* **Learning and study（学习与研究）**：
  + “Practice makes perfect.”（熟能生巧）强调通过不断练习可以达到完美的境界，在学习中只有反复练习才能掌握知识和技能。
  + “It is never too old to learn.”（活到老，学到老）说明学习是没有年龄限制的，无论何时都应该保持学习的热情和态度。
* **Food and healthy（食物与健康）**：
  + “An apple a day keeps the doctor away.”（一天一苹果，不用请医生）突出了吃苹果对健康的益处，也代表着多吃蔬菜水果等健康食物有助于保持身体健康24。
  + “You are what you eat.”（人如其食）意思是我们吃的食物会影响我们的身体和健康状况，提醒我们要注意饮食的选择2。
* **Friendship（友谊）**3：
  + “A friend in need is a friend indeed.”（患难见真情）表示在困难时刻伸出援手的朋友才是真正的朋友，真正的友谊经得住考验。
  + “Friendship is like a plant of slow growth.”（友谊像生长着的植物，是慢慢地建立起来的）说明友谊需要时间来培养和发展，不能急于求成。

**Learning and Study:**

1. "Knowledge is power."
2. "The more you learn, the more you earn."
3. "A journey of a thousand miles begins with a single step."
4. "Practice makes perfect."
5. "You are never too old to learn."

**Food and Health:**

1. "An apple a day keeps the doctor away."
2. "You are what you eat."
3. "Health is wealth."
4. "A healthy outside starts from the inside."
5. "Early to bed and early to rise makes a man healthy, wealthy, and wise."

**Friendship:**

1. "A friend in need is a friend indeed."
2. "Birds of a feather flock together."
3. "True friends are never apart, maybe in distance but never in heart."
4. "Friendship is a sheltering tree."
5. "A real friend is one who walks in when the rest of the world walks out."

**Sports and Fitness:**

1. "No pain, no gain."
2. "A sound mind in a sound body."
3. "Winners never quit, and quitters never win."
4. "Strength doesn’t come from what you can do. It comes from overcoming the things you thought you couldn’t."
5. "It’s not the size of the dog in the fight, it’s the size of the fight in the dog."

**Hobbies and Interests:**

1. "All work and no play makes Jack a dull boy."
2. "Find a job you enjoy doing, and you will never have to work a day in your life."
3. "Do what you love, love what you do."
4. "Hobbies are great distractions from the worries of life."
5. "Life without hobbies is like a garden without flowers."

**Learning and Study**

1. **Saying:** "Knowledge is power."

**Reflection:** This saying reminds us that knowledge gives us the ability to make informed decisions and change our circumstances. For me, studying software engineering is more than just learning to code—it's about acquiring the skills to create solutions that make a real difference in the world. The more I learn, the more capable I feel of solving problems that once seemed too difficult. Knowledge indeed makes us stronger, both mentally and practically.

**Question:** How do you use knowledge to solve everyday problems?

**Answer:** I use knowledge from my studies to create more efficient solutions in programming tasks, making my work more impactful.

1. **Saying:** "The more you learn, the more you earn."

**Reflection:** This emphasizes that education can lead to financial and personal growth. In my own experience, I’ve seen that mastering advanced concepts, such as multimodal large models, can open up new career paths, such as in AI research. Investing time in learning now feels like an investment in my future, where both knowledge and skills can yield higher returns, whether in job opportunities or personal growth.

**Question:** How do you plan to apply what you’ve learned to achieve future success?

**Answer:** I plan to apply my skills in AI development, especially in multimodal systems, to secure a position in an AI-focused company.

1. **Saying:** "A journey of a thousand miles begins with a single step."

**Reflection:** This proverb highlights the importance of starting, no matter how overwhelming a task may seem. When I began studying software engineering, the amount of material seemed daunting. But by breaking it down into smaller steps, I was able to make steady progress. Every small step, such as learning basic programming concepts, contributes to the bigger goal of becoming proficient in my field.

