My first self-breakthrough in Tsinghua

In a person’s life, there’re always some things that are daunting. But as long as you do it, you may be able to overcome it, and it will be remembered forever. The students in Tsinghua University have to learn how to swim or they can’t graduate, which gives me a lot of pressure.

In my swimming class, we warmed up first and then went into the water. Learned to breathe and stood in the water at the beginning, otherwise you may even drown in shallow water. Next, we needed to learn the basic actions of breaststroke. Lying on the bank, my legs were put in the right position by my classmates. Like a machine, my legs cycled the breaststroke. On the upper part of my body, I just needed to pull my hands down and back, then lifted my head, then inhaled with my mouth, and finally lowered my head. It seemed very simple, but in fact, I often had trouble breathing, and my legs couldn’t use force, so I had to stop.

Our teacher asked us to practice at least once a week. In fact, I went to the swimming pool at least twice a week. Maybe it wasn’t serious enough. My progress was slow. The teacher also taught some other things, and finally the course was assessed. I swam very slowly during the examination. After reaching the other end of the swimming lane, I was able to breathe for a while. When I returned, the situation was even worse. The reduction of gas in my body made me sink. Finally, I passed the examination, but I still can't count as learning to swim.

It was winter vacation time to really learn to swim. Before that, I often went swimming. When I was swimming in the swimming lane, I seemed to suddenly master the rhythm of swimming. This impressed me deeply and made me understand that perseverance is a way to achieve goals.

简要评论：

A very inspiring story! For the part of writing skills, you may try to apply more special structures like relative clauses or passive voice in your essay, and make the logic of your sentence clearer, it will be perfect!

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