

考试后的迷茫与自省

期中考试结束的今天，心情格外复杂。昨晚反复回想试卷上那些出错的题，尤其是理科部分，我本以为能轻松应对，但却因为题目设置巧妙而失分。这让我产生了微妙的挫败感，但也意识到自己在应试技巧上还有提升空间。

早上和几个好友见面，他们的反馈五花八门：有人觉得语文作文发挥不佳，有人数学却意外得了高分。我听着，内心不免有些焦虑，但同时也在思考，别人表现如何并不能改变自己的努力。

上午，我给自己留了一段独处时间，复盘整个考试过程。发现自己在英语阅读题上过于紧张，导致速度慢了很多。也记起某道物理计算题，原本熟练的方法因为心态不稳而犯错。自省让我明白，考试的失误并非偶然，多半与心态和准备方式有关。

午后，我向班主任请教复习策略，她耐心分析了每位学生的强弱项，给出了阶段性调整建议。交流中，我感受到学习的方向比成绩更重要，也意识到老师关注的是我们的成长而非单次分数。

晚餐后，我把接下来一周的复习计划写下：每晚练习两套错题，一天回顾重点笔记，并预留半小时整理思路和总结感受。今天的经历让我明白，高三的每一场考试不仅是对知识的检验，也是对心态的锻炼。迷茫中带着自省，似乎是成长最真实的样子。

Confusion and Self-Reflection After Exams

Today, after the midterm exams, my mood is particularly complex. Last night, I kept reviewing the questions I got wrong, especially in science. I thought I could handle them easily, but lost points due to tricky question setups. This gave me a subtle sense of frustration, but also made me realize there's room for improvement in my exam skills.

In the morning, I met with a few friends, and their feedback varied widely: some felt their Chinese essays didn't go well, while others unexpectedly scored high in math. Listening, I felt a bit anxious, but also reflected that others' performance doesn't change my own efforts.

I reserved some alone time in the morning to review the whole exam process. I found that I was overly nervous on English reading, which slowed me down. I also remembered a physics calculation I usually do easily, but made a mistake due to unstable mindset. This self-reflection made me realize mistakes are rarely accidental and often linked to mindset and preparation.

In the afternoon, I consulted my homeroom teacher about study strategies. She

patiently analyzed each student' s strengths and weaknesses, offering stage-wise adjustment suggestions. Through this discussion, I felt that learning direction matters more than grades, and teachers care about our growth more than a single score.

After dinner, I wrote down my study plan for the next week: practice two sets of mistakes each night, review key notes daily, and reserve half an hour to organize thoughts and summarize feelings. Today' s experience made me understand that every senior-year exam is not only a test of knowledge but also of mindset. Being confused yet reflective seems to be the truest form of growth.