The unique ability of human intelligence to master tools has always fascinated me, especially its interaction with the physical world. Growing up, I excelled at sports like skiing, ice skating and ball games, marvelling at how athletes innovate techniques like basketball dribbling and football strategy. This sparked my curiosity about the relationship between physical laws and human creativity.

My academic journey began with high school physics Olympiads, which built my foundational understanding of physics. In my sophomore year, online courses sparked my interest in AI and graphics technology, prompting me to switch from physics to computer science for a more systematic understanding. Transitioning was challenging—I lacked programming skills and struggled to adapt from independent problem-solving to the collaborative nature of computer science. Projects like building QT applications and conducting research with peers pushed me out of my comfort zone. Over time, I developed teamwork and technical skills, eventually leading a machine learning project where I organized tasks and mentored less experienced members, a kind of reward for my previous efforts.

My passion for sports now drives my research in embodied AI. I analyze muscle force data using reinforcement learning to help optimize workouts, closely linked to my work on physics-based character animation. These experiences shaped my belief that impactful research addresses real-world problems. My journey—from exploring physics principles to advancing embodied AI—reflects my dedication to understanding and enhancing the connection between human intelligence and the physical world.

#3

我想确实不能说我的课业成绩和科研成果不能代表的我能力，实际上它是反映我们过去问题的良好反馈，帮助我变得更好了。而当我改掉了这些问题，我的能力进化了，这些成绩则只能代表过去的经历而非当今的水平。下面我简要的谈一谈这些问题以及我做出的和应该做的改变。  
我的成绩从我自己的角度反思来说，主要是我对那些我本身就喜欢的领域总是非常上心，对这些课非常认真，如AI和ML的相关的课程，就可以得到很好的成绩。而对于那些我一时间没有太多兴趣的课程，就会倾向于少花时间只完成基本的学习，因此错过了一些细节导致分数较低（并且本校课程的给分也比较严格，考试考的比较细节）。而我更愿意将时间花在科研上，但科研中我也长时间处在阅读学习大量文献和尝试各种路径上，容易产生想法且容易很快的否定自己的想法，而应该增加更多的实践探索，从中才能得到真实的结果而不是空想。在目前的研究时在这一点上我已经有进步了。同时我在科研上总是想做出非常大的效果，而做project从一开始就是自己探索idea并且自己实践，这对于新手来说确实并不容易，所以未来也应该更多的跟他人合作，在合作中学习来促进自己的研究。