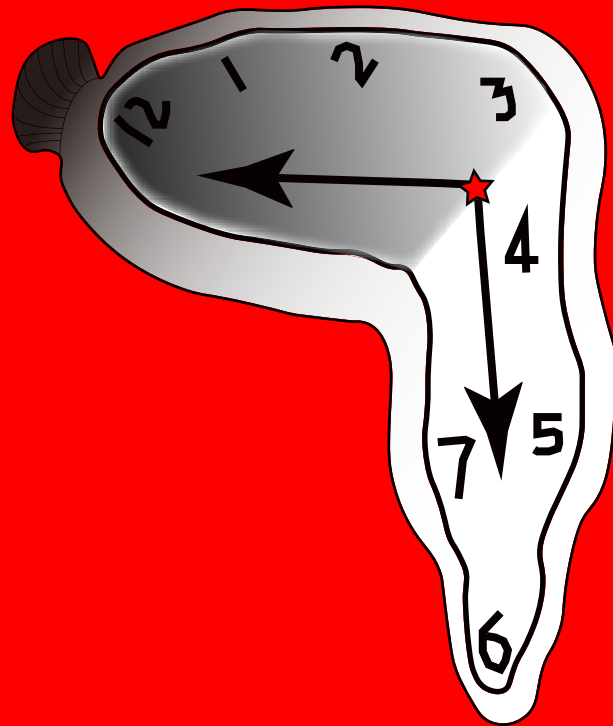


SCHEDULE2019 H2



目录

1	Schedule2019 H2	1
1.1	Week0729-0804	1
1.1.1	0729Mon.	1
1.1.2	0730Tue.	1
1.1.3	(0731Wed.)	2
1.1.4	0801Thu.	2
1.1.5	0802Fri.	2
1.1.6	0803Sat.	3
1.1.7	0804(Sun.)	3
1.2	Week0805-0811	3
1.2.1	0805Mon.	3
1.2.2	0806Tue.	4
1.2.3	0807(Wed.)	4
1.2.4	0808(Thu.)	4
1.2.5	0809(Fri.)	4
1.2.6	0810(Sat.)	5
1.2.7	0811(Sun.)	5
1.2.8	(Week Summary0811)	5
1.3	Week0812-0818	5
1.3.1	(0812Mon.)	5
1.3.2	(0813Tue.)	5
1.3.3	(0814Wed.)	5
1.3.4	(0815Thu.)	5
1.3.5	(0816Fri.)	5
1.3.6	(0817Sat.)	5
1.3.7	(0818Sun.)	5
1.3.8	Week Summary0818	5
1.4	Week0819-0825	5
1.4.1	0819Mon.	5
1.4.2	0820Tue.	6
1.4.3	0821Wed.	6
1.4.4	(0822Thu.)	7
1.4.5	0823Fri.	7
1.4.6	0824Sat.	7
1.4.7	(0825Sun.)	7

1.4.8	(Week Summary0825)	7
1.5	Week0826-0901	7
1.5.1	0826Mon.	7
1.5.2	0827Tue.	8
1.5.3	0828Wed.	9
1.5.4	0829Thu.	9
1.5.5	0830Fri.	10
1.5.6	0831Sat.	10
1.5.7	0901Sun.	10
1.5.8	Week Summary0901	11
1.6	Week0902-0908	11
1.6.1	0902Mon.	11
1.6.2	0903Tue.	11
1.6.3	0904Wed.	12
1.6.4	0905Thu.	12
1.6.5	0906Fri.	13
1.6.6	0907Sat.	13
1.6.7	0908Sun.	13
1.6.8	Week Summary0908	14

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^AT_EX 2_εstyle; ☒

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; ☐**4. WASTE-ELIMINATE**(1) Nomophobia – Within 2 hours a day; ☐**5. Summary:** ★☆☆☆☆(20%)HUMILIATION!**1.5.6 0831Sat.****1. CRISIS-DO**(1) ; ☐**2. PRODUCTIVITY-PLAN**(1) ; ☐**3. DISTRACTION-DELEGATE**(1) ; ☐**4. WASTE-ELIMINATE**(1) ; ☐**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. ;

参考文献