

考试题材读后感的四个坑：检讨腔、假经历、大道理、字数失控

诚实比分数更重要这个题目，四个坑几乎每篇作业都要踩中一两个。逐个说识别信号和改法。

坑一：检讨腔。通篇是我知道错了、我再也不偷看了、请老师和同学监督我。读后感不是保证书，题纲要的是感想，不是悔过。识别信号：数一数文中出现几次保证、以后我一定。改法：把保证句删掉，换成一句当时的真实感受加一句现在的做法。比如那次没偷看，成绩七十八，但卷子我敢拿给妈妈签字，现在遇到不会的题我还是先空着，考完再去问。

坑二：假经历。我帮助同学、我拾金不昧、我考试从来没作弊过。全是结论，没有一个现场。识别信号：整段找不出一个具体动作。改法：只写一次经历，把那次的手、眼、身体写出来。手心出汗、把卷子翻过去、眼睛盯黑板，有一个动作读者就信了。真想不起自己的事，就写假设场景，但假设也要有动作。

坑三：感悟堆大道理。诚信是中华民族的传统美德、做人要诚实守信、失去诚信就会失去一切。三句道理塞在结尾，跟自己的考试经历没关系。识别信号：把感悟段单独拿出来，套在别的作文题目上也能用，就是空话。改法：只留一句，句式用那次之后，我学会了或者现在我遇到会这样。把道理降成做法。

坑四：字数失控。400字的题，有人引文中细节写了150字，有人经历只写了80字。识别信号：引文段比经历段长，就是比例倒了。改法：按70、50、200、80四块切，写完数一遍，哪块超了删哪块，超的最常见是引文段，把复述短文内容的句子整句删掉。

考前五分钟自查：有没有保证句；经历段有没有至少两个动作；感悟能不能套到别的题目上；引文段有没有比经历段长。四个问题答出是或否，中招的当场改。改完再通读一遍，读起来像在跟妈妈讲学校的事，这篇就对了。

Four Traps in Exam-themed Reflections: Confession Tone, Fake Experience, Big Morals, and Word Runaway

For the topic honesty matters more than a score, four traps catch nearly every homework draft. Here are the warning signs and fixes for each.

Trap one: confession tone. The whole piece is I know I was wrong, I will never peek again, please let teachers and classmates watch me. A reflection is not a pledge. The outline asks for thoughts, not repentance. Sign: count how many times I promise or I certainly will appear. Fix: delete the promise sentences and replace them with one true feeling from then plus one thing you do now. For example: I did not peek that time, scored 78, but I dared show the paper to my mother for signing, and now I still leave unknown questions blank and ask after the exam.

Trap two: fake experience. I helped classmates, I returned found money, I never cheated. All conclusions, no scene. Sign: not one concrete action anywhere in the

paragraph. Fix: write a single experience and put its hands, eyes, and body on the page. Sweaty palms, flipping the paper over, eyes fixed on the blackboard. One action and the reader believes. If nothing real comes to mind, write an invented scene, but give it actions too.

Trap three: piling big morals at the end. Honesty is a traditional virtue, one must be honest and trustworthy, lose honesty and lose everything. Three moral sentences unrelated to your own exam. Sign: lift the insight paragraph out and it fits any other topic, which makes it empty. Fix: keep one sentence using the pattern after that time I learned, or now when I meet this I do this. Turn the moral into a practice.

Trap four: word runaway. For a 400-word task, some spend 150 words quoting the text and only 80 on their experience. Sign: the quotation paragraph is longer than the experience paragraph, so the ratio is upside down. Fix: cut into four blocks of 70, 50, 200, 80, count after writing, and trim the block that overflows. The quotation block overflows most often; delete whole sentences that retell the article.

Five-minute self-check before the exam: are there promise sentences; does the experience paragraph have at least two actions; can the insight be pasted onto another topic; is the quotation paragraph longer than the experience paragraph. Answer yes or no to each and fix on the spot. Then read it aloud once. If it sounds like telling your mother about school, the piece is right.