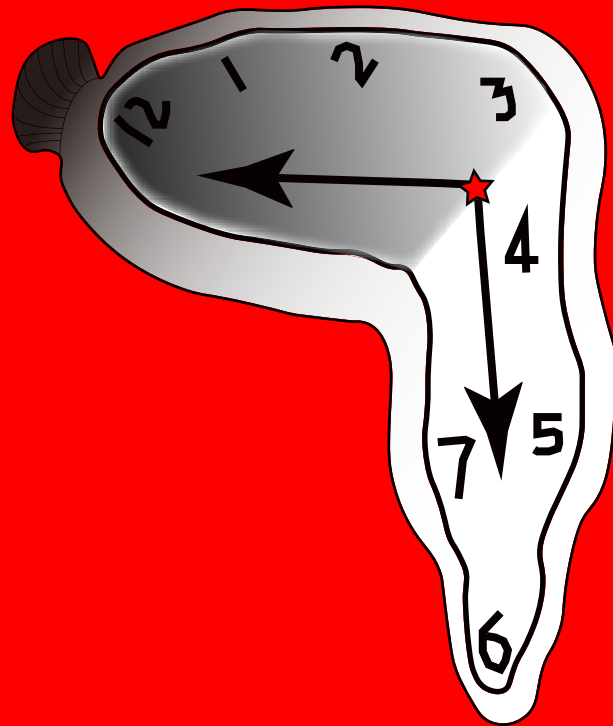


# SCHEDULE2019 H2



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# 1 Schedule2019 H2

## 1.1 Week0729-0804

### 1.1.1 0729Mon.

#### 1. CRISIS-DO

- (1) Draft – distance from shading; ☐
- Add about 500 words;
  - The outline of the paper;
  - The experiment part;
- (2) PPT in Chinese to Prof. Rong ; ☐

#### 2. PRODUCTIVITY-PLAN

- (1) Paper reading – soft robot; ☐
- (2) Outline of your dissertation; ☐

#### 3. DISTRACTION-DELEGATE

- (1) The Economist190727 - Obituary; ☒

#### 4. WASTE-ELIMINATE

- (1) Away from cellphone; ☐

#### 5. Summary: ★☆☆☆☆(15%) When to erase humiliation?

### 1.1.2 0730Tue.

#### 1. CRISIS-DO

- (1) Draft – distance from shading
- Look through the draft 3 times; ☐
  - Compare the draft with APL's style; ☐
  - The change of tense in the paper; ☐
- (2) Reference – about 30 to 40 articles; ☐
- (3) Focus on the experiment – about 300 words; ☐

#### 2. PRODUCTIVITY-PLAN

- (1) Paper reading – soft robot; ☐
- (2) Outline of the dissertation; ☐

#### 3. DISTRACTION-DELEGATE

(1) The Economist190727 – China;



#### 4. WASTE-ELIMINATE

(1) Away from the cellphone and time management;



5. **Summary:** ★☆☆☆☆(20%)HUMILIATION!

### 1.1.3 (0731Wed.)

#### 1.1.4 0801Thu.

##### 1. CRISIS-DO

(1) Draft – distance from shading;



(2) Reference: 30-40 articles;



(3) PPT in Chinese;



##### 2. PRODUCTIVITY-PLAN

(1) Paper reading – soft robot;



(2) Micro soft experiment design;



##### 3. DISTRACTION-DELEGATE

(1) The Economist190727;



\* How to write clearly – European Commission;



##### 4. WASTE-ELIMINATE

(1) Nomophobia: Economist audio and text instead of Qingting(dragonfly) app;



5. **Summary:** ★★★★★(0%)HUMILIATION!

#### 1.1.5 0802Fri.

##### 1. CRISIS-DO

(1) Draft – distance from shading;



(2) Reference, 30-40 articles;



(3) PPT in Chinese;



##### 2. PRODUCTIVITY-PLAN

(1) Paper reading – soft robot;



##### 3. DISTRACTION-DELEGATE

(1) How to write clearly – European Commission;



(2) Download the new issue of the economist;



#### 4. WASTE-ELIMINATE

(1) Nomophobia: Economist audio and text instead of Youtube;



5. **Summary:** ★☆☆☆☆(15%)HUMILIATION!

