

《开学啦！来看看新学期的正确打开方式》

A new semester means a fresh start. Get your semester started right by practicing these strategies, and your productivity will soar.

新学期意味着新的开始。掌握了新学期的正确打开方式，你的学习效率就会直线飙升。



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1. Get organized

让一切井井有条

Organization helps you reduce chaos and stress, thus making you more productive. Develop a system at the start of your semester. This may include:

条理性可以帮助你减少混乱和压力，从而让你做事更有效率。在开学时把一切都整理得井井有条，包括：

--Color coded notebooks and/or folders for each class

——给每门课程准备一个彩页笔记本和文件夹;

-- A planner with important dates and deadlines filled out

——准备一个日程表，标注出重要的日子和各项任务的截止日期;

--Cleaning out your backpack, desk, and dorm room to reduce clutter from previous semesters

——清理背包、书桌和宿舍，把前几个学期积攒下来的无用之物处理掉;

--Organizing your computer files (e.g., by school year, semester, course, and assignment type or project)

——整理电脑文件，可以按照学年、学期、课程、作业或项目分门别类;

If you keep track of deadlines, know where to find everything, and maintain a well-organized space, you free up your mind to focus on learning and achieving.

如果你对截止日期了如指掌，知道每样东西放在哪儿，把空间整理得井井有条，你就可以把脑子腾出来专心学习，做出成绩。

2. Get into a routine

做事有规律

Like being organized, establishing a routine helps your life run smoothly.

和条理性一样，做事有规律可以让你的生活更顺利。

It ' s easier said than done, but try waking up and going to sleep around the same time each day (or at least on weekdays). Schedule time for the gym, any clubs or activities you participate in, and studying. Instead of waiting until the last minute to work on assignments or cram in information, set aside studying/homework blocks each day. Choose a time of day when you feel especially productive.

尽管说起来容易做起来难，但是你可以试着每天都在同一时间起床和睡觉(至少在工作日如此)。规划好去健身、去参加社团或其他活动以及学习的时间。每天都要留出一整块时间用于学习和做作业，不要等到最后一刻才赶作业或背书。选择一天中你自认为效率最高的时间来学习。

Start each day on a positive note by preparing the night before. For instance, set out the outfit you ' ll wear to class and pack your backpack with the supplies you ' ll need that day. Instead of frantically scrambling around in the morning, you ' ll begin the day feeling confident and prepared. Ultimately, these small habits make a big difference in your overall mood and performance.

通过在前一天晚上做好准备，以积极的态度开始每一天。举例而言，准备好你明天上课要穿的衣服，在书包里放好明天需要的东西。这样，你就可以在准备充分的情况下自信地开始新的一天，而不是一大早紧张忙乱地到处找东西。最终，这些小习惯将会让你的整体情绪状态和表现大为改观。

3. Surround yourself with motivated peers

结交好学的同伴

Maybe you ' ve heard the saying, " Show me your friends and I ' ll show you your future. " It may sound dramatic, but it ' s true that the people you spend the most time with have a major influence on you. If your friends are partying every night, skipping class, and seemingly unconcerned about their grades, staying motivated will be an uphill battle for you.

也许你听过这句话：“你身边的朋友决定你的未来。”这也许听起来有些夸张，但是你与之交往时间最长的人对你会产生重大影响，这是事实。如果你的朋友夜夜狂欢，逃课，对成绩毫不在意，那么保持斗志对你来说会非常困难。

Try to make at least one positive friend in every class. Meet ambitious people with clearly defined goals, good study habits, and healthy lifestyles. These friends can help you stay accountable, and they make great study buddies too.

你应该试着每门课程都结交至少一位好学的朋友。结交那些有明确目标、良好学习习惯和健康生活方式的有志向的人。这些朋友可以帮助你保持责任心，也可以成为很好的学伴。

4. Take good care of yourself

照顾好自己

Finally, remember to practice self-care and healthy habits. When you eat poorly and don ' t get enough sleep, it impacts your mood and your mind. You may feel fuzzy and forgetful, and you ' ll have a tough time learning new concepts. Obviously, this is not helpful for a successful semester.

最后，记得要照顾好自己，养成健康的生活习惯。如果你吃不好，睡眠不足，就会影

响你的情绪和头脑。你可能会觉得脑子迷迷糊糊，变得健忘，在学习新概念时也会感到费劲。显然，这对于成功开展新学期有害无益。

Eat nutritious meals (as often as you can), exercise, and get plenty of rest. Studying in small chunks instead of relying on cram sessions is one way to ensure you sleep enough.

平常多吃有营养的饭菜，坚持锻炼，充分休息。每天学一点，而不是临时抱佛脚，也是确保你睡眠充足的一个方式。

Creating new habits is tough at first. Stick with it, and you ' ll find that you ' re far more productive and successful—and probably happier, too.

养成新习惯一开始很难。坚持下来，你会发现你远比以前效率更高、更成功，应该也会更快乐。

重点词汇

semester 学期

means 方法；方式；途径；财富；钱财；意思是；打算；本意是；意欲；表示...的意思；有...的目的；mean的第三人称单数和复数

a fresh start 重新开始；新的开始

started 开始，着手，动手；启动；发生，开始进行；发动；开动；
start的过去分词和过去式

right by 旁边

practicing 练习；实行；实习；在工作的，开业的；practice的现在分词

these 这些；这些，他们；一些

strategies 战略；策略；规划；行动计划；部署；策划；战略部署；计策；统筹安排；
strategy的复数

productivity 生产率；生产效率

soar 翱翔；猛增；高耸；高飞；升高，增强；急升；升空；升腾；高飞范围；

英文来源：Niche