

自律方得自由，网课更需坚守

Self-discipline can bring
real freedom, and learning
online calls for
perseverance.

——浙江省常山一中 吴俊峰

Contents



01

Self-discipline and freedom

02

Why is self-discipline important?

03

Tips on developing self-discipline

04

How to improve the online lessons

05

Views on your online learning

- What is self-discipline?
- Do you think you are a self-disciplined person? Why or why not?
- Do you think it is important to be self-disciplined? Why?
- Do you intend to be a more self-disciplined person? Share us with your plan.

SELF
discipline



01

Learning

Self-discipline and freedom

- There is a saying that the true freedom is not doing whatever you want, but to be self-disciplined. What do you think is the relationship between freedom and self-discipline?

>>> What is the relationship between freedom and self-discipline?



Keeping self-discipline, you will keep freedom.

Self-disciplined people are not all outstanding people. But nearly all outstanding people are self-disciplined people. Some of them keep reading every day. Some of them never get late.

The real difference between an elite and the ordinary people is that an elite can manage himself. And that's where their success comes from.

自律的人不一定都优秀，但优秀的人基本都是自律的。他们之中，有的人坚持每天看书，有的人坚持从不迟到。一个真正的精英与普通人的不同，就是他能够管住自己。而他们的成功就来源于此。

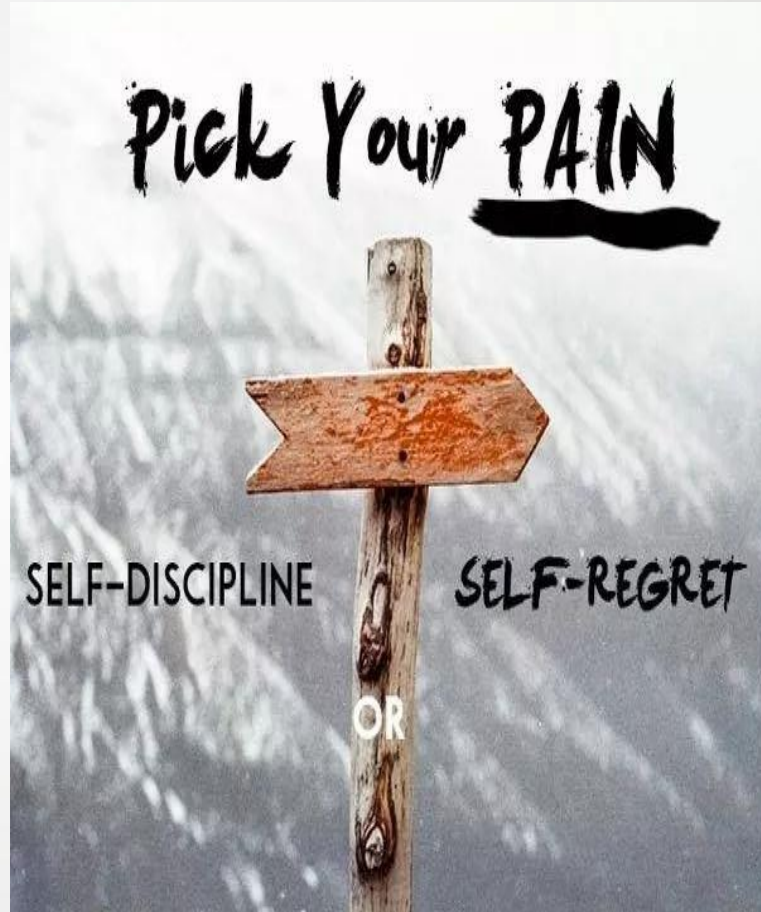
➤ *elite* /er'li:t/ n. 精英；精华；中坚分子

>>> Learning: Self-discipline can bring real freedom

What people call self-management is in fact self-discipline. If you want to get slim, you need to manage your appetite. If you want to succeed, you need to manage your heart.

自律，其实就是自我管理。想要减肥，就得把自己的嘴巴管住。想要成功，就得把自己的心管住。

➤ *appetite* /ˈæpɪtaɪt/ *n.* 食欲; 嗜好



So set your goal and write down your reasons for them. Establish a list for your daily work and life, and execute them out without mercy. This is not sacrificing your freedom. This is freedom. Only in self-discipline can you stop being a slave of all the trivial things in your life. Only in self-discipline can you truly own your future.