### 1.1.6 0803Sat.

#### 1. CRISIS-DO

(1) Draft – distance from shading;



(2) Reference, 30-40 articles;



(3) PPT in Chinese;



#### 2. PRODUCTIVITY-PLAN

(1) Paper reading – soft robot;



#### 3. DISTRACTION-DELEGATE

(1) The Economist190803;



#### 4. WASTE-ELIMINATE

(1) Nomophobia;



5. **Summary:** ★☆☆☆☆(15%)HUMILIATION!

### 1.1.7 0804(Sun.)

## 1.2 Week0805-0811

### 1.2.1 0805Mon.

#### 1. CRISIS-DO

(1) Draft – Distance from shading;



(2) Science style;



(3) PPT in Chinese;



#### 2. PRODUCTIVITY-PLAN

(1) Paper reading – soft robot;



#### 3. DISTRACTION-DELEGATE

(1) The Economist190803(Review);



#### 4. WASTE-ELIMINATE

(1) Nomophobia;



5. Summary: ★★★★★(0%)HUMILIATION!

### 1.2.2 0806Tue.

#### 1. CRISIS-DO

(1) Draft – distance from shading;



(2) Science style;



(3) Reference – 30-40 articles;



#### 2. PRODUCTIVITY-PLAN

(1) Paper reading – soft robot;



#### 3. DISTRACTION-DELEGATE

(1) The Economist190803;



#### 4. WASTE-ELIMINATE

(1) Nomophobia;



5. Summary: ★★★★★(0%)HUMILIATION!

### 1.2.3 0807(Wed.)

### 1.2.4 0808(Thu.)

### 1.2.5 0809(Fri.)

#### 1. CRISIS-DO

(1) PPT in Chinese – distance from shading;



(2) Draft – revising according to PPT;



(3) Reference – 30-40 articles;



#### 2. PRODUCTIVITY-PLAN

(1) Paper reading – soft robot;



(2) Outline of the Dissertation;



#### 3. DISTRACTION-DELEGATE

(1) Download the new issue of the economist190810;



**4. WASTE-ELIMINATE**

(1) Nomophobia;



5. Summary: ★☆☆☆☆(23.3%) HUMILIATION!

**1.2.6 0810(Sat.)****1.2.7 0811(Sun.)****1.2.8 (Week Summary0811)****1.3 Week0812-0818****1.3.1 (0812Mon.)****1.3.2 (0813Tue.)****1.3.3 (0814Wed.)****1.3.4 (0815Thu.)****1.3.5 (0816Fri.)****1.3.6 (0817Sat.)****1.3.7 (0818Sun.)****1.3.8 Week Summary0818****This Week:**

1. Clear the dust of the laptop;

**Next Week:**

1. Finish the paper;

**1.4 Week0819-0825****1.4.1 0819Mon.****1. CRISIS-DO**

(1) Draft – distance from shading;

**2. PRODUCTIVITY-PLAN**

(1) Paper reading – soft robot;

**3. DISTRACTION-DELEGATE**



- (1) Reinstall the Windows to solve the issue that eps-figure can't display in TexStudio; ☒

4. **WASTE-ELIMINATE**

- (1) Nomophobia; ☐

5. **Summary:** ★☆☆☆☆(15%)HUMILIATION!

1.4.2 0820Tue.

1. **CRISIS-DO**

- (1) Draft – distance from shading; ☐

- (2) Reference: 30-40 articles; ☐

2. **PRODUCTIVITY-PLAN**

- (1) Paper reading – 3D printing and soft robot; ☐

3. **DISTRACTION-DELEGATE**

- (1) The Economist190817; ☐

- (2) Improvement in L<sup>A</sup>T<sub>E</sub>X 2<sub>ε</sub>style; ☒

4. **WASTE-ELIMINATE**

- (1) Nomophobia; ☐

5. **Summary:** ★☆☆☆☆(10%)HUMILIATION!

1.4.3 0821Wed.

