1 对特定科目 形势与政策 体育 数学分析{小}

This course is easy to overlook, but in fact, the content is very important.这门课容易被忽略，其实内容非常重要，China is currently facing a very serious situation, and at present, local conflicts in the world are serious, and we get information on the world situation through the Internet and other means. The Situation and Policy course can help us to sober our minds and have a correct understanding of the current situation. It has irreplaceable significance中国目前面临十分严峻的局势，目前世界局部冲突严重，我们通过互联网等方式得到世界形势信息。形势与政策课可以帮助我们清醒头脑，正确认识当前局势。具有不可替代的意义The situation and policy course is an important part of the ideological and political theory course in colleges and universities, the main method of situation and policy education for our college students, and the compulsory course for every college student, which has an irreplaceable role. Understanding today's domestic and international situations and policies is not only a good medicine to help contemporary college students succeed, but also an effective way to help us establish a correct world outlook, outlook on life, values, and improve our mental outlook.

　形势与政策课是高校思想政治理论课的重要组成部分，是对我们大学生进行形势与政策教育的主要方法，是我们每个大学生的必修课程，具有不可替代的作用。了解当今国内国际的形势与政策不仅是帮助当代大学生取得成功的一方良药，也是帮助我们树立正确的世界观，人生观，价值观，提高精神面貌的一种有效途径。

2 任务挑战克服：高代考试 spoken english；

Our Advanced Algebra exams are always notified of urgency,So we are left with very little time to review .That's why I'm scrambling before an exam .

and i think this tension has nothing to do with whether or not I usually study hard .i call it test tension. After these exams, I have summed up a few ways to deal with it

1 Find people you believe in, such as parents and teachers, and tell them how you feel for support and help(效率)

2 Writing down your anxiety about exams can be an effective way to improve test scores and relieve anxiety

3 Challenge negative thoughts and correct cognitive biases.

4 Seek counselling to explore how to deal with anxiety2.

5 Try deep breathing, appropriate exercise(考试心态）

These are some ways to relax,but most importantly,

Adequate preparation is the most straightforward and effective way to alleviate test anxiety. Do the questions before the test, or summarize the notes and summarize the knowledge points. This will not only familiarize you with the content of the exam, but also give you confidence. In the actual exam, you will find that a lot of the content has been presented

//I would like to talk about a piece of challenge that I had overcome, which was the preparation for a 3-minute talk in the Speaking test, the one that I am taking at the moment.

I just finished this preparation a few minutes ago. When the Speaking

test began, I was given a topic which required me to describe a challenge I had overcome

Personally I think that was a really difficult topic, and it was even more challenging since I had few minute to prepare for the talk. I had to think really fast. The first thing I

needed to do was to choose a piece of work to talk about, and this was the hardest part.

At first I thought about advaced alegebre midterm exam that I had to prepare for, but he choose this topic. {The first thing that comes to mind is tomorrow's Advanced Algebra exam, We all chose this topic ，it looks like the exam will be a challenge for all of us}And then an idea came to my mind. Why not talk about the very difficult work I was doing at that moment, whichexam

was to think of an appropriate topic? Then I quickly decided to choose it and made a plan

for a talk about it. I had to do everything quickly because I was given only few minute for

the preparation. So, I needed to think very fast and to write down all the ideas very quickly.

In my opinion, preparing for a talk in few minute is really challenging, and it’s partly

because I had to think in English, which isn’t my first language. Luckily I managed to finish

the preparation on time, and I finally had enough ideas to talk about this topic.

The result of this, um, I don’t know yet because I will have to wait 2 month to see the resultof this Speaking test. However, I think I have already done everything I could, and let’s

hope that I will get a satisfying result. { That's all for our speaking presentation, and hopefully our team will get a good result as we was said}

3 和同学的互动对理解课程的帮助

Discussion and Debate: Engaging in discussions and debates with classmates allows for the exchange of different perspectives and interpretations of the course material. This can lead to a deeper understanding of the subject matter as it exposes students to various viewpoints and arguments.（不同角度促进深入理解 每个人都有不同观点）(Different perspectives promote in-depth understanding, everyone has a different point of view)

Collaborative Learning: Working on group projects or assignments with classmates fosters collaborative learning. Through collaboration, students can leverage each other's strengths, share knowledge, and tackle complex problems together, which can lead to a more comprehensive understanding of the material.

