

# 学习心得最容易犯五个毛病：对照自查清单逐个改

心得交上去之前，对照这五个毛病自查一遍。它们在学习叙事作文的心得里出现得最多，每一个都有具体的识别方法和改法。

毛病一：心得变成第二篇作文。识别信号：心得里又从头讲了一遍学游泳的经过，从第一次下水讲起。改法：心得只写写作的过程，不写游泳的过程。游泳的事只在引用原稿和改后段落时出现，其余段落一律写我怎么写、老师怎么说、我怎么改。检查方法是数一数心得里游泳动作的词，超过十处基本就是重犯了。

毛病二：只夸老师不写变化。识别信号：出现老师教导我要细心观察这类句子，后面没有接自己前后的不同。改法：把夸奖句改成现场句。老师教导我观察改成老师让我闭眼回想身体哪里先绷起来，然后补一句我当时怎么反应、改完文章哪里不一样。凡是评价老师的句子，后面必须跟一个自己的变化，否则删掉。

毛病三：原稿改得面目全非。识别信号：引用的修改前段落读起来也挺顺，看不出问题。改法：回去翻作文本，把当时的原句一字不差抄下来，包括错别字和重复的词。原稿越笨，对比越成立。如果实在找不到原稿，宁可写我找不到原稿，只凭记忆，也不要把改后的句子冒充改前。

毛病四：对比只挑大改。识别信号：对比段写的是我加了一整段心理描写。改法：换成一处小改动，一个词、一个句子都行，写清楚原来是什么、现在是什么、为什么换。大改说明工作量，小改才说明方法，心得要写的是方法。

毛病五：结尾喊口号。识别信号：最后一句是我明白了做任何事都要坚持。改法：把口号换成一个现在还在用的习惯，比如我现在每写一段都会先问这段有没有身体反应。口号是一次性的，习惯是持续的，读者从习惯里能看到心得真的起了作用。

五个毛病按顺序过一遍，中了几条就改几条，改完再通读一次。心得的分数不在词藻，在有没有把改作文这件事说清楚。

## Five Common Faults in Learning Reflections, with a Self-check List for Each

Before handing in a learning reflection, check it against the five faults below. They appear most often in reflections about narrative essays, and each one has a clear signal and a concrete fix.

Fault one: the reflection turns into a second composition. Signal: the reflection retells the whole swimming story from the first time in the water. Fix: the reflection writes only about the writing process, not the swimming process. Swimming appears only inside the quoted draft and the revised paragraph; every other paragraph is about how I wrote, what the teacher said, and how I changed it. Check by counting action words about swimming. More than ten means this fault is back.

Fault two: praising the teacher without showing change. Signal: a sentence like the teacher taught me to observe carefully, with nothing about my own before and after. Fix: turn the praise into a scene. Change the teacher taught me to observe into the teacher asked me to close my eyes and recall which part of my body tensed first, then add one line on how I reacted and what differs in the essay now. Rule: every sentence that evaluates the teacher must be followed by one change in yourself, or delete it.

Fault three: the quoted draft has been quietly polished. Signal: the before paragraph actually reads fine and shows no problem. Fix: go back to the exercise book and copy the original sentence word for word, typos and repeated words included. The clumsier the draft, the stronger the comparison. If the draft cannot be found, better to write that I could not find it and rely on memory than to pass off a revised sentence as the original.

Fault four: the comparison only shows a big change. Signal: the comparison paragraph says I added a whole paragraph of inner thoughts. Fix: swap in one small change, a word or a single sentence, and state what it was, what it is now, and why it was replaced. A big change shows workload; only a small change shows method, and a reflection is about method.

Fault five: the ending shouts a slogan. Signal: the last line is I understood that everything requires persistence. Fix: replace the slogan with a habit still in use, for example, now every paragraph I write starts with the question of whether it contains a body reaction. A slogan happens once; a habit keeps happening, and readers can see the reflection actually worked.

Run the five faults in order, fix the ones that hit, then read the whole thing once more. The value of a reflection is not in fine words but in whether it explains the act of revising clearly.