定个目标，并写下原因吧。每天为自己的工作和生活列出一个清单，然后毫不留情地执行它。这并不是牺牲自由，这恰恰就是自由。只有在自律当中，你才能不成为生活中琐碎的奴隶。只有在自律中，你才拥有未来。

- *execute* /ˈeksɪkjʊ:t/ vt. 实行；执行
- *trivial* /ˈtrɪviəl/ adj. 不重要的，琐碎的；琐细的

 **Record a video or audio reading fluently in English , and then send the video or audio to you friends.**



02

Reading, listening, speaking

Why is self-discipline important

- Do you think it is important to be self-disciplined? Why?

Reading, listening, speaking

Why is Self-Discipline Important?



Why is Self-Discipline Important?

If you have been following this channel for a while you might get the idea that I like structure. And I do. I love productivity, organization, order , and I try to be as disciplined as possible . When some people hear, they think that it's boring. They equate a disciplined life of structure to feelings of entrapment . Before I get into my thoughts on the topic I want to tell you a story.

如果你看这频道有一阵子了，你可能会发现我不只喜欢做事有结构性而且也确实做得到。我做事喜欢有效率、有组织性、有先后顺序，我也很努力地当个自律的人。有些人一听到自律，就会觉得很乏味。他们把自律的生活当作是一种情感上的束缚。在我发表自己对自律的看法前，我想先告诉你们一个故事。

- *productivity* /ˌprɒdʌk'tɪvəti/ n. 生产力；生产率；生产能力
- *equate* /ɪ'kwert/ vt. 使相等；视为平等 vi. 等同
- *entrapment* /ɪn'træpmənt/ n. 诱捕；圈套；截留

Why is Self-Discipline Important?

So its a hot sunny day out and there is this bee and her name is Bertha. Bertha is buzzing by her hive with some other bees. Just relaxing and having a good time . Like the other bees, Bertha may have some aspirations doing great things one day. I can't really say. Bees probably don't have that ability to think those kind of thoughts. Suddenly a bear starts to approach her hive. The bear is hungry for some honey and bee eggs. In an attempt to save her hive, Bertha stings the bear .

在某一个天气炎热的日子，有一只叫Bertha的蜜蜂。Bertha在她的蜂窝附近和其他蜜蜂嗡嗡叫，轻松快乐地玩耍。Bertha像其他蜜蜂一样也有着远大的抱负。其实也不能这样说啦！蜜蜂应该不会想那么多。突然，有只熊慢慢开始走向她的蜂窝。这只熊肚子饿了，想吃些蜂蜜和蜂蛹。Bertha为了拯救她的蜂窝，去叮了那只熊。

➤ buzz /bʌz/ v. 发出嗡嗡声；发出蜂鸣声

>>> Reading, listening, speaking

Why is Self-Discipline Important?

But its skin is so thick that once she tries to pull her sting out she dismembers herself and dies. The sad part about the story is that Bertha had no choice. Through years of evolutionary wiring she is evolved to sting threats. It's a biological reaction to dangerous situation. She has no idea that her sting will get stuck, and that she will die. If she had known she would have died, she might have flown away and saved her own life.

但熊的皮肤太厚了，当她试着把针拔出来时，她自己肢解死掉了。这个故事悲伤的地方在于Bertha毫无选择权。多年的生物演化使她本能性地去叮敌人。这是对危险状况的本能反应。她完全不知道自己的针会卡在敌人身上，而且自己还会死。如果他知道这么做会致死的话，她可能早就飞走活下来了。

- *dismember* /dɪs'membə(r)/ vt. 肢解，割断手足；分割
- *evolutionary* /i:və'lu:ʃənri/ adj. 进化的；发展的---*evolve* /ɪ'vɒlv/ vt. 发展；进化

Why is Self-Discipline Important?

Bees are prisoners of their own biology. Unlike bees, humans have the ability to override their biology. Through Self-Discipline. Lets say that someone has long-term desires to be in a deep and loving relationship. To create a meaningful career that they love. And have a healthy body. Along each step of that journey they are tempted by short term pleasures, such as porn, junk food or video games.

