

## 在期中考里遇见更清晰的自己

期中考试像是一阵风，来得不急不缓，却让人无法忽视。我从老师口中得知考试日期后，心里立刻盘算起接下来的复习计划。虽然距离并不算近，但那种被点名似的压力仍旧悄悄落在肩上。

复习的头几天，我有些懈怠。坐在桌前不到十分钟便想分心，笔记翻两页就想停下来休息。直到某个晚上，我突然意识到再这样拖下去只会让自己陷入更深的焦虑，于是重新调整节奏，把每天的目标写在便利贴上贴在桌边。完成一个就撕掉一个，那种清爽的成就感让我渐渐找回学习的劲头。

后来复习进入正轨，我开始逐章复盘，把所有容易出错的题目重新整理。每次弄懂一个难点，我都会在本子角落画一个小星星，那些星星像是在悄悄告诉我，你确实在慢慢变好。

考场那天，空气中混着紧张和纸张的味道。我拿到试卷后，先闭上眼深呼吸，然后开始答题。写字的声音此起彼伏，一切都显得格外清晰。遇到不会的题，我先在草稿纸上画出思路，再一点点推着分析。虽然还是有几道题让我发怵，但至少我不再像以前那样慌张。

走出考场时，我抬头看着天，感觉整个人轻了不少。成绩如何我无法预知，但我知道，这次期中考试让我更清楚地认识了自己。我知道自己哪里做得不好，也知道哪些地方已经稳稳扎住了根基。

考试不仅是检验知识，更是检验态度。我在这次过程中学到的，不只是知识点，而是如何面对压力、如何与自己对话、如何在迷茫里继续前进。未来的路还长，但我愿意继续努力，不再逃避，不再轻易放弃。

## Meeting a Clearer Version of Myself in the Midterm

The midterm exam came like a quiet breeze—neither rushed nor slow, yet impossible to ignore. When the teacher announced the date, I immediately started planning my review schedule. The exam wasn't imminent, but the pressure still landed lightly on my shoulders.

The first few days of review were unproductive. I couldn't sit still for more than ten minutes, and flipping through notes felt exhausting. One night, I realized that procrastination would only make things worse. So I adjusted my routine, writing daily goals on sticky notes and pasting them beside my desk. Tearing off one completed note at a time gave me a satisfying sense of progress, helping me regain momentum.

As the review fell into place, I began to go through each chapter carefully, reorganizing my common mistakes. Each time I conquered a difficult point, I drew a small star in the corner of my notebook. Those stars felt like tiny voices telling me, "You're getting better."

On exam day, the air was filled with paper and tension. After receiving the test paper, I took a deep breath before starting. Pens moved across paper, creating a clear rhythm in the room. When I encountered hard questions, I outlined my ideas on scrap paper and worked through them step by step. Though some questions still intimidated me, I no longer panicked like before.

Leaving the exam room, I looked up at the sky and felt lighter. I didn' t know what score I would get, but I knew the exam had helped me understand myself more clearly. I could see my weaknesses as well as the areas where I had grown stronger.

An exam tests more than knowledge—it tests attitude. What I learned this time wasn' t just academic content but how to face pressure, how to talk to myself, and how to keep going even when uncertain. The road ahead is long, but I' m willing to keep moving, without escape and without giving up.