Peer Teaching: Explaining concepts to classmates or helping them understand challenging topics can reinforce one's own understanding of the material. Teaching others requires a solid grasp of the subject matter and can highlight areas where further review or clarification is needed.（三人行 必有我师 互相学习 共同进步的良好学习关系）(Threesome, there must be a good learning relationship between my teacher and learning from each other and making progress together)

//Critical Thinking: Interacting with classmates encourages critical thinking as students may need to defend their ideas, question assumptions, and evaluate evidence. This process of critical inquiry promotes a deeper engagement with the course material and enhances analytical skills.{I also think that critical thinking is important and can increase our creativity}

Clarification of Concepts: Classmates can provide clarification on concepts that may be unclear or confusing. Asking questions and seeking clarification from peers can fill gaps in understanding and provide alternative explanations that resonate with different learning styles.

Social Learning Environment: Building relationships with classmates creates a supportive learning environment where students feel comfortable asking questions, seeking help, and sharing resources. This sense of community fosters motivation and engagement with the course material.{I think the main thing is that competitive learning is more efficient} That's all for our speaking presentation

4,反思一个理论或概念 在实际生活中的指导

Synergy Effects，This concept is mainly used to express the importance of teamwork（1+1）

1. Teamwork is the source of group strength, and the power of teamwork is endless. If everyone on the team only thinks about themselves, not collaborating will lead to failure. There is a lever in the team, and I think the team's spirit of collaboration is at the heart of this lever, and successful collaboration can do more with less. The strength of a team does not depend on the number of people, but on cooperation.{可以说我们在准备口语是的合作}。for ex, We only know about Bill Gates, but we don't know that the team is the greatest reason why he can successd.

2.teamwork can make up for the lack of personal ability, all kinds of knowledge, technology continues to develop, the society needs more and more powerful team strength, and everyone's ability is limited, it is difficult to fully deal with all kinds of complex problems by individual ability. And when these individuals form a group, they can make up for their own shortcomings and realize their ideals.

All in all, effective teamwork can bring greater benefits than the sum of your individual abilities. That's what the concept is about{结个尾}

//Critical thinking is the process of actively and skillfully conceptualizing, analyzing, synthesizing, evaluating, and applying information gathered from observation, experience, reflection, reasoning, or communication, as a guide to belief and action.

Problem-Solving: Critical thinking equips individuals with the ability to analyze problems, evaluate evidence, and develop effective solutions. In personal and professional life, critical thinkers are adept at identifying issues, assessing alternative courses of action, and making informed decisions to address challenges.（在数学专业上应用，多方法解决问题）

Decision-Making: Critical thinking enhances decision-making skills by enabling individuals to weigh the pros and cons of different options, anticipate consequences, and consider various perspectives. This skill is invaluable in navigating complex decisions in areas such as career choices, financial planning, and personal relationships.

Effective Communication: Critical thinking fosters clarity, coherence, and precision in communication. Individuals who engage in critical thinking are better able to articulate their ideas, express themselves persuasively, and engage in constructive dialogue with others. This skill is essential for effective communication in both personal and professional contexts.（清晰自己观点 理解对方观点 沟通高效）

5 描述一个在讲座中最投入的时刻。是什么让你难忘

I once attended a lecture on physical fitness and fitness.我曾经参加过一个关于身体健康与健身的讲座。 In a lecture, the moment of most engagement was when I explained to the audience about the importance of physical health and fitness. As I shared how to reach physical goals through healthy eating and proper exercise, the entire lecture hall was filled with an atmosphere of focus and excitement.在一个讲座中，最投入的时刻是当我向观众讲解关于身体健康和健身的重要性时。当我分享如何通过健康饮食和适当的锻炼达到身体目标时，整个讲座厅充满了专注和兴奋的氛围。I remember at that moment, the audience was staring at me intensely, and their eyes revealed a desire for a healthy lifestyle. I could feel the enthusiasm and curiosity of everyone in the room, as if they were listening carefully to my every suggestion and experience sharing.我记得在那一刻，观众们都紧紧地注视着我，他们的眼神中透露出对健康生活方式的渴望。我能感受到现场每个人的热情和好奇心，仿佛他们都在认真倾听着我的每一个建议和经验分享。This story is memorable for me, mainly because it shows the power of fitness and health, as well as the strength of individual will and perseverance. I see many people facing health problems. Instead of choosing to give up or sink, they bravely rose to the challenge and achieved great changes and achievements through hard work and perseverance.

