

May.16

妈妈是箱子心中永远的“超人”
出得了厅堂，下得了厨房
可上天揽月，可下洋捉鳖



妈妈

我爱你

然后调戏完妈
妈之后我就又
去看书了，后
面再看手机才
发现她又给我
发了这么多消
息，她怕是怕
我会想不开吧，
有点可爱，哈
哈哈

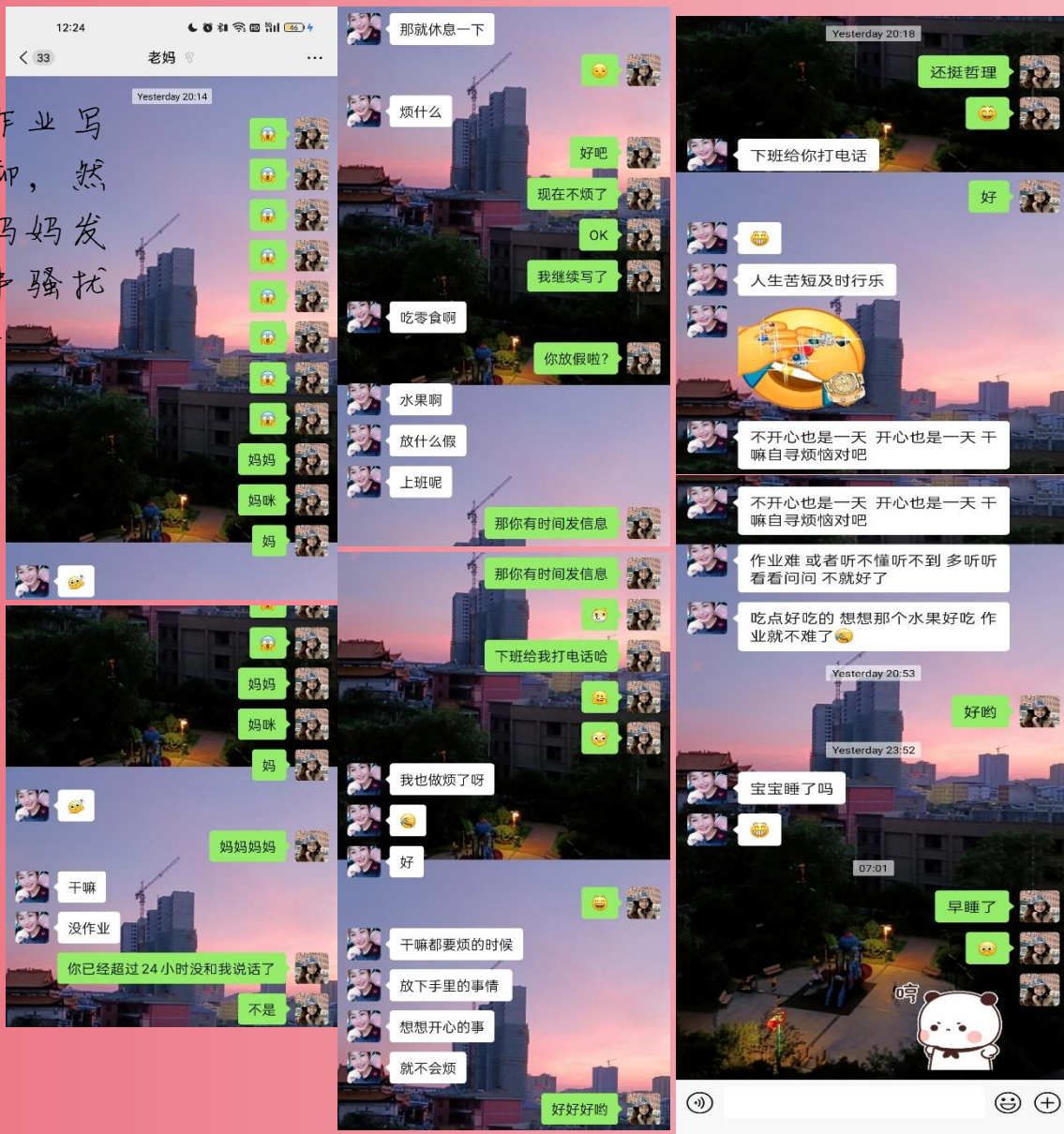
妈妈是世界上唯一
一个觉得我瘦了的
人

妈妈是世界上唯一
一个觉得我穿秋裤
好看的人

妈妈是世界上唯一
一个觉得我熬夜是
因为学习的人

妈妈，您是世界上
唯一一个能让我在
挨骂后还觉得幸福
的人。您的唠叨对
我来说就是爱的咒
语，让我时刻都能
感受到您的关心，
我爱您这个“唠叨
大王”

