I thought Lingyi Zhang did a great job in her study research this week and after reading her research paper, I found the area she was researching interesting but true - weight anxiety for girls. -The negative effects of body anxiety on adolescents. She started with a bunch of conceived keywords, set up a table for planning, and then began to search for research on different platforms, and based on the results of her research, she decided on the final direction of her research - the negative effects of body anxiety on adolescents. I believe that Lingyi Zhang will be able to make full use of this literature in her subsequent writing, and I should learn from her conscientious and thorough spirit.