

范文点评：《呛水之后我没放弃》好在哪里、哪里要改

假设范文第一段这样开头：「教练让我松开浮板的那一刻，我的脚离开了池底。」点评：好。一句话把读者放进场景，没有交代报名、天气、泳衣这些背景。紧接着范文写「水从鼻子灌进去，像被人捏住了喉咙，我胡乱抓了一把，抓到的是教练的手臂」，比喻是身体感受，不华丽但准确，这是呛水段值得学的地方。

第二段范文写犹豫：「我坐在岸边，把浮板立起来挡住自己，好像挡住就没人看见我刚才的狼狈。妈妈在岸上没喊我，她只是把毛巾抖开铺好。」点评：「立浮板挡自己」这个动作选得好，把「怕丢人」写出来了，不用解释。铺毛巾的妈妈是侧面写法，家长的安静比喊「加油」更有力量。这一段可以挑剔的地方是只有一句心理活动，稍薄，可以在「抖开毛巾」后补一句自己的打算，比如「我数到三十，如果还怕就真的不下了」，给犹豫加一个具体的倒计时。

第三段换气：「我扶着池边吐了二十个泡泡，脸进水时默数一二，抬头吸气的声音像拉风箱。第五次的时候，身子忽然轻了，我游出了三米，然后是五米。」点评：数字用得好，二十个泡泡、第五次、三米五米，进步有了刻度。要改的地方是失败只一笔带过，建议在「第五次」前补一次具体的失败，比如「第四次抬头太急，又呛了一口，池边的水洼里多了我的鼻涕」，狼狈写足，后面的轻才真实。

范文结尾：「我学会了游泳，也学会了不放弃，这将是我一生的财富。」点评：这是全文最弱的一句，「一生的财富」是套话。换成动作收尾更好，比如「出泳池的时候我把泳镜挂在脖子上，水珠一路滴下去，我没有像上次那样急着跑」。自我修改的顺序建议先砍结尾套话，再给犹豫段补倒计时，最后给换气段补一次失败，三处改完，文章就从合格变成具体。

Model Essay Review: What Works in 'I Didn't Give Up After Choking' and What Needs Fixing

Suppose the model essay opens like this: 'The moment the coach told me to let go of the kickboard, my feet left the pool bottom.' Review: good. One sentence drops the reader into the scene with no background about signing up, the weather, or the swimsuit. The next line reads 'water poured in through my nose as if a hand squeezed my throat; I grabbed wildly and caught the coach's arm.' The simile is physical, not fancy but accurate. This is what the choking paragraph is worth learning from.

In the second paragraph the model writes the hesitation: 'I sat at the edge propping the kickboard up to hide myself, as if hiding meant nobody saw my mess. Mom didn't call me from the bank; she just shook the towel open and laid it out.' Review: propping the board to hide is a well-chosen action that shows fear of embarrassment without explaining it, and the quiet mother spreading the towel is a side view – parental calm beats shouting 'you can do it'. One thing to nitpick: there is only a single thought here, a bit thin. After the towel line, add one plan of the character's own, like 'I would count to thirty, and if I was still scared I would

truly quit', giving the hesitation a concrete countdown.

The breathing paragraph reads: 'I held the wall and blew twenty bubbles, counted one-two with my face under, and the inhale sounded like pumping a bellows. On the fifth try my body suddenly felt light. I swam three meters, then five.' Review: the numbers work well – twenty bubbles, the fifth try, three meters then five – progress gets a scale. The weak spot is that failure passes in one stroke. Before 'the fifth try', add one concrete failure, like 'on the fourth attempt I lifted my head too fast and choked again, adding my snot to the puddle at the pool edge'. Only when the mess is written fully does the lightness later feel real.

The model ends with: 'I learned to swim and learned not to give up, which will be a treasure for my whole life.' Review: this is the weakest sentence in the essay; 'treasure for life' is a cliché. An action ending works better, like 'leaving the pool I hung the goggles on my neck, drops falling all the way, and I didn't rush off like last time'. Suggested order of self-revision: first cut the cliché ending, then add the countdown to the hesitation, then add one failure to the breathing part. After these three edits the essay moves from passing to concrete.