Their stories have taught me that even in the face of difficulties and challenges, with determination and hard work, you can gradually change your life and reshape your body and mind. Her persistence and success inspired not only me, but also all the audience in attendance, to realize that they too too can change and make progress.这个故事让我难忘，主要是因为它展现了健身和健康的力量，以及个人意志和毅力的强大。我看到了许多面临健康问题的。他们没有选择放弃或沉沦，而是勇敢地迎接挑战，并通过努力和坚持取得了巨大的改变和成就。他们的故事告诉我，即使在面临困难和挑战时，只要有决心和努力，就能逐渐改变自己的生活，重塑自己的身体和心灵。她的坚持和成功不仅激励了我，也激励了在场的所有听众，让他们意识到自己也能改变、也能取得进步。////

6这学期你的学习习惯与学习策略变化 。未来改变

Time management: I started using time management techniques like creating a detailed schedule and a list of priorities. Doing so helped me better organize my study time and avoid the problem of underutilizing my time in the past. I've also learned to allocate different time slots for different types of tasks, for example, I'll schedule complex tasks when I have the most energy and relatively simple tasks in my free time.时间管理：我开始使用时间管理技巧，如制定详细的日程表和优先事项清单。这样做有助于我更好地安排学习时间，避免了以往时间利用不充分的问题。我也学会了为不同类型的任务分配不同时间段，例如，我会将复杂任务安排在精力最充沛的时候，而将相对简单的工作安排在空闲时间。Goal setting: I set clear learning goals and performance metrics for each course. Whenever I start learning something new, I first take some time to understand and set specific, measurable goals. Doing so allows me to always maintain a clear direction in the learning process and makes it easier for me to evaluate my learning results in the future.目标设定：我为每门课程设定了明确的学习目标和绩效指标。每当我开始学习新内容时，我都会先花一些时间理解并设定具体可衡量的目标。这样做让我在学习过程中始终保持着明确的方向，也便于我后续评估自己的学习成效。Active Learning: I became more actively engaged in learning. In addition to classes, I actively seek out additional resources and materials to expand my knowledge. I often browse websites, watch video tutorials, and participate in online discussions. I found that this kind of active learning gave me a deeper understanding of the course content and made it easier for me to apply what I had learned in practice.主动学习：我变得更加主动地参与学习。除了上课外，我积极地寻求额外的资源和资料来扩展我的知识面。我经常浏览相关领域的网站、观看视频教程，并参与相关的在线讨论。我发现这种主动学习让我对课程内容有更深刻的理解，也更容易把所学知识应用于实际中。

//Learning method optimization: I choose different learning methods according to the characteristics of different courses. For example, for lessons that require a lot of memorization, I use flashcards and aloud; For lessons that require analysis and reflection, I spend more time reading and summarizing. I have found that combining learning methods with the characteristics of the curriculum can improve learning efficiency.学习方法优化：我根据不同课程的特点选择不同的学习方法。例如，对于需要大量背诵的课程，我会采用闪卡和念出声来的方法；对于需要分析和思考的课程，我会花更多时间阅读和总结。我发现将学习方法与课程特性相结合，能够提高学习效率。

Peer learning: I formed a study group with some students who had good study habits. We regularly discuss the course content, answer each other's questions, and complete some learning tasks together. Studying with like-minded classmates not only keeps you motivated, but also learns their good habits and methods.同伴学习：我和一些学习习惯好的同学结成学习小组。我们定期讨论课程内容，相互解答疑惑，并且一起完成一些学习任务。与志同道合的同学一起学习，不仅能保持学习的动力，还能学习到他们的良好习惯和方法。

Learning Reflection: I regularly reflect on my learning process and results. I think about what works and what needs to be improved. This kind of reflection allows me to adjust my study strategies in time and continuously optimize my study habits.学习反思：我会定期反思自己的学习过程和成果。我会思考哪些方法行之有效，哪些方法需要改进。这样的反思让我能够及时调整学习策略，不断优化我的学习习惯。