蜜蜂被自己的生物本能限制住。而人们不像蜜蜂，我们有能力不被本能控制住。而那能力就是自律。举例来说：有一个人想要来一段海枯石烂的感情。想要有意义而且自己又喜欢的工作。想要有健康的身体。而在达到这些目标的路上，每一步都会被短暂的快乐给诱惑，像是a片、垃圾食物、电玩。

- *override* /ˌəʊvəˈraɪd/ vt. 推翻; 超越控制
- *tempt* /tempt/ vt. 诱惑

Why is Self-Discipline Important?

Deep down they really want the life that comes in the long term. Yet they keep succumbing to short-term pleasures. The only difference between these two positions is Self-Discipline. We're lucky that as humans we have the ability to practice Self-Discipline. It gives us the freedom to achieve what we truly want in life and allows us to break free of the biological, or societal cages around us. And I think that is a pretty amazing and powerful thought.

内心深处，人们想要的人生都是需要长期自律才能达到的，但他们还是会屈服于短暂的快乐。短暂快乐和长期幸福的人生，两者的差别就是在于有没有自律。我们人类很幸运的有能力去培养自律。自律带给我们自由，让我们达成人生目标，让我们不受生物本能还有群体控制。而我觉得自律一种很神奇而且又有力量的思想。

➤ *succumb* /sə'kʌm/ *vi.* 屈服; 被压垮 *societal* /sə'saɪətəl/ *adj.* 社会的

Why is Self-Discipline Important?

But it's not so simple. Companies are aware of our natural, biological reactions and use this against us by using supernormal stimuli. An example of supernormal stimuli is junk food. Our ancestors were wired to seek out and enjoy fat and salty food, because it was so rare at the time. But now companies have genetically engineered food to include more fats and salts than ever before in order to make us desire it even more .

但自律也不是很简单的事。企业发现我们的生物本能反应，然后利用这点给我们“超常刺激”。“超常刺激”的其中一个例子就是垃圾食物。我们的祖先偏向去找又油又咸的食物来享用，因为当时很少这种东西。但现在企业利用这点把食物改造，让他们比起以前有更多的油脂和盐分，让我们更想吃。

- *stimuli* /'stimjulaɪ/ n. 刺激；刺激物；促进因素 (*stimulus*的复数)
- *genetically* /dʒə'netɪkli/ adv. 从遗传学角度；从基因方面

》》 Reading, listening, speaking

Why is Self-Discipline Important?

Social Media and the internet as a whole is another form of supernormal stimuli. Humans are biological wired to seek out novelty. For our ancestors, novelty could lead to more knowledge about the world, which could lead to more wisdom which helped us thrive as a species . It has its usefulness .

社群媒体跟网络也是另一种"超常刺激"。人类被赋予寻找新奇事物的本能。对我们的祖先来说，新奇的东西会让他们更了解这个世界，这让他们更有智慧，也让人类得以兴旺。这是有用处的能力。

- *novelty* /nɒvlti/ n. 新奇; 新奇的事物----*novel* adj. 新奇的 n. 小说
- *thrive* /θraɪv/ vi. 繁荣, 兴旺; 茁壮成长

Why is Self-Discipline Important?

However the internet has been designed to take advantage of this desire for novelty by showing you more novelty than you can ever dream of . Every page links out to more pages, with more novelty. And every video to a video with even more novelty. Video games do the same thing.

然而，网络就是利用我们对于新事物的渴望去设计的，网络让我们看到连做梦都想不到的新奇事物。每一个页，都有更多的连结，带领我们探索更多新事物。一部影片给我们更多的惊奇。电玩也是一样的道理。

Why is Self-Discipline Important?

Some evolutionary psychologists believe that video games, like first-person shooters and massively multiplayer open role-playing games, imitate environments that will be similar to the ones that our ancestors navigated in the past but supernormal versions of them. Yet we can get greater feelings of accomplishment in video games with a lot less work.

