

读后感引议联结四步法：从文中情节写到自己的经历

读完一篇学游泳的文章，读后感从哪写起？记住四个步骤：引、议、联、结。四步各管一段，写之前先分配好字数。假设全文600字，引大约120字，议大约150字，联大约240字，结大约90字。联的比重最大，因为老师最想看你自己的经历。

第一步是引。不要复述全文，只挑文中一个情节，用两三句话讲清它的经过。挑选的标准是：这个情节里有具体的动作或对话。比如挑作者第一次下水那段，就写教练说了什么、作者做了什么、结果怎样，其余情节全部略过。

第二步是议。针对刚才那个情节说一句你的看法：它为什么打动了你。可以问自己：这个情节里，人物改变了什么？假设你写作者从不敢下水到把头埋进水里，就可以议：让人害怕的往往不是水，而是没准备好的开始。

第三步是联。用一句过渡接到自己身上，比如书里写的是别人的第一次，我的第一次发生在暑假的少年宫。然后写自己学游泳的一段经历，要有地点、人物、动作和过程。假设你写第一次练蹬腿：扶着池边，腿蹬了二十下，有一次脚踩空，心里一紧，后来发现只是水浅。经历里最好有一个细节能和文中情节呼应，比如文中作者先练蹬腿，你也先练蹬腿，两处对照就写出来了。

第四步是结。用一句朴实的感悟收尾，不喊口号。假设你写：害怕的事可以拆成小步骤，一步一步做完。再补一句你打算怎么做，比如下次练跳绳也用这个办法。

四步写完，回头检查三个素材是否都在：文中一个情节、自己学游泳的经历、自己的感悟。缺一个就补一段，三个都在，这篇读后感的骨架就立住了。

The Four-Step Reading Response: From a Scene in the Book to Your Own Experience

You have just finished an article about learning to swim. Where does the reading response begin? Remember four steps: quote, reflect, connect, conclude. Each step owns one paragraph, and you should divide the word count before writing. Suppose the whole piece is 600 words: the quote takes about 120, the reflection about 150, the connection about 240, and the conclusion about 90. The connection carries the most weight, because the teacher most wants to read your own experience.

Step one is the quote. Do not retell the whole article. Pick a single scene and explain what happened in two or three sentences. The standard for choosing is simple: the scene must contain a concrete action or line of dialogue. If you pick the part where the author first enters the water, write what the coach said, what the author did, and what happened. Leave every other scene out.

Step two is the reflection. Say what you think about that scene: why did it move you? Ask yourself: what changed in the character during this scene? If you write

about the author going from refusing to enter the water to putting her head under, you might reflect that what scares people is often not the water itself but an unprepared beginning.

Step three is the connection. Bridge to yourself with one sentence, such as: the article describes someone else's first time, while my first time happened at the youth center during summer vacation. Then write one episode from your own swimming lessons, with a place, people, actions, and a process. Suppose you write about practicing the kick for the first time: holding the pool edge, kicking twenty times, your foot slipping once, your heart tightening, and then realizing the water was simply shallow. Try to echo a detail from the book inside your experience. If the author practiced the kick first, and you did too, the comparison writes itself.

Step four is the conclusion. End with one plain thought, without slogans. Suppose you write: a scary thing can be broken into small steps and finished one step at a time. Add one line about what you plan to do, such as using the same method for jump rope practice.

After the four steps, look back and check that all three materials are present: one scene from the article, your own swimming experience, and your own thought. If one is missing, add a paragraph. When all three are there, the skeleton of your reading response stands firm.