

读后感三步法：写好《那一刻，我长大了》

题目要求很具体：读一篇写成长经历的文章，写400字左右的读后感，里面必须有三个素材——文中一个感人细节、自己的一次经历、自己的感悟。不少同学拿到题就动笔，结果四分之三的篇幅在复述原文。动笔前先把要求拆开，按步骤写，能少走弯路。

第一步，找一个细节，不要复述全文。读文章时随手画出动作、神态、语言三类句子。假设文章《第一次独自在家》里有一句：主人公夜里听见门外有响动，把被子蒙到头上，可电话一响，他还是尽量用平稳的声音接起来。这个细节有动作、有心理，值得引用。引用时两句话就够，直接引原文的话，不要转述整个故事。

第二步，把细节连到自己的经历。问自己：哪一刻我忽然觉得自己长大了？先写下三个候选：第一次独自在家、替爸妈搬东西、和同学闹矛盾后先道歉。然后挑细节最多的那个：能想起当时在哪儿、做了什么、心里想的是什么。想不起具体细节的经历就换掉，写不细的经历撑不起200字的段落。

第三步，写经历时把转折点写清楚。经历部分大约占全文一半，最要紧的是那个决定做某事的瞬间。假设写给生病的妈妈煮粥：转折点可以是看见床头柜上的药袋和体温计，忽然决定自己动手。把这个瞬间前后的所见、所想、所说写出来，感悟就不用喊口号了。

第四步，感悟写一句实在话。不要写我长大了、父母的爱真伟大这类句子，它们套在任何文章后面都成立。写一句只属于这次经历的感悟，比如：长大也许是打电话回家时，不再说自己害怕。这句话既能从自己的经历里长出来，又能呼应文中主人公不敢让妈妈担心的细节。

最后分配400字：引约80字，议约60字，联约200字，结约80字。写完对照三个问题检查一遍：有没有直接引用原文的话？经历里能不能看出时间、地点和动作？感悟是不是一句具体的话而不是口号？三问都过关，这篇读后感就符合要求了。

Three Steps to Write the Reading Response 'The Moment I Grew Up'

The assignment is specific: read an article about a growing-up experience and write a reading response of about 400 words, containing three elements - a moving detail from the article, one of your own experiences, and a reflection. Many students start writing right away and end up spending three quarters of the space retelling the article. Before writing, break the requirements down and follow the steps.

Step one: find one detail instead of retelling the whole article. While reading, mark sentences about actions, expressions, and speech. Suppose the article 'Home Alone for the First Time' has this line: at night the hero hears a noise outside the door, pulls the blanket over his head, but when the phone rings he still answers in as steady a voice as he can. This detail has action and feeling, and is worth quoting. Two sentences are enough; quote the original words directly instead of

retelling the whole story.

Step two: connect the detail to your own experience. Ask yourself: at which moment did I suddenly feel I had grown up? Write down three candidates: staying home alone for the first time, carrying things for your parents, apologizing first after a quarrel with a classmate. Then pick the one with the most details: you can recall where you were, what you did, and what you thought. Drop any experience you cannot recall in detail, because a vague experience cannot support a 200-word paragraph.

Step three: when writing the experience, make the turning point clear. The experience takes about half of the essay, and the key is the moment you decided to act. Suppose you write about cooking porridge for your sick mother: the turning point could be seeing the medicine bag and thermometer on the bedside table and suddenly deciding to do it yourself. Write out what you saw, thought, and said around that moment, and the reflection will not need any slogans.

Step four: write the reflection as one plain sentence. Do not write lines like I have grown up or parents' love is great; they can be attached to any article. Write a sentence that belongs only to this experience, for example: growing up may mean that when you call home, you no longer say you are afraid. This sentence grows out of your experience and echoes the detail of the hero hiding his fear from his mother.

Finally, divide the 400 words: about 80 for quoting, 60 for commenting, 200 for connecting, 80 for concluding. When finished, check three questions: did you quote the original words? Can the reader see the time, place, and actions in your experience? Is the reflection one concrete sentence rather than a slogan? If all three pass, the reading response meets the requirements.