有些演化心理学家认为，电玩游戏，像是第一人称射击游戏(以玩家的视角进行)和在线多人角色扮演游戏，就是揣摩了我们的祖先在以前在探索新事物的环境，但是已经远远超越于祖先寻找新东西的刺激。我们可以轻松地在电玩中得到满满的成就感。

- *massively* /ˈmæsiːvli/ adv. 大量地; 沉重地
- *imitate* /ˈɪmɪteɪt/ vt. 模仿, 仿效; 仿制
- *navigate* /ˈnævɪgeɪt/ v. 导航; 航行, 驾驶; 找到正确的应对方法

Why is Self-Discipline Important?

The advent of constant achievements showing up on the screen in video games is good evidence that companies are aware that it will motivate players to keep playing. So not only are we sabotaged by our own biology. But we are being targeted by cooperation's seeking to take advantage of us and make a profit.

在电玩世界，目标达成的通知接连不断地出现在屏幕上，这就明确证明出，企业知道这会让玩家有动力继续玩。我们不只被自己的生物本能控制。还被企业利用我们的本能去占便宜。

- *advent* / ˈædvent/ *n.* 到来；出现
- *sabotage* / ˈsæbətɑːʒ/ *v.* 妨害；蓄意破坏
- *target* / ˈtɑːɡɪt/ *n.* 目标；靶子 *v.* 把...作为目标

>>> Reading, listening, speaking

Why is Self-Discipline Important?

On the plus side , you and I are not like the bee, because we are not cased by our own biology. With Self-Dicipline — We can live the life we truly want . We have the choice to be free !

从好处来看，你跟我，我们不像蜜蜂被自己的本能控制。只要有自律，我们就可以活出自己想要人生。我们可以选择拥有自由！

➤ *case* *n.* 情况；实例；箱 *vt.* 包围；把...装于容器中



03

Thinking

Tips on developing self-discipline

- It's a difficult time but also offers a good opportunity for all students to challenge and develop themselves. To be more competitive in the future, students have to learn how to acquire knowledge actively and how to manage themselves.
- And self-discipline is the magic power that makes a person virtually unstoppable! What behaviors support self-discipline?

>> To develop self-discipline, follow these steps:

23

Self-discipline is an essential quality, and it's a key differentiator between people who are successful in life and those who aren't. It is what enables us to do high-quality work, even when we're tired. It helps us to stay professional, even when we're not feeling great. Make sure that you develop it!



step5

Monitor your progress.

step4

Replace old habits.

step3

Identify obstacles.

step2

Find your motivation.

step1

Choose a goal.

01. Have a good sleep早睡早起

A good sleep makes you energetic enough to deal with the work and study. It also has been shown to improve problem-solving skills and enhance memory performance.

Sleep early and wake up early so that you can be more productive in class.

>>> 5 Ways to Develop Self-Discipline

02. Make a study plan 制定学习计划

A study plan is an effective way to help you navigate through your whole semester, and hold you accountable for your own learning outcomes.

Study plans are particularly important for online students, since you need to have self-discipline and determination to complete your studies without the constant reminders of an instructor.

➤ *accountable* adj. 有责任的; 有解释义务的; 可解释的

03. Know Your Weakness 了解自己的弱点

Acknowledge your shortcomings, whatever they may be. Too often people either try to pretend their vulnerabilities don't exist or cover up any pitfalls in their lives.

Own up to your flaws. You can't overcome them until you do.

- *vulnerability* /ˌvʌlnərəˈbɪləti/n. 易损性; 弱点
- *pitfall* /ˈpɪtfɔːl/ n. 陷阱, 圈套; 缺陷; 诱惑
- *Own up to your flaws* 承认你的缺点---own up to 承认; 承认错误, 坦白
- *flaw* /flɔː/ n. 瑕疵, 缺点; 裂缝, 裂纹

04. Take a break & reward yourself 适当放松及奖励自己

Give yourself something exciting by planning a reward when you accomplish your goals. Just like when you were a little kid and got a treat for good behavior, having something to look forward to gives you the motivation to succeed.

Anticipation is powerful. It gives you something to obsess over and focus on, so you're not only thinking of what you are trying to change. And when you achieve your goal, find a new goal and a new reward to keep yourself moving forward.

