**A person you know who made a good decision recently**

Roommate, unsatisfied with weight, initially want to work out in a gym,

Busy study, lack of will power, asked me for advice

After listening, common form of sport,

Reasons:

1. don’t take up time,
2. easy to focus and keep on

3 km everyday

Why beneficial

1. Successfully lost weight, confidence and brave…
2. Sleep quality improved a lot, past: have difficulty in falling asleep, now more than 7 hours
3. Finally, most, he got a girlfriend through exercise

Anyway, I also gained a sense of achievement

I would like to talk about my roommate who decided to work out in the gym.

It was one year ago that he felt unsatisfied with his weight and health condition, initially he couldn’t make up his mind because of the heavy study and his lack of willpower.

then he asked me for advice. After listening to his situation, I suggest that he can just try a common form of exercise: running, instead of going to a gym, which didn’t take up much his time and it’s an easier way for him to focus and keep on. In the end, he took my advice and ran about 3 km each night.

The reason why I think he made a good decision is that he got lots of benefit from it,

Firstly, his sleep quality improves a lot. He used to have difficulty in falling asleep, but now, he can have a wonderful sleep for at least 7 hours a day, which also changes his mental state in the class.

More importantly, he becomes confident and brave. Which means that he dares to try different kinds of difficult things in both study and sports.

Finally, what impressed me the most is that he got a girlfriend through exercise.

Anyway, it is because of those benefits that I think a piece of good news about my classmates, and I also gained a strong sense of achievement from his experience.

**Describe someone(a famous person) that is a role model for young**

**people[new]**

**leifeng,**

**primary school, learned a context about him**

**The reason why a model,**

1. **Study and work diligently in different jobs.**
2. **Help people in his community even in holidays.**
3. **Devote himself into charities, usually donate money, after an earthquake, he donated almost all his money and played an important role in saving lives.**

**In China, we have a spirit named after him, which is called leifeng spirit.**

**Anyway,**

**Describe a person you really enjoy studying/working with[new]**

**Roommate**

**A year ago, big guitar with him, communication, various hobbies, most music, I enjoy life with his music**

**Reason why I enjoy studying with:**

1. **The first thing to do in the morning which can wake me up without pain and after a day of study, which helps me relax.**
2. **He always Accompanies me to study in the library, he can always answer my questions or help me refer to a book.**
3. **Once a time, we participated a competition. He played a key role in the team, he is always responsible, and willing to help other members, even though we failed the competition in the end but he played the guitar for us which inspired us**

**Anyway, I enjoy studying with**

**Describe a person who** **thinks music is important and enjoys music[new]**

**Roommate**

**A year ago, big guitar with him, communication, various hobbies, most music, I enjoy life with his music**

**Reason why music important:**

1. **The first thing to do in the morning and after a day of study, phone wallpaper music score**
2. **Earphones, swing with the melody, Even in study**
3. **Video of playing the guitar, more than 100 followers**

**Anyway,**

I would like to talk about my roommate who enjoys music.

It was a year ago that we moved to the same dorm and first met. What attracted my attention most was the big guitar with him. After communicating with him, I got to know that he has various hobbies, including taking photos, playing computer games, but the most important, learning and playing the guitar. Now I really enjoy life with music made by him.

The reason why I think thinks music is important and enjoys music,

Firstly, when he wakes up every morning, the first thing is to play the guitar, even before his washing and brushing. Also, after a day of busy study, in the evening, without getting tired, he usually learns different songs, which may last for at least an hour. He also set his phone wallpaper a picture of music score.

More importantly, he always wears earphones, and he usually swing with the melody. Even when he is doing homework, he may wear them.

What attracts me most was that he usually sends videos about him playing the guitar on the website, and he now gets more than 100 followers.

Anyway, it is because of those reasons that I think he really enjoys music.

**Describe a person who likes to buy goods with low prices[new]**

**Roommate, always want a good bargain,**

**Behavior: buy things from a second-hand trade platform, buy fruits at night in the supermarket**

**Benefit him a lot, impressed most, books 100 vs. 300, as nearly same new**

**Wasn’t always lucky, once upon a time, he got sick, close expiration food**

**Anyway, a good habit, need to distinguish trash from treasure**

I would like to talk about my roommate who always wants a good bargain.

