

期中后的成长碎片

期中考试结束的今天，我选择放慢脚步，静静回顾这一段经历。早上起床时，脑海里仍浮现出试卷上的题目，特别是化学实验题，思路一度卡住，幸好后来通过推理补救了部分分数。数学证明题也有小失误，但整体感觉还算踏实。

上学路上，我遇见几个同学，我们聊起各自的考试感受。有的人显得轻松，有的人紧张不安。我注意到自己在听他们讲述时，心情起伏很大，时而焦虑，时而释然。或许，这就是成长的碎片——从他人的经验里，映照自己的不足和优点。

上午班级讨论时，我记录下老师点评和同学分享的每一句话。发现原来自己的问题不仅在知识掌握，更在于临场心态。老师建议我们适度调整复习方法，尝试模拟不同难度题，培养答题节奏感。这些建议让我感到学习不再单纯是刷题，而是慢慢积累应对考试的能力。

午后，我在自习室整理错题和笔记，反思答题时的情绪变化。发现自己在压力下容易焦虑，但也有瞬间的专注和冷静。这让我意识到，考试不仅是智力的比拼，更是心理素质的锻炼。

晚上，我制定了接下来十天的复习计划：每天安排数学与英语交替训练，语文写作与阅读交替提升，保持作息规律，并安排每天十五分钟的放松时间。我希望能在这高三紧张的生活里，找到节奏和自信。今天的记录让我感受到，期中考试后的每一刻，都在为自己的成长积累力量。

Fragments of Growth After Midterms

Today, after the midterm exams, I chose to slow down and quietly reflect on this experience. Upon waking, images of exam questions still lingered, especially a chemistry lab question where I got stuck, but managed to recover some points through reasoning. I also made small mistakes on the math proof questions, but overall felt reasonably steady.

On my way to school, I met a few classmates and discussed our exam experiences. Some seemed relaxed, others anxious. I noticed my mood fluctuated while listening—sometimes anxious, sometimes relieved. Perhaps these are the fragments of growth, reflecting my strengths and weaknesses through others' experiences.

During the class discussion, I took notes on every word from the teacher's feedback and classmates' sharing. I realized my issues were not only in knowledge but also in exam mindset. The teacher suggested adjusting study methods, trying different difficulty levels, and developing a sense of pacing. These tips made me feel that learning is no longer just about drilling problems, but gradually building exam resilience.

In the afternoon, I organized my error notes in the study room, reflecting on my emotional shifts during the test. I noticed that while I get anxious under pressure, there are moments of focus and calm. This made me realize that exams test not only intelligence but also psychological strength.

At night, I made a ten-day study plan: alternate math and English training daily, improve Chinese writing and reading alternately, maintain a regular routine, and schedule fifteen minutes of relaxation each day. I hope to find rhythm and confidence amid the intense senior year life. Today's record made me feel that every moment after the midterms contributes to my growth.