

Speech 03: Steve Jobs -Stanford Commencement Address (Part3) -

Practice 1 | Vocabulary

Directions: Listen and repeat.

- **impression** - an idea, a feeling, or an opinion that you get about someone or something
- **encountered** - experienced or faced
- **diagnosed** - to say exactly what an illness or the cause of a problem is
- **pancreas** - an organ near the stomach that produces insulin and a liquid that helps the body to digest food
- **incurable** - cannot be cured by medicine
- **biopsy** - the removal and examination of tissue from the body of someone who is sick, in order to find out more about their disease
- **sedated** - calm or make them sleep by administering a sedative drug
- **curable** - able to be cured
- **decade** - a period of ten years
- **certainty** - the quality of being reliably true
- **intellectual** - connected with or using a person's ability to think in a logical way and understand things
- **gradually** - slowly, over a long period of time
- **dogma** - a belief or set of beliefs held by a group or organization, that others are expected to accept without argument
- **courage** - the ability to do something dangerous, or to face pain or opposition, without showing fear

- **publication** - the preparation and issuing of a book, journal, or other work for public sale
- **poetic** - like a poetry, especially because it shows imagination and deep feeling
- **polaroid** - a camera that can produce a photograph within a few seconds
- **idealistic** - having a strong belief in perfect standards and trying to achieve them, even when this is not realistic
- **notions** - an idea, a belief, or an understanding of something
- **hitch hiking** - travel by getting free ride from motorists

Practice 2 | Speech

Directions: Read the speech aloud with your teacher.

*This is a prepared text of the commencement address delivered by **Steve Jobs**, CEO of Apple Computer and of Pixar Animation Studios, on 12 June, 2005. (Part 3)*

My third story is about death.

When I was 17, I read a quote that went something like: "If you live each day as if it was your last, some day you'll most certainly be right." It made an **impression** on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: "If today were the last day of my life, would I want to do what I am about to do today?" And whenever the answer has been "no" for too many days in a row, I know I need to change something.

Remembering that I'll be dead soon is the most important tool I've ever **encountered** to help me make the big choices in life. Because almost everything – all external expectations, all pride, all fear of embarrassment or failure – these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

About a year ago I was **diagnosed** with cancer. I had a scan at 7.30 in the morning and it clearly showed a tumor on my **pancreas**. I didn't even know what a pancreas was. The doctors told me this was almost certainly a type of cancer that is **incurable** and that I should expect to live no longer than three to six months. My doctor advised me to go home and get my affairs in order, which is doctor's code for "prepare to die". It means to try to tell your kids everything you thought you'd have the next 10 years to tell them in just a few months. It means to make sure everything is buttoned up so that it will be as easy as possible for your family. It means to say your goodbyes.

I lived with that diagnosis all day. Later that evening I had a **biopsy**, where they stuck an endoscope down my throat, through my stomach and into my intestines, put a needle into my pancreas and got a few cells from the tumor. I was **sedated**, but my wife, who was there, told me that when they viewed

the cells under a microscope the doctors started crying because it turned out to be a very rare form of pancreatic cancer that is **curable** with surgery. I had the surgery and I'm fine now.

This was the closest I've been to facing death, and I hope it's the closest I get for a few more **decades**. Having lived through it, I can now say this to you with a bit more **certainty** than when death was a useful, but purely **intellectual**, concept:

No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because death is very likely the single best invention of life. It is life's change agent. It clears out the old to make way for the new. Right now the new is you, but some day not too long from now, you will **gradually** become the old and be cleared away. Sorry to be so dramatic, but it is quite true.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by **dogma** – which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And, most important, have the **courage** to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

When I was young, there was an amazing **publication** called the *Whole Earth Catalog*, which was one of the bibles of my generation. It was created by a fellow named Stewart Brand not far from here in Menlo Park, and he brought it to life with his **poetic** touch. This was in the late 1960s, before personal computers and desktop publishing, so it was all made with typewriters, scissors and **Polaroid** cameras. It was sort of like Google in paperback form, 35 years before Google came along: it was **idealistic**, and **overflowing** with neat tools and great **notions**.

Stewart and his team put out several issues of the *Whole Earth Catalog*, and then, when it had run its course, they put out a final issue. It was the mid-1970s, and I was your age. On the back cover of their final issue was a photograph of an early morning country road, the kind you might find yourself **hitchhiking** on if you were so adventurous. Beneath it were the words "Stay hungry. Stay foolish". It was their farewell message as they signed off. Stay hungry. Stay foolish. And I have always wished that for myself. And now, as you graduate to begin anew, I wish that for you. Stay hungry. Stay foolish. Thank you all very much.

Practice 3 | Questions

Directions: Answer the following questions.

1. What is the third story about?
2. What was Steve Jobs' outlook about his physical condition?
3. According to the speech, how should time be spent?
4. How do you understand the quote, "Stay hungry. Stay foolish."?
5. What values have you learned from this speech?