

# 从跌倒到站起——我的成长故事

记得上次数学期中考试时，我满怀信心地走进考场，以为自己准备得很充分。然而，当试卷发下来的那一刻，我几乎傻住了。试卷上的题目不仅超出了我的预期，很多知识点我根本没有掌握。当成绩公布时，我居然只考了班级中下游的位置。这种挫败感像潮水一样涌来，我一度觉得自己很笨，甚至怀疑自己是否适合继续学习数学。

刚开始的几天，我一直沉浸在失落和自责中，甚至不敢面对老师和同学的目光。每天回家，我只是默默地坐在书桌前，却无法翻开书本。我开始反思自己为什么会失败，是不是方法不对，是不是学习不够努力。慢慢地，我意识到光是抱怨和逃避是没有用的，失败只是告诉我哪些地方需要改进。

于是，我鼓起勇气向老师请教，找出了自己知识薄弱的环节；同时，我也和同学一起讨论难题，互相分享解题技巧。在这个过程中，我发现原来学习不是一个人的战斗，团队的力量和互相支持可以让我更加勇敢面对困难。我开始制定合理的复习计划，每天坚持打基础、做练习题，并记录自己的进步。

几个月后，我再次迎来了期末考试。这一次，我不再紧张，而是平静地面对每一道题目。当成绩公布时，我发现自己不仅提高了名次，更重要的是，我找回了自信。那种从失败到重拾信心的经历，让我明白：失败并不可怕，可怕的是失去勇气。只要不断总结经验、积极改进，就一定能迎来属于自己的成长。

这次经历让我明白，自信不是与生俱来的，而是在挫折中慢慢培养的。失败是成长的催化剂，而勇气和坚持是通向成功的钥匙。从跌倒到站起，我学会了面对失败，也学会了相信自己，这将成为我人生中宝贵的财富。

## From Falling to Rising: My Story of Growth

I remember the last math midterm exam. I walked into the classroom full of confidence, thinking I was well prepared. However, when the paper was handed out, I was almost stunned. The questions were far beyond my expectations, and many concepts I hadn't fully mastered. When the results were released, I was ranked in the middle-lower part of the class. This sense of failure washed over me like a tide, and I began to feel dumb, even questioning whether I was suited to continue studying math.

In the first few days, I was immersed in disappointment and self-blame, avoiding facing teachers and classmates. Every day at home, I just sat at my desk silently, unable to open a book. I started reflecting on why I failed—was it my method, my effort, or my understanding? Gradually, I realized that complaining and avoiding the problem wouldn't help. Failure was simply telling me where I needed to improve.

So I gathered courage and sought help from my teacher, identifying my weak points, and also discussed difficult problems with classmates, sharing problem-

solving tips. I discovered that learning isn' t a solo battle; teamwork and mutual support help me face challenges more bravely. I started creating a reasonable study plan, reviewing basics daily, doing exercises, and tracking my progress.

Months later, the final exam arrived. This time, I faced each question calmly, without panic. When the results were announced, I not only improved my ranking but, more importantly, regained my confidence. The journey from failure to restored self-confidence taught me that failure isn' t frightening; losing courage is. As long as I continually learn from mistakes and improve, growth is inevitable.

This experience made me understand that confidence isn' t innate; it' s cultivated through setbacks. Failure is a catalyst for growth, while courage and persistence are keys to success. From falling to rising, I learned to face failure and believe in myself, which will be a precious asset in my life.