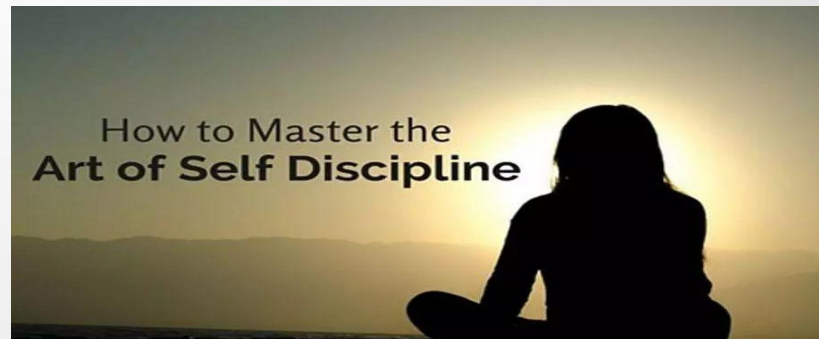
- *anticipation* /ænˌtɪsɪˈpeɪʃn/ *n.* 预料, 预期; 预感; 预知; 盼望, 希望
- *obsess* /əbˈses/ *v.* 使痴迷, 使迷恋; 使心神不宁

05. Remove Temptation 消除诱惑

Like the saying goes, “out of sight, out of mind.” By simply removing your biggest temptations from your environment, you will greatly improve your self-discipline.

If you want to eat healthier, don't buy junk food. If you want to improve your productivity at work, turn off notifications and silence your cell phone. The fewer distractions you have, the more focused you will be on accomplishing your goals. Set yourself up for success by ditching bad influences.

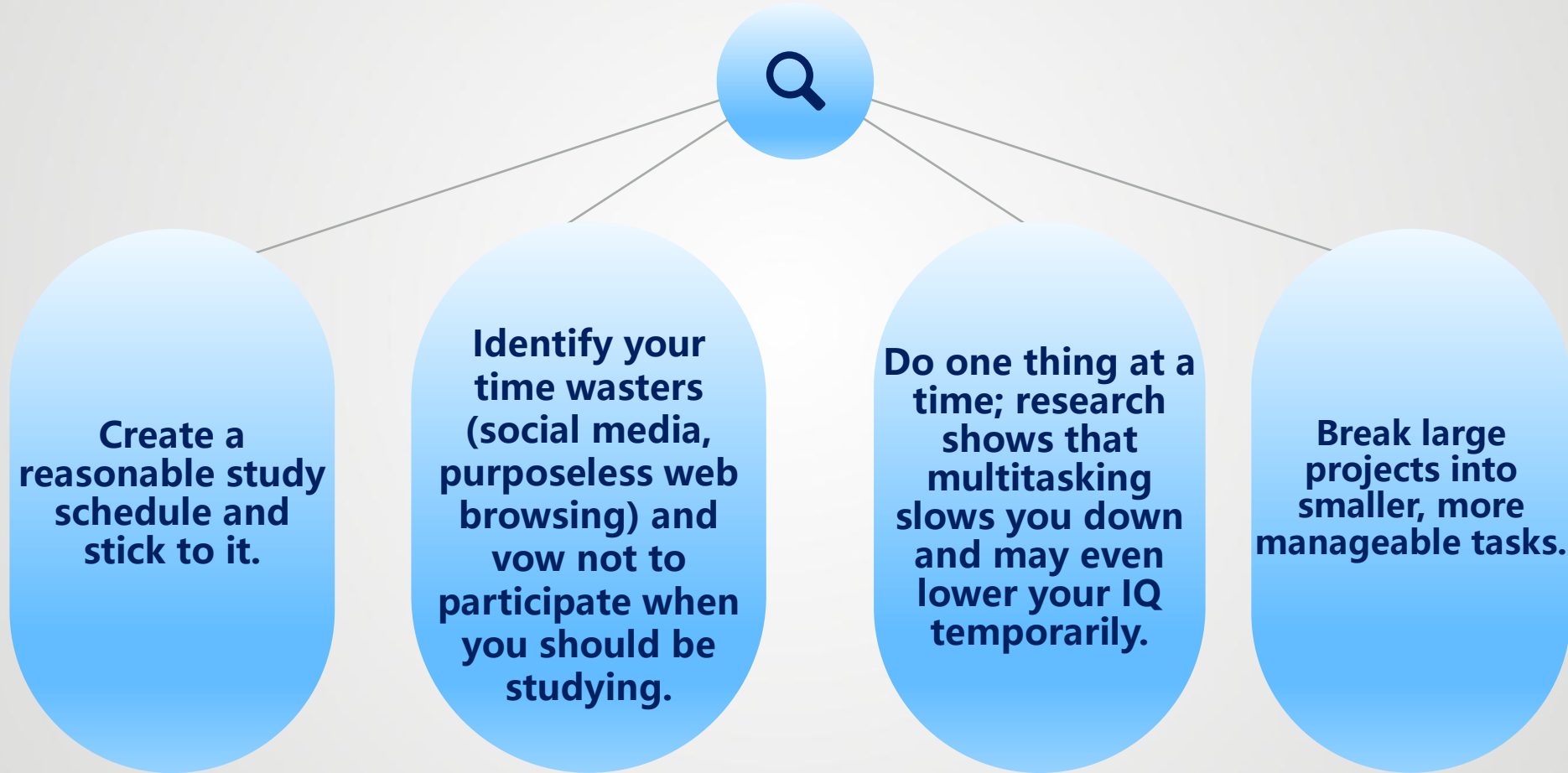
- *notification* /ˌnəʊtɪfɪˈkeɪʃn/ n. 通知; 通告
- *distraction* /dɪˈstrækʃn/ n. 分心; 干扰; 分神
- *ditch* /dɪtʃ/ v. 掘沟, 修渠; 摆脱, 抛弃, 丢弃



