

从失败中站起

上次数学考试，我得了一个令我沮丧的分数。作为班级里一直算是中等偏上的学生，这次的成绩让我感觉自己仿佛跌进了一个无底洞。回到家，我独自坐在书桌前，脑海中反复浮现老师的批评和同学的议论，我开始怀疑自己的能力，甚至觉得自己不适合学数学。

然而，经过一晚的沉思，我意识到，自责并不能改变过去的成绩。第二天，我决定做出改变。我先总结了考试中错误的题目，找出知识漏洞；然后每天坚持半小时的数学练习，并向老师请教不懂的问题。起初，我依然容易紧张，但每解决一个难题，我的内心就增加一份信心。

经过几周的努力，我在下次数学测试中取得了进步。虽然不是第一名，但我看到自己真正成长的痕迹。那一刻，我明白了自信并不是与生俱来的，而是通过努力积累的。自信让学习不再是负担，而是一种享受挑战的过程。

通过这次经历，我学会了面对挫折时不逃避，而是主动寻找解决方案。自信不仅改变了我看待数学的态度，也让我在其他学习和生活中更加坚定。成长，就是在一次次跌倒与站起中慢慢获得力量。

Rising from Failure

In the last math exam, I got a score that left me deeply frustrated. As a student who was usually above average in class, this result made me feel like I had fallen into a bottomless pit. Back home, I sat alone at my desk, repeatedly recalling my teacher's criticism and my classmates' comments, and began to doubt my abilities, even feeling that I was not suited for math.

However, after a night of reflection, I realized that blaming myself would not change my past scores. The next day, I decided to make a change. I first reviewed the mistakes I made on the exam to identify gaps in my knowledge, then spent half an hour each day practicing math, asking the teacher for help whenever I didn't understand something. At first, I still felt nervous, but every time I solved a problem, my confidence grew.

After several weeks of effort, I made progress in the next math test. Although I was not first in the class, I saw real signs of my growth. At that moment, I understood that confidence is not innate but accumulated through effort. Confidence made learning no longer a burden but an enjoyable challenge.

This experience taught me not to avoid setbacks but to actively find solutions. Confidence not only changed my attitude toward math but also made me more determined in other areas of study and life. Growth is about gaining strength through falling and standing up again and again.