

从成绩波动看自己的学习盲区

这次期中考试结束后，我第一时间把所有科目的试卷摊在桌上，逐科对照分数和自己平时的状态。整体成绩虽然没有出现断崖式下滑，但波动比预期更大，尤其是数学和英语，让我意识到之前自信满满的复习方式其实存在不少盲区。

先说数学。分数下降最明显，主要原因并不是题太难，而是做题速度明显偏慢，导致后面的大题没有时间完整作答。我重新翻看平时的练习记录才发现，自己做题时经常不计时，经常为了追求步骤完美而磨磨蹭蹭，遇到稍微绕一点的题就开始“死磕”。这种习惯在正式考试中完全成了致命缺点。此外，我在函数与数列部分的知识点掌握得不够扎实，一旦题目进行了两层以上的变形，我就容易乱了思路。

英语的问题更多来自心态。当时看到阅读理解第二篇比较晦涩的文章时，有点急躁，总觉得时间不够，导致集中力下降，选项看得不够仔细。后来对照解析才发现，错的几题其实并不难，只是粗心造成的。词汇方面的短板也凸显出来，一些细节题全靠猜，说明平时的单词记忆并不牢固。

语文虽然整体发挥稳定，但作文分数依然不算突出。回想写作过程，我发现自己每次作文都花太多时间在开头和结构上，内容深度却没跟上，导致老师评价“主题不够聚焦”。这也是我长期没有解决的问题。

结合各科的具体情况，我开始梳理复习过程中的几个薄弱环节。第一是复习效率不高，经常被一些细碎的任务分散注意力，真正投入的时间其实没有想象中那么多。第二是缺乏系统归纳错题的习惯，虽然也有写错题本，但只是机械抄题，没有总结“为什么错”和“如何避免”。第三是复习方法并不科学，习惯“广撒网”、什么都学一点，却很少做深度练习。

反思之后，我给自己制定了几个下一阶段的改进计划。首先是时间规划，每天固定出一小段高效时间段用于攻克数学函数等薄弱知识点，不再拖延。其次是建立有效的错题管理机制，不仅记录，还要定期回顾并重新练习同类型题。对于英语，我会把词汇强化放在前几周，每天坚持背诵并通过听力或阅读进行巩固。语文作文方面，我计划每周写一篇文章并请老师批改，重点练习逻辑与主题延展。

最后，我意识到学习不只是把时间堆上去，更重要的是清楚自己在哪些地方容易犯错，知道自己真正需要提高什么。这个期中考试让我第一次认真审视自己的学习方式，明白所谓“勤奋”如果没有方向，只会陷入忙碌的幻觉。未来我希望能建立一套适合自己的学习系统，让每一次复习都真正有效。

Identifying Learning Blind Spots Through Midterm Performance

After the midterm exam, I laid out all my test papers on the desk and compared each subject's score with my usual performance. Although my overall results did not fall dramatically, the fluctuations were larger than expected, especially in math and

English. This made me realize that my confident study routine actually had many blind spots.

Math saw the biggest drop. The main issue was not difficulty but speed. I worked too slowly, leaving no time for the final problems. Reviewing my past exercises, I noticed I rarely practiced under timed conditions and often spent too long polishing steps. When I encountered slightly tricky problems, I tended to get stuck. In the exam, this habit became a major drawback. Additionally, my understanding of functions and sequences wasn't solid enough, so when problems involved multiple transformations, I easily lost my train of thought.

English was affected more by mindset. When I saw a difficult passage in the reading section, I became anxious and felt time pressure, which hurt my concentration. Later, while checking the answers, I realized the mistakes were mostly careless. Vocabulary gaps also became obvious, as I had to guess on several detail-focused questions.

Chinese was relatively stable, but my essay score was still not ideal. I spent too much time on introductions and structure, while the depth of content lagged behind. The teacher's comment, "lack of focus," made me realize it was a long-standing issue.

Looking back at my study habits, I discovered several weaknesses. First, my efficiency was lower than I believed. Small distractions constantly interrupted my study time. Second, my error-log method was ineffective—I copied questions mechanically without analyzing why I made mistakes. Third, my review strategy was too scattered. I covered many topics superficially without building depth.

To improve, I planned several adjustments. I will set fixed time slots each day to strengthen weak math concepts, maintain a practical error-review system, and revisit similar question types regularly. For English, I will prioritize vocabulary training and reinforce it through listening and reading. For Chinese composition, I will write one essay per week and focus on clarity and idea development.

This midterm exam pushed me to examine my study habits seriously. I realized that effort without direction leads only to an illusion of progress. Moving forward, I hope to build a learning system that suits me and ensures that every study session is meaningful.