>>> Make sure that the goal you set is SMART

- Choose just one goal that you want to focus on to develop your self-discipline.







04

Thinking and practising

How to improve the efficiency of online lessons

- What are the differences between offline and online for you?
- How do you keep your learning efficiency as in the classroom during the online learning period?
- When having the lessons online, did you encounter any problems? If so, how was it solved?



世界上最遥远的距离，不是生与死，而是你在屏幕前，却不回答我的问题。

The furthest distance in the world is not life and death, but that you are in front of the screen and don't answer my question.



一位留学生在直播间里发出灵魂一问：“老师好，我的城市现在是凌晨3:37，请问我们一定要在黑夜里上课吗？”

A teacher was stuck by a question that an international student asked in the live stream room: “Hello, teacher. It is 3:37 am now in my city, do we have to take classes in the dark?”

Online lessons



曾经年少无知，畅想未来：“我期待的2020，学生不用去学校，在家就能上课。”

When young and naive, I was thinking about the future: “In 2020 I am looking forward to, we don't need to go to school any more and can take classes just at home.”



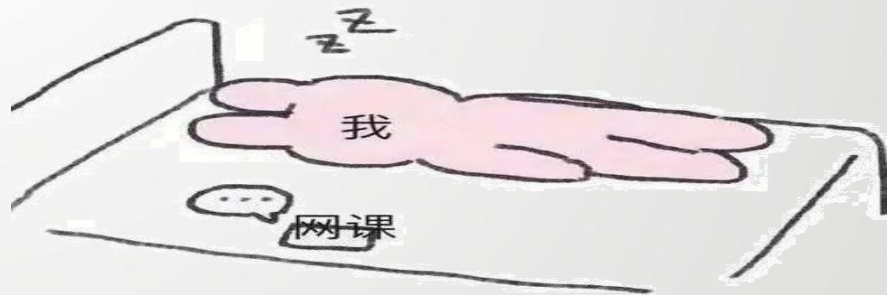
网络不稳、画面卡顿、有人缺席、无法打卡、登不了系统.....一节45分钟的直播课，几乎一半时间都用来解决各种bug了。

Network instability, live video not smooth, being absent from class, unable to punch the clock and etc. A live stream lesson is about 45 minutes, half of which is almost used to solve these all kind of issues.

Dry humor about online lessons

When you were still sleeping in the quilt and rubbing your sleepy eyes, your teacher and classmates were already quietly going online as you didn't know. In the bell that continues ringing to remind you of signing up the class, or in the teacher's sixty-second voice, you helplessly picked up the phone, switched on the computer, and faced the teacher whose voice is cadenced behind the screen, continuing the unfinished dream of last night.

