sooner or later 迟早

coworker 同事

used to ... 曾经

one-child policy 一胎政策

nonsense 废话

train their ability 训练他们的能力

quote unquote 意思是“”（就是两个引号的意思）

socialize with ... 社交

network with ... 社交、建立工作联系

for the sake of ... 为了

interact with ... 和...互动

crucial 至关重要的

development of ... ...的成长