**Question:** What was the hardest "first step" you've ever taken?

**Answer:** The hardest first step was learning my first programming language—it felt impossible, but with perseverance, it became easier.

1. **Saying:** "Practice makes perfect."

**Reflection:** This is a reminder that consistent effort leads to mastery. In programming, I've learned that the more I code, the better I become. Debugging and revising code teaches me to approach problems from different angles. With each project, my skills improve. The same principle applies to any subject; repetition and practice lead to growth and perfection.

**Question:** What’s something you’ve improved at through practice?

**Answer:** I’ve improved my problem-solving skills in programming by consistently working on coding challenges.

1. **Saying:** "You are never too old to learn."

**Reflection:** This saying tells us that learning has no age limit. I’ve found that in software development, new tools and techniques are constantly emerging, and keeping up with them is a lifelong process. Even as I advance in my career, I will need to keep learning to stay relevant and innovative. This mindset motivates me to be curious and open to new ideas, regardless of my current level of expertise.

**Question:** What’s something new you’d like to learn, regardless of age or experience?

**Answer:** I’d like to learn more about quantum computing, as it represents the future of technology.

**Food and Health**

1. **Saying:** "An apple a day keeps the doctor away."

**Reflection:** This saying encourages us to maintain healthy habits daily. For me, it’s a reminder to make good food choices, like incorporating fruits and vegetables into my diet. Staying healthy is essential, especially during busy times like exams or project deadlines. Small, consistent efforts toward a balanced diet can prevent bigger health problems down the road.

**Question:** What daily health habit do you think is most important?

**Answer:** Drinking enough water is crucial for staying healthy and energized throughout the day.

1. **Saying:** "You are what you eat."

**Reflection:** This proverb reminds us that our food choices have a direct impact on our health. I’ve noticed that when I eat nutritious meals, I feel more energetic and focused, which helps me perform better academically. It’s a simple but powerful reminder to fuel my body with the right nutrients to stay sharp and productive.

**Question:** How do your eating habits affect your daily performance?

**Answer:** Eating healthy meals with enough protein and vitamins helps me stay focused and improves my concentration during studies.

1. **Saying:** "Health is wealth."

**Reflection:** This saying highlights that good health is as valuable as financial wealth. Without good health, it’s hard to enjoy any success or achievements. I’ve learned the importance of balancing my studies with exercise and rest. Taking care of my body and mind helps me stay productive and happy, which in turn makes me more successful in my academic work.

**Question:** What’s one thing you do regularly to maintain your health?

**Answer:** I make sure to exercise at least three times a week to stay physically and mentally fit.

1. **Saying:** "A healthy outside starts from the inside."

**Reflection:** This saying emphasizes that good health begins with nourishing your body properly. I’ve realized that when I focus on eating healthy foods and staying hydrated, I feel better physically and mentally. This internal focus helps me stay energetic and maintain a positive mindset, even when faced with challenges, like difficult assignments or exams.

**Question:** What’s your go-to food when you want to feel healthier?

**Answer:** I usually go for salads or smoothies packed with fruits and vegetables when I want to feel refreshed and healthy.

1. **Saying:** "Early to bed and early to rise makes a man healthy, wealthy, and wise."

**Reflection:** This proverb emphasizes the benefits of having a good routine. Personally, I’ve noticed that when I go to bed early and wake up early, I feel more productive throughout the day. Getting enough sleep also boosts my ability to concentrate, which helps me perform better in my studies. Having a structured routine is one of the keys to success in both health and academics.

**Question:** How does your sleep routine affect your productivity?

**Answer:** When I stick to a consistent sleep schedule, I’m more focused and efficient in my tasks throughout the day.

**Friendship**

1. **Saying:** "A friend in need is a friend indeed."