1. 在学习中受批评的经历 你是如何回应的？学到了什么

This is a true story, a month ago, our math analysis teacher asked each of us to submit our notes for this semester in our mailbox. However, I wrote the name on the email instead of my pdf file, so I was severely criticized, and the teacher said that some students did not submit notes according to the regulations, which made me very embarrassed.这是一个真实的故事，一个月前，我们的数学分析老师要求我们每个人用邮箱提交这个学期的笔记。但是，我把命名写在了邮件上，而不是我的pdf文件上，于是我被狠狠的批评了一顿，老师说某些同学不按规定交笔记，让我十分无地自容。In the end, I sincerely apologized to the teacher and obtained the teacher's forgiveness.最后诚恳的向老师道歉，取得了老师的原谅。Since then, I have learned to be rigorous and conscientious in what I do, and when I was preparing my notes, I was pointed out by the teacher for small mistakes, but behind the teacher's harsh criticism of me, he wanted us to be rigorous and meticulous and follow the rules. Although this little thing made me very embarrassed at the time, it made me realize that details determine success or failure, and it also showed me the amiable and respectable side.自此以后，我认识到做事情要严谨认真，在准备笔记时，我因小失大，被老师指出来，但老师对我的严厉批评背后，是希望我们严谨细致、遵守规则。这件小事虽然让我当时很窘迫，但它让我认识到细节决定成败，也让我看到可亲可敬的一面。

10你的文化背景货个人经历是如何影响你对课堂讨论话题的

When it comes to class discussions, I tend to have a discussion from the beginning for two main reasons:First, it can bring energy and interactivity to the classroom. It can share their thoughts and perspectives on the topic, creating a positive learning atmosphere. This discussion helps to spark interest and motivation among students, keeping them focused and engaged from the very beginning of the class. Classroom discussions can also promote communication and collaboration among students. By exchanging ideas on issues and ideas, students can learn from and benefit from the unique insights of others.对于课堂讨论的问题，我往往喜欢从一开始就进行讨论，主要有两点原因：第一点，它可以为课堂带来活力和互动性。它可以就主题分享他们的想法和观点，创造一种积极的学习氛围。这种讨论有助于激发学生的兴趣和积极性，使他们从课堂一开始就保持专注和参与。课堂讨论也可以促进学生们之间的相互交流和协作。通过就问题和想法交换意见，学生们可以学习他人独到的见解，并从中受益。Also, I'm a talkative person, so I'm advocating a discussion from the beginning. But I also recognize that this method of discussion is such that the right to speak is always in the hands of the speaker like me.另外，我这个人很喜欢说话，所以主张从一开始就进行讨论。但是我也认识到这种讨论方法使得发言权总是掌握在发言人手中。

11 描述一个你遇到与自己不同观点的时刻，你是如何在参加这种观点的，从交流中你学到了什么

I remember once discussing the topic of "ideal learning environment" with my classmates, and they thought that a quiet learning environment was essential, and I thought that some moderate background music could help me improve my learning efficiency.

I actively participated in this exchange of views and shared my own experiences. I think music stimulates the brain and helps me stay interested and motivated to learn. I would choose quieter, softer music to use as background music when studying. This helps me to concentrate, especially when I am studying some boring courses.记得一次与同学讨论关于“理想的学习环境”话题时，同学认为安静的学习环境是必不可少的，而我则认为一些适度的背景音乐能帮助我提高学习效率。我积极地参与到这种观点的交流中，分享了我自己的经验。我认为音乐能刺激大脑，帮助我保持学习的兴趣和动力。我会选择比较安静、轻柔的音乐，在学习时作为背景音乐。这样能帮助我集中精力，特别是学习一些比较枯燥的课程时。////

I think listening to music makes it difficult for learners to concentrate and keep their minds on learning. When studying, I need to concentrate and focus on the task at hand, so that I can improve my learning efficiency, and I think that music has become a distraction for me to study, making it difficult for me to concentrate. I like to study in the library or in a quiet environment, which allows me to immerse myself more deeply in the ocean of knowledge.

