金丽衢12校联考应用文讲评课 教学设计

龙泉市第一中学 兰建珍

1. 学习目标：

通过脑风暴活动或者小组讨论的形式，学生们对于学校英语周报新栏目Voices of Youth的开设目的和栏目内容有了全新的思考，打开原有的固定思维模式，使之更加开放和创新，并能够用适当地语言合理地表达交流的主要内容、交流后的收获和呼吁。

二、教学过程：

1.审题：

你校英语报近期将推出一个主题为“高中生如何养成良好的心理状态”的专栏。你与美国教育专家 Dr. Smith 进行了交流后写一篇英语文章投稿，主要内容如下：

1. 交流的主要内容；

2. 交流后的收获。

注意：

1.写作词数为80左右；

2.请在答题纸的相应位置作答。

**审题1:试题信息的取舍**

|  |  |
| --- | --- |
| 信息点 | 是否要写，写什么？ |
| 你是学校的一个学生李华 |  |
| 报纸将开设一个新栏目 |  |
| 主题为“高中生如何养成良好的心理状态” |  |
| 交流的主要内容 |  |
| 交流后的收获 |  |
| 呼吁 |  |

**审题2: 框架结构要点 Structure+Points**

**Paragraph 1: background ＋ the purpose of sharing what was learned**

**Paragraph 2: the contents of the column & what was learnt**

**Paragraph 3: appeal for students to cultivate a good mindset**

**2.the language organization of each paragraph**

**Para.1: Para.1 background? ＋purpose? (不可用 I’m writing to...我写信...)**

1 Recently, I had the opportunity to interview Dr. Smith, a renowned American education expert, on the topic of fostering

a positive mindset among high school students.

2 Having communicated with the American education expert Dr. Smith about how our senior high school students form

good mental health, I am hereby eager to share some pertinent information about it.

3 Nowadays high.school students have been facing pressure physically and mentally. Recently I had a conversation with an American education professor Dr. Smith, and here I’d like to share something with you.

4 As a new column themed “How to cultivate a positive mindset among senior school students” is to be rolled out by our English Newspaper, I’m glad to share my communication with Dr. Smith, an American renowned education expert.

**Paragraph 2: WHY to foster a positive mindset?**

1 Cultivating a positive mindset among middle school students is of utmost importance. It allows us to overcome challenges, build resilience 适应力;还原能力, form healthy relationships, and nurture our overall well-being.

2 A positive mindset encourages us to seek opportunities, take risks, and persevere when faced with setbacks. It motivates us to constantly improve and develop newskills, fostering personal and professional growth. As the American author, Napoleon Hill once said/put it,"What the mind can conceive想出（主意、计划等）；想像；构想；设想 and believe, it can achieve."

**Para.2 HOW to foster a positive mindset among high school students?**

1 Gratitude: be aware of the importance of gratitude and maintain a gratitude journal. By focusing on the positive aspects of their lives, they develop a greater appreciation for themselves and their surroundings.

2 Goal setting: understand the power of setting realistic and achievable goals. Breaking down larger goals into smaller, more manageable tasks alows us students to experience a sense of accomplishment, boosting our confidence and motivation.

3 Emotional intelligence: Recognizing and managing their emotions equips them with the tools to navigate challenging situations in a positive and constructive manner.

4 Seeking help when needed: spending quality time with friends and family, like a relaxing sunset cruise; turn to teachers or mental health professionals when needed;

5 Learn stress management techniques: get ourselves trained on effective stress management techniques such as deep breathing, mindfulness, exercise, and time management to help us cope with academic pressures.

**Paragraph 3: appeal for contributions**

1. Submissions can be sent to Voices of Youth@edu.com before l0\*each month. And your voice does matter! Looking forward to your contributions!

2. Stay tuned for 敬请期待the first edition of “Voices of Youth” in our upcoming school newspaper. Let us unite as a generation and make our voices heard — your submissions are welcome in any form.

3. Whether you are an aspiring有抱负的；有志向的 writer, an advocate for change, or simply someone with a unique perspective, we want to hear your voice. Let’s come together and make a difference through our words.

**Para.3 交流后的收获？**

1 Therefore, by implementing practical strategies and fostering an environment that promotes positivism, we will be optimistic, ambitious, and well-prepared to face the opportunities and challenges that lie ahead of them.

2 I came to realize that achieving academic success in high school shouldn’t come at the expense of mental health. Dr. Smith’s insights serve as a reminder for students to prioritize their well-being while striving for excellence.

3 After our conversation, I gained insights into the effective strategies and practical tips for high school students to nurture their mental well-being. So Dr. Smith’s expertise and advice will greatly benefit our upcoming English column on fostering a healthy mindset among high school students.

4 All in all, fostering a positive mindset is of utmost importance. It’s high time we paid special attention to striking a balance between academic pressure and personal well-being.

**One possible version:**

Recently, I had the opportunity to interview Dr. Smith, a renowned American education expert, on the topic of fostering a positive mindset among high school students.

Dr. Smith emphasized the importance of maintaining a balance between academic pressure and personal well-being. He highlighted the significance of self-care practices练习、做法 such as regular exercise, adequate sleep, and mindfulness techniques打坐冥想. According to Dr. Smith, cultivating hobbies and spending quality time with friends and family can also greatly contribute to a healthy mental state.

I came to realize that achieving academic success in high school shouldn’t come at the expense of mental health. Dr. Smith’s insights serve as a reminder for students to prioritize their well-being while striving for excellence.

**下水作文:**

As a new column themed “How to cultivate a positive mindset among senior school students” is to be rolled out by our English Newspaper, I’m glad to share my communication with Dr. Smith, an American renowned education expert.

Dr. Smith stressed cultivating a positive mindset is of utmost importance for us, which allows us to overcome challenges, build resilience 适应力;还原能力, form healthy relationships, and nurture our overall well-being. To achieve this, we are encouraged to get ourselves trained on effective stress management techniques such as deep breathing, mindfulness, exercise, and time management. Besides, breaking down larger goals into smaller, more manageable tasks allows us to experience a sense of accomplishment, boosting our confidence and motivation.

All in all, fostering a positive mindset is of utmost importance. It’s high time we paid special attention to striking a balance between academic pressure and personal well-being.

三、总结反思：

1.应用文不拘泥于某一种固定的类型、模式和套路，要注意审题，注意交际性的需求；

2.中间那段的内容需要多思考，注意逻辑性、合理性和交际性；

3.运用的高级语言要适恰性，避免华丽辞藻的机械堆砌。

4.漂亮、干净的书写依然很重要，要提上议程。