

学习心得怎么写：用修改前后对比搭出三段骨架

写完学游泳的作文，老师还要求写一篇学习心得。不少同学卡在这里：心得不知道写什么，最后写成我学会了坚持这种空话。我的经验是，心得不用编，把修改作文的过程摆出来就是好心得，关键有三个素材：修改前的原稿、老师指导的原话、修改后的对比。

第一个素材是原稿，千万别扔。我第一稿按时间写：起床、去泳池、下水、回家，全是流水账。当时觉得丢人，改完就想把原稿撕掉。后来才明白，原稿是心得里最重要的证据，没有它，后面的变化就没法说明。我的做法是把原稿抄在心得里，再用铅笔做三种标记：把然后、接着这类词圈出来，把重复的句式划掉，在旁边能打问号的地方打问号，问号越多说明问题越集中。

第二个素材是老师指导的原话。老师指出的问题往往就一句话，比如你写了二十个动作，却没有一个写出心情。把这句话原样记下来，再写一句自己当时的反应：一开始不服气，觉得我写得很详细啊，后来对照原稿才发现确实全是动作。这句心理变化比指导本身更真实，心得的分量就在这里。

第三个素材是修改后的对比。挑改动最大的一段，原文和改后并排放。比如原文是我下水，呛了水，很难受；改后是脸埋进水里，鼻子一酸，我扶住池边咳了半天。对比后面要补一句自己怎么改的：把难受换成身体反应，因为难受是结论，鼻子一酸才是证据。

三个素材的顺序就是心得的骨架：先摆问题，再写怎么被点醒，最后写改出来的样子。写完后通读一遍，把心得里所有我学会了开头的句子检查一遍，后面没有具体例子的，要么补例子，要么删掉。

How to Write a Learning Reflection: Build It on a Before-and-After Comparison

After finishing a composition about learning to swim, the teacher asks for a learning reflection. Many students get stuck here: not knowing what to write, they end up with empty lines like I learned to persist. My experience is that a reflection needs no invention. Show the revision process and you have a good reflection. The key is three materials: the draft before revision, the exact words of the teacher, and the comparison after revision.

The first material is the original draft. Never throw it away. My first draft followed the clock: got up, went to the pool, got in the water, went home. Pure running account. I felt embarrassed and wanted to tear it up after fixing it. Later I understood that the original draft is the most important evidence in the reflection. Without it, the change cannot be shown. My method was to copy the draft into the reflection and mark it with a pencil in three ways: circle words like then and next, cross out repeated sentence patterns, and put a question mark beside any sentence that could be questioned; the more question marks, the more concentrated the problems

are.

The second material is the exact words of the teacher. The core of the guidance is often one sentence, for example, you wrote twenty actions but not one feeling. Write that sentence down as it was, then add one line about your reaction at the time: at first I felt unfair, thinking my writing was detailed, and only later, comparing with the draft, did I see it was all actions. This turn of feeling is more real than the guidance itself, and this is where the reflection gains weight.

The third material is the comparison after revision. Pick the paragraph that changed most and place the original and the new version side by side. The original read: I got in the water, choked, and felt terrible. The new version reads: face pushed into the water, my nose stung, and I held the edge of the pool coughing for a long while. After the comparison add one line on how you made the change: replace terrible with a body reaction, because terrible is a conclusion while a stinging nose is the evidence.

The order of the three materials is the frame of the reflection: first show the problem, then show how you were pointed awake, and finally show what the fix looked like. When you finish, read the whole thing and check every sentence that starts with I learned. If there is no concrete example after it, either add one or delete the sentence.