我认为听音乐使学习者注意力不集中，思维难以保持在学习上。学习时，需要集中精力，将注意力放在当下的学习任务上，这样才能提高学习效率，我认为音乐会成为我的学习干扰，令我难以集中精力。我喜欢在图书馆或安静的环境下学习，这样能让我更深入地沉浸在知识海洋中。////

We should be open and tolerant in the face of different opinions and perspectives. By listening to and respecting each other, remaining calm and objective, learning and thinking with an open mind, being good at asking questions and exploring, respecting diversity and building reciprocal relationships, and experimenting with different perspectives and perspectives, we are better able to handle and respond to conflicting opinions and promote harmonious communication and understanding在面对不同意见和观点时，我们应该保持开放和包容的态度。 通过倾听和尊重对方，保持冷静和客观，虚心学习和思考，善于提问和探索，尊重多样性和建立互惠关系，以及尝试不同的角度和视角，我们能够更好地处理和应对意见冲突，促进和谐的交流和理解////

Through this exchange, I learned that different people have different learning preferences and habits. I have learned to respect the different learning methods of others and myself, and I have also learned that it is necessary to adapt my learning environment and strategies to different situations. This experience taught me that sharing ideas and learning experiences with others is a valuable opportunity to broaden my horizons and discover different learning methods and habits. At the same time, I also realized that it is important to create a learning environment that works for me.通过这次交流，我了解到不同的人有不同的学习偏好和习惯。我学会了尊重他人与自己不同学习方法，也认识到有必要根据不同情况调整自己的学习环境和策略。这次经历让我了解到，与他人分享观点和交流学习心得是一个非常宝贵的机会，它能帮助我开阔眼界，并发现不同学习方法和习惯。同时，我也认识到，创造一个适合自己的学习环境非常重要。

12 想一想你在这学期从你的导师那里得到的反馈 他是如何塑造你的学习方式和学术成长的

In this semester, I have learned how to organize my study time more efficiently. The tutor often discussed the study plan and progress with me, and gave many valuable opinions and suggestions based on my learning situation. He encouraged me to break down the learning objectives into smaller tasks and make a detailed plan to ensure that each task had a clear direction and progression./Through the communication with the tutors, I learned that learning is not only about understanding the knowledge points, but also about mastering the methods and skills of learning. My tutor encouraged me to read more literature in related fields, broadened my knowledge, and guided me to learn how to quickly find valuable content from a large amount of information. He often emphasized that "it is better to travel thousands of miles than to read 10,000 books", and encouraged me to combine what I have learned with actual situations, participate more in social practice, and connect theoretical knowledge with practical problems./The guidance of my mentor has taught me how to better balance theoretical learning and practical experience, and has made my learning style more diverse. I started to try to apply what I had learned in practice, which also made my learning more meaningful and fun.

在这学期与导师的相处中，我学会了如何更有效率地安排学习时间。导师经常与我讨论学习计划和进度，并根据我的学习情况给出了许多宝贵的意见和建议。他鼓励我将学习目标分解为更小的任务，并制定详细的计划，确保每项任务都有明确的方向和进展。通过与导师的交流，我了解到学习不仅仅是了解知识点，更重要的是掌握学习的方法和技巧。导师鼓励我多阅读相关领域的文献，拓宽我的知识面，并引导我学会如何从大量信息中快速找到有价值的内容。他经常强调“读万卷书，不如行万里路”，鼓励我将所学知识与实际情况相结合，多参加社会实践，将理论知识与现实问题相衔接。

导师的指导让我学会了如何更好地平衡理论学习和实操经验，让我的学习方式更加多元化。我开始尝试将所学知识应用于实际中，这样也让我的学习更有意义和乐趣。////

My tutor also often emphasized the importance of time management, and he advised me to break up my study time into small sections to maintain an efficient and focused state of study. At the same time, it also encourages me to participate in more social activities in addition to my studies, cultivate other interests, and make my study life more colorful.

In short, the tutor is not only my academic guide, but also my guide in my learning methods and academic path. He helped me shape a more efficient and reasonable way of learning, and also gave me a certain understanding and interest in academic research. Getting along with and learning from my tutors has allowed me to gain and grow a lot this semester.

