角,静静等待大家翻阅。知缘阁的资源分为期刊类和书籍类两种,致力于为同学们带来或经典、或前沿、有趣且有益的阅读素材。欢迎大家前往图书馆挑选你喜欢的那一本书。

根据各级校友的推荐,无论是否收录在最终的《暑期推荐书目》中,我们都会增添至书库之中。也许你想看的这本书,在图书馆里就能借阅到纯正的、纸质的外文原版!同时,我们还会聆听同学们的诉求,特别是大家想看却在书店找不到的原版书,都有可能进入下一次的采购。因此,若你有什么想法,欢迎告诉我们!

我们真诚地希望校友的推荐以及个人经历能对母校的同学们产生更大的启发。从今夏的一本书开始,收获更多阅读的喜悦,养成思辨的习惯,接受人文主义的熏陶。

## 附录四:关于“基金会”

复旦附中海外基金会于2006年由五位附中毕业在海外工作的校友们联合创办。我们致力于支持母校的高中教育,并同时加强在北美的附中校友间的联系。

我们通过了一系列在附中设立助学金奖学金的形式来推广校友的一些理念。例如,我们在附中推出了王家琏助学金来推广不按照成绩好坏但根据家庭不足来给同学提供平等补助的概念。同时,我们通过社会贡献奖来推广积极回馈社会的意识,也通过表演艺术奖来给那些有艺术特长并坚持表演和学习的同学们一定鼓励。通过协助学校举办博学杯历史人文素养展示活动,鼓励同学们探索对于历史的兴趣并提升自己的人文素养。

即使在高中毕业后,复旦附中海外基金会始终连接着天涯附中人。通过每年在纽约举办的春季午餐会,夏季野餐会等项目,基金会在铸造校友网络的同时,也为校友们的人生和职业发展提供着支持。

以同为附中人的身份为起点,我们正继续践行着回报母校的使命。复旦附中海外基金会欢迎各位校友的加入。

想要进一步了解我们,敬请访问我们的网站,或在社交网络上关注我们。

Founded in 2006 by five FDFZ alumni, Fudan Fuzhong Overseas Foundation (FFOF) is a non-profit organization based in New York. Dedicated to supporting high school education in China and fostering overseas alumni network, FFOF has been known for its various projects benefitting FDFZ students on and beyond campus. Among them are “Give a Hand” need-based scholarship, Social Contribution Award and Performing Arts Award given annually to support students financially in their course of study. FFOF has initiated the Summer Reading List project to enlarge the students’ exposure to inspiring books written in English.

FFOF continues to connect FDFZers after their graduation. Featuring a wide range of social events including the annual spring luncheon and summer picnic hosted in New York, FFOF aims at strengthening the alumni community and providing support for the alumni in their life and career development.

We strive to continue the mission of giving back to our alma mater since we are all FDFZers. FFOF welcomes all alumni to join the cause.

To learn more about us, please see our website or follow us on social networks.

Website: [www.fdfzalumni.org](http://www.fdfzalumni.org)

Email: [info@fdfzalumni.org](mailto:info@fdfzalumni.org)

Weibo: 复旦附中海外基金会

Wechat: fdfzoverseasfnd