He always buy things like books from a second-hand trade platform, also, he prefer to buy vegetables and fruits at night in the supermarket, when they are at a discount.

This kind of spending habit brings him lots of benefit, what impressed me the most was that, once upon a time, we were asked to buy books for the next semester, he bought books for only 100 CNY from a second-hand trade platform, while I bought for about 300 CNY, and the second-hand books he bought was nearly as new as those I bought.

However, he isn’t always so lucky, I remember that he once got sick after eating fruits with close expiration date.

The reason why he likes to buy low-price products is that he can collect money from this behavior for his future travelling plan.

Anyway, I think in general, saving money is a good habit, but we need learn how to distinguish trash from treasure.

**Describe a person who you are happy to know[new]**

**Roommate**

**A year ago, big guitar with him, communication, various hobbies, most music, I enjoy life with his music**

**Reason why I am happy to know:**

1. **The first thing to do in the morning which can wake me up without pain and after a day of study, which helps me relax.**
2. **He always Accompanies me to study in the library, he can always answer my questions or help me refer to a book.**
3. **Once a time, we participated a competition. He played a key role in the team, he is always responsible, and willing to help other members, even though we failed the competition in the end but he played the guitar for us which inspired us**

**Anyway, I am glad to know**

**Describe an interesting old person you have met[new]**

**an old gentleman, playing with my little sister in an amusement park,**

**three months, went to the park as usual, attention was caught by his appearance: T-shirt, a pair of jeans and sneakers, young,**

**What most, his interactions with a child,**

1. **Imitate cartoon character, for example walk and speak like Mickey Mouse, interesting and humorous**
2. **Performed a magic show, empty cup covered with leaves->a cup full of candies.**

**Anyway, enjoy experience and glad to meet him**

I would like to talk about an old gentleman whom I met when I playing with my little sister in a community park.

It was three months ago that I went to the park with my sister as usual and met him, my attention was caught by his appearance.

He was wearing a T-shirt with a pair of jeans, which made him look very young. What impressed me most was his interactions with a little child, who might to be his grandson.

He was able to imitate cartoon characters to amuse the child, for example walking and saying like a Micky Mouse, which was really interesting and humorous. He made both of the child and my sister laugh.

Then, he Performed a magic trick. He used a little cup which was empty and covered it with a leaf, then he closed eyes and read something I couldn’t understand, but excited me a lot.

After that, he took away the leaf, and the cup was full of candies. we were all astonished by what we saw and applauded. Then, he shared the cadies with all the children there, which made us excited.

Anyway, I really enjoy that experience, and truly feel glad to have met this gentleman.

**Describe a person you met at a party who you enjoyed talking with[new]**

**roommate’s birthday party,**

**arrived, other friends whom I had never seen before**

**enjoyed a feast, started talking because of the same phone wallpaper,**

**As conversation went deeper, common hobbies, soccer, Messi, travelling, friended each other on the social media, planned**

**Birthday cake, (process), (tase)**

**Anyway, unforgettable experience, when I met…**

It was in my roommate’s birthday party which was held in a hotel that I met a person whom I enjoyed talking with.

When I arrived, I found he also invited other friends whom I had never seen before.

As the Party began, we enjoyed a feast, and I started chatting with the man who sat next to me because I saw that he had the same phone wallpaper as me, which was a picture of sun rising.

As our conversation went deeper, I found we also have many common hobbies for example, we were both fond of soccer and huge fans of Messi, and we both find the travelling fascinating, so we friended each other on social media, and planned to travel to another place together next time.

After finishing the delicious meal, we began to share the cake. we turned off the lights, lit up the candles, put on the birthday crown, made a birthday wish, sang birthday song together, blew out the candle.

It was a chocolate cake, which tasted smooth, and melt in mouth with strong fragrance and lingering aftertaste.

Anyway, it was an unforgettable experience when I met a person who shared the same hobby with me.

**Describe a film character played by an actor or actress whom you**

**admire[new]**

**leifeng,**

**three months ago, watched a movie which was just about his experience.**

**The reason why I and mire,**

1. **Study and work diligently in different jobs.**
2. **Help people in his community even in holidays, for example…**
3. **Devote himself into charities, usually donate money, after an earthquake, he donated almost all his money and played an important role in saving lives.**

**In China, we have a spirit named after him, which is called leifeng spirit.**

**Anyway,**