In the first week, I familiarized myself with Swift by following Days 1 to 14 of the "100 Days of SwiftUI" tutorial, spending approximately three hours in total. This time I studied Days 1-6 and part of Day 7. I plan to study Days 7-11 in the second week and complete the remaining content in the third week.

For the content in Days 1-6, since I had already encountered most of it in my Python class, I spent most of my time adapting to Swift's syntax and restructuring my knowledge framework while following the tutorial. Enums and Type annotations were completely new concepts to me, so I initially struggled with learning them and couldn't quite understand where they should be used - this was one of the difficulties I encountered.

Additionally, another challenge I'm currently experiencing is the disconnect between what I've learned and practical application. With some code, if given clear instructions I can write it, but I'm unable to analyze and break down all the necessary steps needed to achieve a target outcome based on a goal alone.