当你还窝在被窝里揉搓着惺忪睡眼的时候，你的老师和同学们早已背着你悄然上线。在一片此起彼伏的签到提醒铃声中，亦或是在老师的六十秒语音里，你无奈的拿起手机，打开电脑，对着屏幕后面抑扬顿挫的老师，继续昨晚那个未竟的美梦。



>>> Do three things regularly to be a the online learner

34

Any reputable teacher will encourage students to communicate

Communicate with your teachers.

02

You can't look for course updates, contribute to class discussions, or complete assignments if you don't at least join in to your online classroom. Get in the habit of doing so regularly.

Join in

01

Ask for help when you need it

03

Open communication helps you develop a rapport with teachers and pave the way if you have questions down the line. Don't be afraid to ask for help.



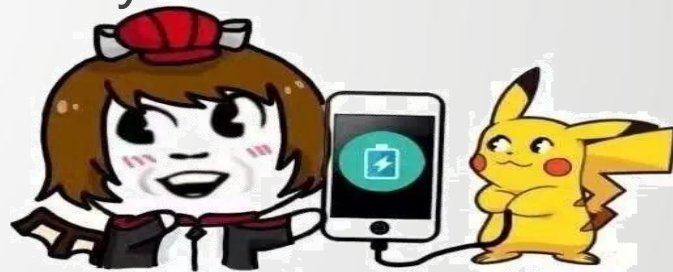
**Self-Motivation
and the Online
Learner**

>>> How to improve the efficiency of online lessons

When broadcasting live, many teachers require students to prepare the things they need before going online, and actively participate in class discussions. Not only do you have to clean up your appearance and mood, but you also have to tidy your desktop, neaten the documents you need in time.

The most important thing is to keep your phone and computer fully charged, and sometimes it doesn't matter if your internet speed isn't fast, just keep your brain active.

许多老师在直播时要求同学们在上网课前把该准备的东西准备好，上课时主动参与课堂讨论。学习需要仪式感。不仅要把仪容和心情收拾好，还要把桌面收拾好，将要用到的文件及时整理好，随用随拿。最重要的是，保持手机和电脑电量充足，有时候网速不积极也没关系，你的大脑保持积极状态就可以了。



1. 确保手机电量充足

1. You should always charge your phone to full before playing the game.

Learning needs concentration and self-control. When you have online class and play the phone at the same time, neither can you get a good entertainment experience, nor can you be fully absorbed in classroom learning. Especially when the mobile phone and computer are at hand, and the network speed is so fast, you will be tempted to click on other apps. If you can't control yourself, uninstall those softwares that distract you.

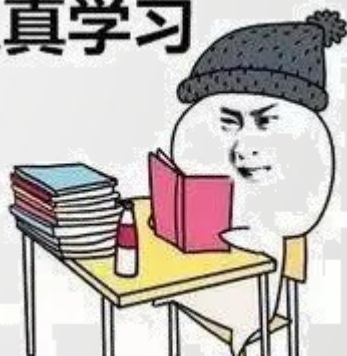
学习需要专注自制。一边学习一边玩手机,既不能得到很好的娱乐体验,也不能充分吸收课堂知识。尤其是手机和电脑都在手边,且网速流畅到飞起的时候,则更会情不自禁点开其它软件。如果实在控制不了自己,不妨先卸载那些让你分心的软件。



Learning requires self-discipline. Stick with reasonable and strict schedule. Don't get up a few minutes before class, or stay up until midnight. Bringing the holiday schedule to the class period will not only cause low learning efficiency, but it will also do harm to physical health in the long run. Only by arranging time properly and balancing work and rest can you get more with less.

学习需要自律心。保持良好的作息時間。切不可在上课前几分钟起床，或者晚上熬到凌晨才睡。把假期的作息帶到上课时期，不仅会造成学习效率低下，长此以往，还会有损身体健康。合理安排时间，劳逸结合，才能事半功倍。

认真学习





05

Viewing and writing

Views on your online learning

- How do you feel about online learning for now?



Mr. Woodpecker, a high school teacher in Zhejiang

This outbreak has physically isolated students from their teachers, and from each other. As a teacher, I'm working with my colleagues and my students more closely than ever, trying to use modern technology to shorten our physical distances.

