

Q1. Understanding of effective learning?

Effective learning, in my view, is similar to "active learning", which means to fully participate in the process of comprehension of knowledge. It is not about passive acceptance but about organizing all the knowledge stored in your brain according to your unique understanding. And the ultimate "effectiveness" of learning lies in transforming abstract theories into lived experience, which means what we have learned can not only help us with our academic pursuit but also provide new visions concerning life itself.

Q2. Effective learning methods of a particular subject?

As for the learning methods of Extensive Reading and Intensive Reading, I think it is quite important to find your passion concerning reading and follow it whenever you can. Read more books that interest you in free time and try to think about them in the context of your own life and humanity in general. It is also highly helpful to write book recommendations and share with your friends, asking them to join you.

Q3. Improve academic ability after class?

Because almost everything human is closely related to language, I think the ways of improving English can actually be quite diverse and colourful, such as, learning more about the topics that interest you in English, or just enjoying your favourite TV series. At the same time, discipline is important as well. For example, you can read a Shakespearean Sonnet daily, or just keep listening to one episode of your favourite podcast everyday.

Q4. Student clubs? Life Work Balance?

I am a member of the Library Readers Society and sometimes there are loads of work to do. I think it is quite important to keep a daily todo-list and place things in order according to their priority.

Q5. Stress management?

Campus running, talking to your friends, writing your feelings down, having a good meal, or just trying your best to get things done are all effective ways when it comes to stress management.

Q6. Making use of academic resources?

I think Room B202 in the library is a fantastic place which offers abundant academic resources for us English major students. You can find countless classical books to read there, such as complete collection of Shakespeare's plays and works of Romantic Poets.