

一篇学习心得范文逐段点评：我的作文从流水账到有变化

下面这篇心得假设出自一位六年级同学，题目是《我的作文从流水账到有变化》。我们一段一段看它好在哪里，可以直接学。

第一段只有一句话：我到现在还留着那页被老师画了九个圈的作文本。点评：开头不进背景，不写我从小就怕水，直接抛出一个具体的东西——画了九个圈的作文本。读者马上想知道那九个圈是什么。写心得开头时找一个实物，比找一句感想容易，也稳。

第二段摆原稿：那天我写的是早上八点到了泳池边，水很蓝，我下去游了一会儿，回家了。老师用红笔在旁边写：圈出来的都是行程，不是经历。点评：原稿故意写得短而笨，效果反而好。引用原稿不要美化，越像当时的真实水平，后面的变化越可信。老师的话也是原样引用，红笔两个字让画面站住了。

第三段写指导现场：老师把我叫到池边，让我闭眼回想下水那一瞬间身体哪里先绷起来。我说脖子。老师说，那就写脖子。点评：这一段是全篇的核心。指导不是大道理，是一个能立刻执行的小指令。写心得时把指导还原成现场，有地点、有对话，比转述老师教导我要细心有力得多。

第四段是对比：改前写我有点紧张，改后写我把下巴收紧，感觉后脑勺慢慢沉进水里，数到七才敢抬起来。点评：紧张是标签，收紧下巴、数到七是经历。对比段要选小处，一处改到位比通篇重写更能说明问题。

第五段收尾：现在我写作文前先问自己，这段是行程还是经历。点评：结尾不升华，只留一个以后还在用的自查问题。心得的结尾最好是一个动作或一个问题，不是一句口号。

把这篇的结构抄下来就是：实物开头、原稿示众、指导现场、一处对比、自查收尾。五段各自独立，换任何一件学过的事都能套。

A Model Reflection Reviewed Paragraph by Paragraph: From Running Account to Real Change

The reflection below is assumed to be written by a sixth grader, titled My Composition Turned from a Running Account into Real Change. Let us look at it paragraph by paragraph and see what is worth copying.

The first paragraph is a single sentence: I still keep that exercise book page circled nine times in red. Review: the opening skips background, no I was afraid of water since childhood, and throws out one concrete object, a page circled nine times. The reader immediately wants to know what those nine circles were. When opening a reflection, finding one physical object is easier and steadier than finding one feeling.

The second paragraph shows the draft: that day I wrote, arrived at the pool at eight, the water was blue, I swam for a while, then went home. The teacher wrote

beside it in red pen: everything you circled is an itinerary, not an experience. Review: the draft is deliberately short and clumsy, and that is what makes it work. Do not polish a quoted draft. The closer it is to your real level at the time, the more believable the later change becomes. The teacher line is also quoted exactly, and the detail of red pen makes the scene stand.

The third paragraph stages the guidance: the teacher called me to the edge of the pool and asked me to close my eyes and recall which part of my body tensed first the moment I went under. I said my neck. She said, then write the neck. Review: this is the heart of the piece. Guidance is not a big principle but a small instruction you can execute at once. When writing a reflection, restage the guidance as a scene, with a place and dialogue. It hits far harder than reporting that the teacher taught me to observe carefully.

The fourth paragraph is the comparison: before, I wrote I felt a little nervous; after, I wrote I tucked my chin and felt the back of my head sink slowly into the water, counting to seven before daring to lift it. Review: nervous is a label; tucking the chin and counting to seven are experience. Pick a small spot for the comparison. One change done well explains more than rewriting everything.

The fifth paragraph closes: now, before I write a paragraph, I ask myself whether it is an itinerary or an experience. Review: the ending refuses to soar. It leaves one self-check question still in use. The best ending of a reflection is an action or a question, not a slogan.

Copy the structure and you get: object opening, draft on display, staged guidance, one comparison, self-check closing. The five paragraphs stand on their own, and you can apply them to anything you have ever learned.