1. **CRISIS-DO**

- (1) Draft – distance from shading; ☐

2. **PRODUCTIVITY-PLAN**

- (1) Paper reading – soft robot and 3D printing; ☒

3. **DISTRACTION-DELEGATE**

- (1) The 5 second rule; ☒

- (2) The Economist190817; ☒

4. **WASTE-ELIMINATE**

- (1) Nomophobia – Less than 2 hours the whole day; ☐

5. **Summary:** ★☆☆☆☆(20%)Stop screwing yourself over!

**1.4.4 (0822Thu.)****1.4.5 0823Fri.****1. CRISIS-DO**

(1) Draft – distance from shading;

**2. PRODUCTIVITY-PLAN**

(1) Paper reading – reference for distance from shading;

**3. DISTRACTION-DELEGATE**

(1) The Economist190817;

**4. WASTE-ELIMINATE**

(1) Nomophobia – No more than 2 hour a day;

**5. Summary:** ★★★★★(0%)Get out of your comfort zone!**1.4.6 0824Sat.****1. CRISIS-DO**

(1) Draft;



(2) Reference;

**2. PRODUCTIVITY-PLAN**

(1) Paper reading;

**3. DISTRACTION-DELEGATE**

(1) The Economist190824;

**4. WASTE-ELIMINATE**

(1) Nomophobia;

**5. Summary:** ★★★★★(0%)HUMILIATION!**1.4.7 (0825Sun.)****1.4.8 (Week Summary0825)****1.5 Week0826-0901****1.5.1 0826Mon.****1. CRISIS-DO**

- (1) Deadline: Finish the paper; ☐
- Expand the part of image processing
  - 30-40 articles to reference
  - The whole structure

## 2. PRODUCTIVITY-PLAN

- (1) Paper reading – soft robot; ☐
- (2) Experiment design; ☐
- Micro soft robot in encrypting
  - The moving micro soft robot – Russian puzzle game

## 3. DISTRACTION-DELEGATE

- (1) The Stock; ☐
- (2) Drop the inefficiently words, activities and communication; ☐

## 4. WASTE-ELIMINATE

- (1) Nomophobia – Within two hours; ☐

5. **Summary:** ★★★★★(0%)A little improvement everyday!

### 1.5.2 0827Tue.

## 1. CRISIS-DO

- (1) Draft – distance from shading; ☐
- (2) Reference – 30-40 articles; ☐

## 2. PRODUCTIVITY-PLAN

- (1) Paper reading – soft robot; ☐
- (2) Experiment design – Russian puzzle game; ☐

## 3. DISTRACTION-DELEGATE

- (1) The Economist190824; ☐
- (2) Change the compiling environment to VS code; ☒

## 4. WASTE-ELIMINATE

- (1) Nomophobia – Within two hours a day; ☐

5. **Summary:** ☆☆☆☆☆(5%)HUMILIATION!

**1.5.3 0828Wed.****1. CRISIS-DO**

- (1) Draft –Distance from shading;
- (2) Reference – 30-40 articles;
- (3) The whole structure of the paper;

**2. PRODUCTIVITY-PLAN**

- (1) Paper reading – soft robot;

**3. DISTRACTION-DELEGATE**

- (1) The Economist190824;

**4. WASTE-ELIMINATE**

- (1) Nomophobia – No more than two hours a day;

**5. Summary: ★★★★★(0%)5 seconds rule!****1.5.4 0829Thu.****1. CRISIS-DO**

- (1) Draft – Distance from shading;
- (2) Reference – 30-40 articles;

**2. PRODUCTIVITY-PLAN**

- (1) Paper reading – soft robot;

**3. DISTRACTION-DELEGATE**

- (1) Configure SumtraPDF in VScode;
- (2) Tools or softwares useful for writing;

**4. WASTE-ELIMINATE**

- (1) Nomophobia – Within two hours a day;

