

《中考英语作文题目及范文：双减》

“双减”政策【即:减轻义务教育阶段学生作业负担和校外培训负担】的实施在社会引起广泛关注。作为亲身经历的学生，必须应对新的挑战，规划好自己的时间和学业，适应这一重大变化。校英文报正在举行征文比赛，请根据以下提示，给校英文报写一篇短文。

Your changes 1. homework; 2. after-school classes; 3...

..Your opinion

Your plans 1. make use of time at school:...

要求:

- (1)表达清楚，语法正确，上下文连贯;
- (2)必须包括表格中所有要点内容，并适当发挥;
- (3)词数:100词左右(开头已给出，不计入总词数);
- (4)不得使用真实姓名、校名和地名等。相关词汇:双减 Double Reduction政策 policy

范文：

The “ Double Reduction ” policy, focusing on reducing the workload of homework and after-school classes, has sparked great interest in society.

As a student, it is essential to adapt to these changes by managing time and academic responsibilities effectively. To cope with reduced homework, utilizing school hours becomes essential. Active engagement in class, taking detailed notes, and avoiding distractions can minimize post-school homework.

Additionally, spare moments during breaks or lunchtime can be utilized for completing assignments. Regarding after-school classes, selective participation in extracurricular activities prioritizing rest, recreation, and exercise is vital. Exploring alternative learning resources like online platforms and libraries, while creating an efficient study plan, can further ease the burden.

By applying these strategies, students can successfully adjust to the “ Double Reduction ” policy and excel academically.

译文：

“双减”政策旨在减轻学生作业负担和校外培训课程，引起了社会的广泛关注。

作为一名学生，我们必须适应这些变化，有效管理时间和学业责任。对于减轻作业负担，我认为我们可以更好地利用上学时间。积极参与课堂，做详细的笔记，避免分散注意力，从而减少放学后需要完成的作业量。

此外，在休息时间或午餐时间，我们可以利用这些零碎时间来完成作业。对于校外培训课程，有选择性地参加课外活动，优先考虑休息、娱乐和锻炼非常重要。同时，我们可以探索其他学习资源，如在线平台和图书馆，并制定高效的学习计划。

通过采取这些策略，学生们可以成功适应“双减”政策，并取得优异的学业成绩。