昨天写作业写
得很无聊，然
后就给妈妈发
了一连串骚扰
信息……



收到了超级喜欢的耳机
做物理实验的时候就迫
不及待想去拿快递了

May.17



迫不及待拆箱



终于不用
带着这个大耳机睡
觉了

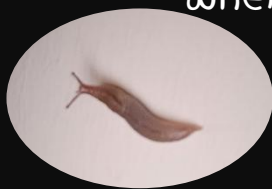
今天的物理实验完成的超级快，还没到十
一点就做完了，实验报告思考题也写完了，
Amazing，但这次实验报告真的抄死我了



但是我带上它的第一件事不
是听歌，而是在看日语动词
变形课，哈哈哈

May.18

Small creature I came across
when waiting the cake.



The prize I got
from the League
Day activities.



This morning, I was jogging
along the road on the main
street of our university,
lasting nearly an hour.
During my run, I discovered
a lot of interesting things.
I noticed that there were
also Jacarandas in our
campus, and I happened to
pick up a green tender
ginkgo leaf.



Clusters of purple jacarandas
was in full bloom in our
campus, their delicate petals
swaying gently in the breeze.

Receiving a birthday invitation from my
schoolmate, Shuheng, I felt immensely honored.
Moved by a surge of gratitude and exhilaration,
I penned a letter as a present to him, penning
down some motivational and inspiring remarks.



It was wonderful to come across these
beautiful little things in our daily life,
reminding me to slow down and appreciate the
simple joys that often go unnoticed in the
hustle and bustle of campus life.

May.19

After immersing myself in a captivating psychodrama performance, the sky opened up with a sprinkle. Yet, as I made my way back, a resplendent rainbow unfurled across the heavens, painting the post-rain gloom with vivid hues, and washing away the fatigue of the day and filling my heart with a sense of wonder.

What I Have Done Today.

1. Went for a morning jog
2. Participated in the psychodrama shows.
3. Finished my papers on innovative points and advantages of the industrial marijuana Intelligent Planting Decision-making system.
4. Participated in the Book Sharing Event.

Our dormitory was honored with the prestigious title of "Top 10 Psychological Dormitories." As one of the six members from our dorm, I had the privilege of accepting this award on our behalf, feeling an overwhelming sense of pride and gratitude for our collective efforts.



PsychoDrama

9th
2025



YUNNAN UNIVERSITY

第九届塞克抓马心理情景剧大赛

云南大学学生工作部心理健康咨询服务中心



Yesterday, I retrieved the core email account I applied for two years ago, shortly after starting my freshman year. I used this email to write to my friend Yufan. However, after enlisting in the army, I stopped using it and gradually forgot both the account name and login PIN. I tried every possible method to recover the email but failed repeatedly. Yesterday, it occurred to me to call the developers. To my surprise, I successfully retrieved it right after the call.



A wave of nostalgic (怀旧的) memories overwhelmed me as I read the letter I wrote two years ago and Yufan's reply.



-----原始邮件-----
发件人:"周雨帆"
<quinn@mail.ynu.edu.cn>
发送时间:2022-12-05 14:16:03 (星期一)
收件人:"曾湘雨"
<20221120055@mail.ynu.edu.cn>
>
抄送:
主题:哈哈哈哈哈好不好玩

曾湘雨:

你来一封信~

-----原始邮件-----
发件人:"曾湘雨" <xiangyuzeng@mail.ynu.edu.cn>
发送时间:2023-01-04 14:21:02 (星期三)
收件人:"周雨帆" <quinn@mail.ynu.edu.cn>
抄送:
主题:好玩

周雨帆:

你好!

我今天不知道为什么想打开云南大学的电子邮件。可能是因为突然想到三个月不写信后就看到了你的来信。

跟你分享一下我的近日常生活: (说实话这样写邮件真的挺有意思的)

我1月1日在夸克的大学生征兵网上进行了上半年征兵报名, 有两个征兵志愿, 第一填了陆军。

然后我把这件事跟我外公分享, 没想到我外公说当兵要死了, (听起来好像不太问我有没有1m68, 我说女生1m58就行了。:) (这是个爱情, 你可以猜一下我的心) 我跟我外公说当兵的事, 然后叫他问一下他当兵怎么样, 结果他他说, 好男不当兵, 感觉大人们都被生活给磨平了棱角, 天天想着生活, 没有那种热血的感觉了, 可惜我觉得吧, 我还是去吧, 因为可能老了就没了这个机会了, 有个机会去体验部队生活

话说去部队是不是不能带电子产品啊, 我还想着能玩电脑呢:。!