**Reflection:** This saying highlights that true friends are the ones who support you during difficult times. In my own life, I’ve found that my closest friendships have grown stronger when we’ve helped each other through tough moments. A friend who is willing to be there when things are hard is someone I can count on, and that reliability is the foundation of lasting friendships.

**Question:** Can you think of a time when a friend supported you during a difficult moment?

**Answer:** Yes, a friend helped me through a stressful exam period by offering both emotional support and study tips, which made a big difference.

1. **Saying:** "Birds of a feather flock together."

**Reflection:** This proverb suggests that people with similar interests and values tend to stick together. I’ve noticed that my closest friends are those who share my passion for technology and learning. Having friends with common goals makes it easier to connect, and we motivate each other to grow. Shared interests create a sense of belonging, which is vital in friendships.

**Question:** How do shared interests impact your friendships?

**Answer:** Shared interests allow me and my friends to engage in meaningful discussions and activities, strengthening our bond.

1. **Saying:** "True friends are never apart, maybe in distance but never in heart."

**Reflection:** This saying shows that physical distance doesn’t weaken a genuine friendship. I have friends who study in different cities or countries, but we stay connected through regular messages and calls. The emotional connection remains strong, and whenever we reunite, it feels like no time has passed. True friendship transcends distance, showing that it’s built on trust and understanding, not proximity.

**Question:** How do you maintain long-distance friendships?

**Answer:** I keep in touch with long-distance friends through social media and video calls, which help us stay close even when we’re far apart.

1. **Saying:** "Friendship is a sheltering tree."

**Reflection:** This metaphor suggests that friendship offers protection and comfort, like a tree provides shelter from the sun or rain. I’ve found that my friends are a source of support when I’m feeling stressed or overwhelmed. They provide a safe space where I can share my thoughts and feelings without judgment. Knowing that I have this support system gives me confidence and resilience.

**Question:** What do you appreciate most about your friends?

**Answer:** I appreciate their willingness to listen and support me, no matter what I’m going through.

1. **Saying:** "A real friend is one who walks in when the rest of the world walks out."

**Reflection:** This saying emphasizes that true friends stand by you even when others leave. I’ve experienced times when certain friends distanced themselves during challenges, but my closest friends remained by my side. These are the friendships that last because they’re built on loyalty and mutual support. It’s in the tough moments that we see who our real friends are.

**Question:** Have you ever had a friend who surprised you by sticking around during a tough time?

**Answer:** Yes, a friend who wasn’t very close to me at the time offered incredible support during a stressful situation, which brought us much closer.

**Sports and Fitness**

1. **Saying:** "No pain, no gain."

**Reflection:** This saying reminds us that progress requires effort and sometimes discomfort. In my fitness routine, I’ve found that pushing myself beyond my comfort zone, whether it's lifting heavier weights or running longer distances, leads to real results. The temporary discomfort is worth it for the sense of achievement and the long-term health benefits.

**Question:** How do you motivate yourself to push through challenging workouts?

**Answer:** I remind myself of my fitness goals and how great I’ll feel after completing a tough workout.

1. **Saying:** "A sound mind in a sound body."

**Reflection:** This proverb highlights the connection between physical and mental well-being. I’ve noticed that when I maintain a regular exercise routine, I feel mentally sharper and more focused. Physical fitness isn’t just about building strength—it’s also about supporting cognitive health. When I take care of my body, I’m better equipped to handle the mental demands of my studies.

**Question:** How does physical activity improve your mental clarity?

**Answer:** Exercising helps me clear my mind, reduce stress, and improve focus, especially when working on complex projects.

1. **Saying:** "Winners never quit, and quitters never win."

**Reflection:** This saying emphasizes the importance of perseverance. In sports and fitness, I’ve learned that sticking with a goal, even when progress seems slow, is the key to success. Whether it’s building strength or improving endurance, consistent effort is more important than talent alone. Giving up guarantees failure, but pushing through challenges brings rewards.

**Question:** Can you share an example of when perseverance helped you achieve a goal?

**Answer:** Persevering through a difficult fitness plateau helped me increase my running distance, which felt like a huge achievement.