With the help of DingTalk Cloud-Classroom , an application designed to **facilitate** “learner-centered” learning, we managed to overcome numerous technical barriers, and redesigned our teaching **curriculum** to make online learning a pleasure. The teaching reform is a brave effort made jointly by the staff as well as students and is believed to be a revolution.

- *facilitate* /fəˈsɪlɪteɪt/ vt. 促进; 帮助; 使容易
- *curriculum* /kəˈrɪkjələm/ n. 课程



Dr. Angela Mak , a college English teacher

I have experienced ever close ties with my students since I turned my writing class online **amid** the novel coronavirus outbreak. I'm teaching like an internet **celebrity** – trying to engage my audience with everything I could do .

In addition to online discussion, in-class exercise and presentation, I talked about my travel experience, favorite snacks with a class of “**gossip-chasing**” students, who also shared their daily lives during the **epidemic**. My young daughter sometimes came in front of the camera, greeting her big brothers and sisters.

- amid/ə'mɪd/ prep. 在.....过程中; 在.....气氛中
- celebrity /sə'lebrəti/ n. 名人; 名声
- gossip-chasing 爱八卦的
- epidemic /ˌepɪ'demɪk/ adj. 流行的; 传染性的 n. 传染病

Through online interaction, we have learned how different sectors combine artificial intelligence, cloud computing and 5G technology to upgrade their services.

With the **postponing** the back-to-school day and starting classes as scheduled, both teachers and students were adapting to this new practice, but problems such as unstable network connection and lack of self-discipline also **emerged**.

I was surprised to see many **introverted** classmates express their views more freely online, and I felt closer to teachers when they were joked about.

- *postpone* /pə'spəʊn/ vi. 延缓, 延迟
- *emerge* /ɪ'mɜ:dʒ/ vi. 浮现; 摆脱; 暴露
- *introverted* /ɪntrəvɜ:tɪd/ adj. 内向的



Li Xiao, a ninth-grade student

>>> Voices about online lessons

More and more students are aware now that internet makes learning much more available than ever before. And electronic products are not just for work or entertainment, it's also for learning. You can learn anything you want from the internet anytime and anywhere.

As students, we should put efforts in study and planning our future for ourselves. Without self-discipline, we are not able to concentrate on study, or things we should do. Video games can be a **lure**, TV program can be a lure. In this case, to show we are self-disciplined, we should arrange our time wisely, we should do the fitness challenge regularly in order to keep a fit body.

➤ *lure* /lʊə(r)/ *n.* 诱惑; 饵; 诱惑物 *vt.* 诱惑; 引诱



Wu Tuopu, a fifth-grade primary school student

When studying online, all students are faced with a new challenge - How to learn effectively at home without teachers' **supervision**.

For a real **curve wrecker**, the quality of self-discipline is more important than IQ.

For people who are self-disciplined, **quarantine** is an opportunity to improve themselves because they make the most of their time to learn or work even when no one is pushing.

So I cleaned up the study and rearrange the furniture just like in classroom to force myself focusing on the preparation for the Gaokao.

- *supervision* /ˌsuːpəˈvɪʒn/ n. 监督, 管理
- *curve wrecker* 成绩好的学霸
- *quarantine* /kwɒrəntiːn/ n. 检疫隔离期; 隔离



Lu Zuwang, a senior 3 student

假定你是李华，你的英国朋友Tom因Covid-19疫情要在家上网课，特向你咨询网课的相关情况。请根据以下要点用英语给他写一封电子邮件：

- 1.上课体会；**
- 2.注意事项；**
- 3. 表达鼓励。**

注意：

- 1. 词数80左右；**
- 2. 可以适当增加细节，以使行文连贯。**



A person's hand is visible on the left, holding a silver marker and writing on a whiteboard. The whiteboard has some faint, hand-drawn circles. In the background, a book is open, showing a page with a colorful diagram consisting of four circles in green, blue, orange, and red, arranged in a square. The overall scene is brightly lit, suggesting an office or classroom environment.

Thank you!

By constant self-discipline and self-control, you can develop greatness of character."

– Grenville Kleiser, Inspirational Book Writer

不断的自律及自我控制可以培养出非凡的性格。

– 葛弗尔·克莱什尔 (励志作家)