我跟妈调侃说, 我填武警, 以后找不到工作可以当保安, 但好像保安门槛挺低的, 不知道下次心血来潮打开邮箱是什么时候。

没啦, BYE.

Looking forward to your early reply
Yours,
曾湘雨

Dear 周雨帆女士:

哈哈, 我今天终于找回了我的云大邮箱了, 没想到三年前的邮件还没有被删除, 这就是我当时问你怎么样找回邮箱的原因了。因为两年前我写给你的邮件不知道你有没有回复, 我还没看呢, 没想到她竟然还在, 那我就给你回一封邮箱吧。

你给我留言的日子是2023年2月12号, 现在是2025年5月20日, 时间过得好好快呀, 我也是“龙王归位”了。这两年在部队里确实经历了很多东西, 但也收获了很多, 学到了很多。没想到再次给你回信的时候, 你已经大三了, 雨帆学姐, 哈哈。不知道你能否收到这封邮件。

看到你自愿者账号的事, 我尝试了一下, 我才是带土, 没想到还真, 我也是火影迷, 我就喜欢了, 但我不是很喜欢大蛇丸, 但也不讨厌, 因为他才有好看的剧情, 哈哈。

回来之后, 还能有机会和你一起打比赛, 真不错。不知道你这两年里是不是也收获了很多好玩的东西呢, 有机会记得跟我分享一下哦。

希望你能看见这封信, 期待你的回信。

Yours,

曾湘雨

2025年5月20日

May.21



Yesterday, I used Doubao to generate an image of myself. The result wasn't too bad, though it didn't fully meet my expectations.



This morning, I performed well during my exercise routine. I was satisfied with how the morning went. I went for a 30-minute jog, followed by some stretching and abdominal strength training, such as planks and sit-ups.

18:20-19:00

To prepare for the official defense, we team members decided to hold a detailed rehearsal for the project proposal defense today, focusing on Q&A sections and presentation timing.

May.22



The morning sun emerged in a blaze of golden light, infusing me with an invigorating surge of energy and enthusiasm. Embarking on my daily morning jog is not just a routine—it's a cherished form of meditation. As I step onto the nearly deserted playground, the serene atmosphere allows me to focus inward, undisturbed by the outside world. The crisp dawn air revitalizes my senses, while the tranquil beauty of the early morning scenery soothes my soul. Truly, there's nothing quite like the rejuvenating power of a morning workout.

May.22

What a fulfilling day!

"Project Initiation Defense"



In the afternoon, our group of three participated in a project initiation defense. It was my first time witnessing the entire defense process. Xuanxuan, our group leader who was responsible for the presentation, delivered an outstanding performance and truly excelled during the defense.



During the preparation for the project initiation, I cycled briskly to the campus history museum. After quickly checking in, I took a brief tour of the museum. Thankfully, I managed to return to the defense just in the nick of time. the tasty and fragrant cake Shuhen treated me to.



Sign up for the CCF CSP.
Receive a message about happy run.

I engaged in a free English talk in the evening with Shuheng and his friend. And I also got to know a new acquaintance, Guo Yanzheng



May.23

Graduation Farewell Party



This evening, I took part in a graduation farewell party held by the Liangjian Vanguard. I had my solo guitar performance and received a bunch of flowers.



This senior schoolmate is excellent. She has been recommended for admission without taking the entrance examination to Shandong University. The person in the left picture was also recommended to Yunnan University without taking the entrance examination. Those fellows are all my role models.

May.25



The first campus marathon



This morning, my roommate Yangxi and I completed the 5-kilometer fun run. Midway through, we encountered an unexpected hurdle—Yangxi got an abdominal pain. Despite the setback, we supported each other and crossed the finish line hand in hand. It taught me that as long as we persevere through challenges, we'll reach our goals eventually.



The downpour lashed down relentlessly, turning the streets into rivers. Despite the torrential weather, we gritted our teeth and pressed on, determined not to let the elements defeat us. After a challenging journey, we finally reached the finish line, soaked but triumphant. To our amusement, the prize we received was quite the oddity—a thermos cup with three lids, an unexpected memento of our rainy-day adventure.