

改粗心的五个误区：我踩过的坑

为了把红叉从作业本上赶走，我走过的弯路比改正的做法还多。把这些坑写出来，同学们可以绕着走。

误区一：只在心里说下次注意。我每次考砸都暗暗发誓下次细心，结果下次照样错。后来才明白，注意不是一个动作，检查才是。现在我靠读题、查答案、对照三步落地，不靠发誓。

误区二：以为多做题就能治好粗心。有段时间妈妈给我买了两本练习册，我埋头做了半个月，红叉没见少。粗心不是练得少，是做完不看。同样的时间，我改成每天少做五道题、多检查一遍，效果反而好。

误区三：检查时用眼睛扫一遍。我原来检查就是从头到尾看一遍，两分钟搞定，什么也查不出来。有效的检查要动手：数学把答案代回去算，语文用手指着逐字读，英语把单词拼写跟课本对。扫一眼等于没检查。

误区四：错题本只抄不看。我一开始把错题抄得漂漂亮亮，抄完就扔一边，错误照犯。错题本的价值在复习：周末把本周的错重做一遍，考前把整本翻一遍。抄题只花一分钟，重做才长记性。

误区五：把粗心当万能借口。不会做也说自己粗心，这样永远不知道真正的弱点在哪。我现在给每个错误分两类：真不会，还是看错写错。真不会的去问老师，看错写错的进错题本。分清楚之后，进步才看得见。

这五个坑我用了大半年才爬出来。上个月妈妈看我的成绩单时笑了，笑得很轻，但我看得清清楚楚。她不知道我掉进过多少坑，我只知道坑填平了，路就顺了。

Five Traps in Fixing Carelessness: Pits I Fell Into

To drive the red X marks off my homework notebook, I took more wrong paths than right ones. Writing these pits out may help classmates go around them.

Trap one: just promising yourself to be careful next time. Every time I failed a test I secretly swore to be more careful, and I still made mistakes next time. I finally understood that paying attention is not an action; checking is. Now I rely on the three steps of reading the problem, checking the answer, and comparing, not on oaths.

Trap two: thinking more practice cures carelessness. For a while Mom bought me two workbooks, and I buried myself in them for half a month, but the red X marks did not decrease. Carelessness is not about doing too little; it is about finishing without looking back. With the same amount of time, I switched to doing five fewer problems a day and checking one extra round, and the result was better.

Trap three: scanning with your eyes when checking. My old checking method was

glancing through everything in two minutes and catching nothing. Effective checking uses your hands: for math, substitute the answer back; for Chinese, point at each character and read; for English, compare each spelling with the textbook. A glance is the same as no check.

Trap four: copying mistakes into the notebook but never reviewing them. At first I copied wrong problems neatly and then left them aside, and kept making the same errors. The value of a mistake notebook is in review: redo this week's mistakes on the weekend, and flip through the whole book before an exam. Copying takes a minute; redoing is what makes it stick.

Trap five: using carelessness as a universal excuse. Even when I did not know how to do a problem, I called it carelessness, so I never found my real weak points. Now I sort every mistake into two kinds: truly did not know, or misread and miswrote. The first kind goes to the teacher; the second goes into the mistake notebook. Once sorted, progress becomes visible.

It took me most of a year and a half to climb out of these five pits. Last month Mom looked at my report card and smiled, a quiet smile, but I saw it clearly. She does not know how many pits I fell into; I only know that once the pits are filled, the road gets smooth.