导师还经常强调时间管理的重要性，他建议我将学习时间拆成多个小段，保持高效、集中精力的学习状态。同时，也鼓励我在学习之余多参加一些社会活动，培养其他兴趣，让学习生活更加丰富多彩。

总之，导师不仅是我的学业指导，也是我在学习方法和学术道路上的指路人。他帮助我塑造了更加高效、合理的学习方式，也让我对学术研究有了一定的认识和兴趣。与导师的相处和学习，让我在这学期有很大的收获和成长。

Finally, I would like to thank all the teachers for their tolerance and cultivation of us since this semester, and all the displays of our group have ended here, thank you, teachers

最后，还是非常感谢这一个学期以来各个老师对我们的包容和栽培，我们小组的全部展示到此为止，谢谢老师

13考虑在实际环境中或在你未来的职业领域中应用课程概念，你如何遇见理论知识与实践的融合（这个比较难，我们可以大大方方的承认老师和考试人物的存在）To be honest, this is a headache for our group, so we looked up some ways to incorporate math concepts into real-world projects, and here are a few examples:说实话，这个问题比较让我们小组头疼，所以我们查找了一些将数学概念融入真实世界项目中的方法，以改善数学学习体验并提高学习效率。下面就是几个例子：1. Field Learning Project: Combining math lessons with field trips allows students to learn more deeply. For example, when learning geometry, students can be assigned to a construction site to measure and analyze the geometric properties of buildings, which can give students a more intuitive understanding of the application of mathematical concepts in the real world, while also increasing their interest in mathematics.实地学习项目：将数学课程与实地考察结合起来可以让学生更深入地学习。例如，在学习几何学时，可以安排学生到建筑工地实地测量和分析建筑物的几何特性，。这样做可以让学生更直观地了解数学概念在现实世界中的应用，同时还能提高他们对数学的兴趣。2. Simulated Business Project: When learning financial mathematics or economics, students can simulate running a company. Students need to use mathematical models to develop business strategies, calculate profits, manage cash flow, and more. In this way, students will be able to apply mathematics in a real-life simulation environment and understand the importance of mathematics in business.模拟经营项目：在学习财务数学或经济学时，可以让学生模拟经营一家公司。学生需要使用数学模型来制定经营战略、计算利润、管理现金流等。这样，学生就能在真实的模拟环境中应用数学知识，了解数学在商业中的重要性。3. Interactive games: Learning can be made more fun by designing interactive math games. Games can be based on different math topics. Students are required to complete corresponding math tasks during the game to deepen their understanding of mathematical concepts. For example, students could play a game that simulates space flight, in which math is needed to navigate.交互式游戏：通过设计交互式数学游戏，可以让学习变得更有趣。游戏可以基于不同的数学主题，如算术、代数、概率等。学生在游戏过程中需要完成相应的数学任务，从而加深对数学概念的理解。例如，学生可以玩一个模拟宇宙飞行的游戏，在游戏中需要使用矢量数学来导航。////

4. Online interactive mathematics platform: Develop a highly interactive and content-rich multimedia mathematics platform, which can allow students to learn mathematics in a more vivid way. The platform can offer a variety of math problems and interactive exercises with instant feedback. Students can adjust the difficulty according to their own learning pace, and the platform can also record learning tracks to help students and teachers better analyze their learning.

5. Mathematical Modeling Competitions: Organizing mathematical modeling competitions can give students the opportunity to combine theoretical knowledge with practical problems. Students are required to design mathematical models for real-world problems and use the math they have learned to come up with solutions. This can develop students' math application skills and a sense of teamwork.

Combining math with real-world projects can help students better understand math concepts and increase their motivation and interest in learning. Through these innovative methods, mathematics learning can become more lively and interesting, and it can also motivate students. The above is what we predict is the possible combination of theoretical knowledge and practice that we have learned

.4.在线交互式数学平台：开发互动性强、内容丰富的多媒体数学平台，可以让学生以更生动的方式学习数学。该平台可以提供各种数学问题和互动练习，并提供即时反馈。学生可以根据自己的学习进度调整难度，平台还可以记录学习轨迹，帮助学生和教师更好地分析学习情况。

5.数学建模竞赛：组织数学建模竞赛可以让学生有机会将理论知识与实际问题结合起来。学生需要为真实世界中的问题设计数学模型，并使用所学数学知识提出解决方案。这可以培养学生的数学应用能力和团队合作意识。

将数学与真实世界项目相结合，可以帮助学生更好地理解数学概念，提高他们的学习动机和兴趣。通过这些创新方法，数学学习可以变得更加生动有趣，也更能激发学生的积极性。以上就是我们预测的我们学习的理论知识与实践可能的结合。