**5. Summary: ★☆☆☆☆(15%)HUMILIATION!**

**1.5.5 0830Fri.****1. CRISIS-DO**(1) Draft – Distance from shading; ☐(2) Reference – 30-40 articles; ☐**2. PRODUCTIVITY-PLAN**(1) Paper reading – soft robot; ☐**3. DISTRACTION-DELEGATE**(1) Download the late issue of the Economist; ☐(2) Configure the Git environment in VScode; ☒**4. WASTE-ELIMINATE**(1) Nomophobia – Within 2 hours a day; ☐(2) Distraction on XiGuaShiPin about yodeling; ☐**5. Summary:** ☆☆☆☆☆(5%)Very little improvement**1.5.6 0831Sat.****1. CRISIS-DO**(1) Draft – Distance from shading; ☐(2) Reference – 30-40 articles; ☐(3) The whole structure of the paper; ☐**2. PRODUCTIVITY-PLAN**(1) Paper reading – soft robot; ☐(2) Experiment design – soft micro-sheet robot; ☐**3. DISTRACTION-DELEGATE**(1) Download the late issue of the Economist; ☐**4. WASTE-ELIMINATE**(1) Nomophobia – Within two hours a day; ☐

(2) Test the GitHub????

**5. Summary:** ★☆☆☆☆(20%)HUMILIATION!

**1.5.7 0901Sun.****1. CRISIS-DO**

(1) ;

**2. PRODUCTIVITY-PLAN**

(1) ;

**3. DISTRACTION-DELEGATE**

(1) ;

**4. WASTE-ELIMINATE**

(1) ;

**5. Summary: ★☆☆☆☆(20%)HUMILIATION!****1.5.8 Week Summary0901****This Week:**

1. ;

**Next Week:**

1. ;

**1.6 Week0902-0908****1.6.1 0902Mon.****1. CRISIS-DO**

(1) ;

**2. PRODUCTIVITY-PLAN**

(1) ;

**3. DISTRACTION-DELEGATE**

(1) ;

**4. WASTE-ELIMINATE**

(1) ;

**5. Summary: ★☆☆☆☆(20%)HUMILIATION!**

**1.6.2 0903Tue.****1. CRISIS-DO**

(1) ;

**2. PRODUCTIVITY-PLAN**

(1) ;

**3. DISTRACTION-DELEGATE**

(1) ;

**4. WASTE-ELIMINATE**

(1) ;

**5. Summary: ★☆☆☆☆(20%)HUMILIATION!****1.6.3 0904Wed.****1. CRISIS-DO**

(1) ;

**2. PRODUCTIVITY-PLAN**

(1) ;

**3. DISTRACTION-DELEGATE**

(1) ;

**4. WASTE-ELIMINATE**

(1) ;

**5. Summary: ★☆☆☆☆(20%)HUMILIATION!****1.6.4 0905Thu.****1. CRISIS-DO**

(1) ;

**2. PRODUCTIVITY-PLAN**

(1) ;

**3. DISTRACTION-DELEGATE**

(1) ;



## 4. WASTE-ELIMINATE

(1) ; ☒

5. Summary: ★☆☆☆☆(20%)HUMILIATION!

## 1.6.5 0906Fri.

## 1. CRISIS-DO

(1) ; ☒

## 2. PRODUCTIVITY-PLAN

(1) ; ☒

## 3. DISTRACTION-DELEGATE

(1) ; ☒

## 4. WASTE-ELIMINATE

(1) ; ☒

5. Summary: ★☆☆☆☆(20%)HUMILIATION!

## 1.6.6 0907Sat.

## 1. CRISIS-DO

(1) ; ☒

## 2. PRODUCTIVITY-PLAN

(1) ; ☒

## 3. DISTRACTION-DELEGATE

(1) ; ☒

## 4. WASTE-ELIMINATE

(1) ; ☒

5. Summary: ★☆☆☆☆(20%)HUMILIATION!



**1.6.7 0908Sun.****1. CRISIS-DO**

(1) ;

**2. PRODUCTIVITY-PLAN**

(1) ;

**3. DISTRACTION-DELEGATE**

(1) ;

**4. WASTE-ELIMINATE**

(1) ;

**5. Summary: ★☆☆☆☆(20%)HUMILIATION!****1.6.8 Week Summary0908****This Week:**

1. ;

**Next Week:**

1. ;

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## 参考文献