

夏末的坚持，秋初的喜悦

七月底，我还沉浸在暑假的自由与热情中，但我清楚，时间不等人。我每天早上都会列出当天的学习目标，确保自己不浪费每一分光阴。尤其是英语写作，我坚持每天写一篇小短文，尽管有时写得不尽如人意，但每天的积累让我逐渐看到自己的进步。夏天的炎热和疲惫感似乎也在提醒我，成长需要耐力和坚持。

除了学业，我也在尝试心理上的成长。我学会记录每天的心情和反思自己的行为。每天晚上，我都会写下当天的收获、烦恼和对明天的计划。这让我逐渐学会与自己对话，理解自己的情绪，也帮助我更好地调整心态面对生活中的挑战。

八月底，天气慢慢转凉，秋天的气息在空气中弥漫。我完成了暑假的学习计划，并参加了学校的秋季艺术展。我的绘画作品被展出，虽然不是最出色的，但能够展示自己的努力让我感到由衷的喜悦。学校里，老师也鼓励我参加辩论比赛，我犹豫了几几天，但最终决定尝试。比赛当天，紧张和兴奋交织，但我发现自己能够冷静表达观点，也能听取对方意见。这次经历让我明白，成长不仅是成绩和技能的提升，更是心智的成熟。

现在，走在秋天的校园里，看着落叶在风中飞舞，我回想夏天的汗水和努力，感受到秋天收获的喜悦。季节交替如同人生的节奏，每一份努力都会在时间的推进下结出果实。夏天教会我坚持，秋天教会我欣赏自己的收获，我在这一季节的更替中，真正体会到成长的意义。

End of Summer Perseverance, Beginning of Autumn Joy

At the end of July, I was still immersed in the freedom and enthusiasm of summer vacation, but I knew time waits for no one. Every morning, I would list my learning goals for the day, making sure not to waste a single moment. Especially in English writing, I persisted in writing a short essay every day. Although sometimes the results were unsatisfactory, the daily practice gradually showed me progress. The summer heat and fatigue seemed to remind me that growth requires endurance and perseverance.

Besides academics, I also worked on psychological growth. I began recording my daily moods and reflecting on my actions. Every night, I would write down my gains, worries, and plans for the next day. This helped me learn to converse with myself, understand my emotions, and adjust my mindset to face life's challenges more effectively.

By the end of August, the weather gradually cooled, and the scent of autumn filled the air. I completed my summer learning plan and participated in the school's autumn art exhibition. My painting was displayed; although not the best, showcasing my effort brought genuine joy. At school, teachers encouraged me to join the debate competition. I hesitated for a few days but eventually decided to try. On the day of the competition, nervousness and excitement intertwined, but I found I could express

my ideas calmly and listen to others. This experience taught me that growth is not only about achievements and skills but also about mental maturity.

Now, walking in the autumn campus, watching leaves dance in the wind, I recall the sweat and effort of summer and feel the joy of autumn's harvest. The changing seasons resemble the rhythm of life, where every effort eventually bears fruit. Summer taught me perseverance, autumn taught me to appreciate my gains, and in this seasonal transition, I truly understand the meaning of growth.