1. **Saying:** "Strength doesn’t come from what you can do. It comes from overcoming the things you thought you couldn’t."

**Reflection:** This saying highlights that true strength comes from pushing your limits. In my fitness journey, I’ve often surprised myself by achieving goals I initially thought were out of reach, like lifting heavier weights or running longer distances. Each time I push past a barrier, I feel stronger—not just physically, but mentally as well. Overcoming challenges builds confidence and resilience.

**Question:** What’s something you’ve accomplished that you once thought was impossible?

**Answer:** Completing a 10-kilometer run was something I never thought I could do, but training consistently helped me achieve it.

1. **Saying:** "It’s not the size of the dog in the fight, it’s the size of the fight in the dog."

**Reflection:** This saying emphasizes that determination and heart matter more than physical size or ability. In both sports and life, I’ve learned that attitude and effort are often more important than talent. Even if I’m not the strongest or fastest, my willingness to keep trying and pushing myself is what drives success. It’s about how much effort you’re willing to put in, not just your natural ability.

**Question:** How do you approach challenges when you feel outmatched?

**Answer:** I focus on giving my best effort and staying determined, knowing that persistence often wins the day.

**Hobbies and Interests**

1. **Saying:** "All work and no play makes Jack a dull boy."

**Reflection:** This proverb reminds us of the importance of balance. I’ve realized that while studying hard is important, I also need time to relax and pursue my hobbies. Engaging in activities like reading or coding for fun helps refresh my mind, making me more productive when I return to work. Without hobbies, life becomes monotonous, and creativity suffers.

**Question:** What hobbies help you recharge after a long day?

**Answer:** I enjoy reading science fiction and working on personal coding projects to unwind after a long day.

1. **Saying:** "Find a job you enjoy doing, and you will never have to work a day in your life."

**Reflection:** This saying suggests that when you love what you do, it doesn’t feel like work. I’ve found this to be true in my studies—because I enjoy learning about software engineering, even challenging tasks feel rewarding. Pursuing a career in AI is exciting to me, and the passion I have for it makes the hard work feel less like a burden and more like an opportunity.

**Question:** What’s something you enjoy doing that doesn’t feel like work?

**Answer:** I enjoy working on AI-related projects because they allow me to combine my curiosity with problem-solving, making it feel less like work.

1. **Saying:** "Do what you love, love what you do."

**Reflection:** This saying is about finding fulfillment in your passions. I’ve noticed that when I focus on projects I’m passionate about, such as building learning systems, I’m more motivated and engaged. Loving what you do brings joy and purpose to everyday activities. This has made me more dedicated to pursuing a career where I can apply my skills to something meaningful.

**Question:** How do you incorporate your passions into your daily life?

**Answer:** I incorporate my passion for AI by working on personal projects and learning new technologies, even outside of schoolwork.

1. **Saying:** "Hobbies are great distractions from the worries of life."

**Reflection:** This saying reflects how hobbies provide an escape from stress. When I feel overwhelmed with studies or responsibilities, I turn to my hobbies, like reading or coding for fun. These activities help me relax and clear my mind, allowing me to return to work with renewed energy. Hobbies give us space to recharge and stay balanced.

**Question:** What hobby helps you relieve stress?

**Answer:** Coding small projects that aren’t related to schoolwork helps me relieve stress and keeps me creatively engaged.

1. **Saying:** "Life without hobbies is like a garden without flowers."

**Reflection:** This saying highlights that hobbies add color and variety to life, much like flowers beautify a garden. I’ve realized that while academic success is important, hobbies bring joy and creativity into my daily routine. They allow me to explore new interests and keep life from becoming dull. Hobbies give life texture and make everyday moments more fulfilling.

**Question:** What new hobby would you like to start?

**Answer:** I’d like to start learning photography as a way to capture the beauty of everyday moments.