With the end of epidemic prevention and control, we can finally start our true college life .The epidemic must have brought you a lot of influence，how do you think about it? There must be too many things that you wanted to do but didn't. How are you planning to spend your time during this term? Will you have a meaningful term?

学习方面，疫情对我最大的影响就是学习的方式和效率，原来在教室里学习效率很高，但是上网课的时候效率很低，回到学校后必须话更多的时间区弥补这段空白。生活方面，在疫情防控时期，我的运动量大大减少，体重也不断上升，体质下降。在这个学期，我打算先把体重降下来，在保证学习不受到影响的前提之下去南京的各个景点看看来拓宽自己的视野。可能我会度过一个有意义的学期，也许可能不会，我所能做的只有处理好手里的事再去关心其他的事情。

In terms of learning, the greatest impact the epidemic has on me is the learning methods and efficiency. I used to be very efficient studying in the classroom, but the efficiency of online classes was very low. After returning to school, I had to pay more time to make up for this gap. In terms of life, during the epidemic prevention and control period, my exercise volume has been greatly reduced, my weight has also been rising, and my physical body has declined. In this semester, I plan to reduce my weight first and broaden my horizons by looking at various scenic spots in Nanjing on the premise that my study will not be affected. Maybe I will have a meaningful semester, or maybe not. All I can do is to deal with what I have in hand and then care about other things.