

Describe a difficult task that you completed at work/school that you felt proud of (你克服过的为之骄傲的困难)

You should say:

What the task was

How you completed it

Why the task was difficult

And why you were proud of the completion of the task

知识点:

和努力有关的一些表达:

- **Where there's a will, there's a way.** 有志者事竟成
- **Blood, sweat and tears** 汗水心血努力

It took my blood, sweat and tears to finish this project.

- **knuckle down** 全力以赴 (knuckle 作为名词“指关节、膝关节”，作为动词“开始认真工作”)

It's final-exam week so I've got to knuckle down and finally start studying.

- **put my head down** 同上用法
- **throw myself into the task** 投入工作学习任务中

Tonight, I really need to throw myself into the task, maybe I'll pull an all-nighter.

- **really go at it** 全力以赴

I think you need a break from that school assignment. You've been really going at it for the last 2 hours!

- **give 100%.** 全力以赴
- **roll up one's sleeves** 袖子卷起来 开干! 战斗模式!

- **get into the zone** 找到状态, 全身心投入
- **stick to the plan** 坚持计划

So, today I want to share with you not a specific task, but more of general task I completed during my university years, which is “studying hard and improving my grades” (好好学习, 提升成绩). Trust me, it wasn't an easy task (不容易) in the beginning.

The story was (故事是这样的), when I was a university student, I entered my first year with high hopes (期待很高) and a bit of arrogance (带着一点傲慢) (目前在校大学生则要改成, **I'm now a third-year university student, and when I entered my first year, I really had high hopes and a bit of arrogance**). In high school, I had been a bit of a study freak (学习狂), always hitting the books (疯狂看书), acing exams (碾压考试), and hardly ever letting myself have fun.

So, when I arrived on campus (走进大学校园后), I decided it was time to let loose (放松) and have fun (享乐). And oh boy, did I party hard (我了的, 我玩儿的可疯了。反问句)?... My first year was like a never-ending party (永不结束的派对). I became a party animal (派对狂人), going out almost every night and making new friends.

Then, of course, I didn't study at all. I didn't even show up for classes (不去上课) / go to class. Therefore, by the end of my first year, I was in academic trouble (学术困境). My grades were plummeting (成绩下滑严重). I was freaked out and discouraged. I felt like I had wasted an entire year of my life.

My parents and good friends were concerned and gave me some tough love (给我严厉的爱). They reminded me that I had come to university for a future, not just for parties. Their words hit me hard (击中我的心), and I realized I needed to make some changes and turn that situation around (扭转局势). (语速慢可以不提家人朋友的部分)

I started by getting organized. I created a study plan and stuck to it religiously (虔诚地执行计划). I got help from professors and tutors when I didn't understand something. I also surrounded myself with friends who were serious about their studies (让自己和爱学习的朋友为伍). For me, it was like a project, a “getting-back-on-track” project (回到正轨工程).

Slowly but surely (慢慢地稳稳地), my grades improved. There were moments when I wanted to give up, but I kept reminding myself of my goals and kept pushing forward. I gave 100%, my blood, sweat and tears (全力以赴). By the end of my second year, my grades were back on track. I made it!!

Looking back, I'm very proud of myself. Where there's a will, there's a way (有志者事竟成). Thank you!

Part3:

1. What are the things that make people feel proud of?

To be honest, people feel proud of various things and achievements. For example, academic accomplishments (学术成就): getting high grades (考高分), completing challenging projects; or career successes (职业成就), like, getting a promotion (被提拔) or a pay rise (被加薪); or achieving personal goals (个人目标), such as, getting married, having a happy marriage, having a healthy and outstanding Child; Or it could be much smaller things, like losing weight (减肥), cutting off sugar (戒糖), quit smoking (戒烟). They're so many reasons to feel happy and proud of

yourself, and to celebrate YOU (庆祝你自己) . it could be as big as life milestones (人生里程碑) , or it could be as small as little accomplishment in daily life. (分类别讨论, 举例子)

2. Do people often feel proud of themselves when they complete a difficult task?

Yes, for many people, when they accomplish a very difficult task, they experience euphoria (狂喜) . It's a strong sense of achievement (成就感) . it really can boost a person's self-esteem and confidence (激增一个人的自我价值感和自信) . Take myself for example, several years ago, I tried to lose some weight. It was very difficult and I almost gave up halfway (半途差点放弃) , but I stuck to my plan and eventually successfully lost 10 pounds. I still remember how proud I felt in that moment. And I still use that example to encourage myself when I need to tackle difficult tasks today. (原因, 举例子)

3. What challenges do young people face today?

As a young person, I have to say, challenges and stress are from everywhere. When we are at school, we face academic pressure all the time. And after we graduate from school, there's the ever-increasing competition for jobs (空前绝后的就业压力) . In China, we say, the grind never stops (内卷永不停止) . Sometimes it feels like we're stuck in a rat race (也是内卷的一种表达) . That's why many of us have mental health issues like stress, anxiety and even depression. (罗列)

4. How do young people handle difficult or challenging tasks?

Some young people are very positive and motivated in front of difficult or challenging tasks. They may seek help and guidance from their teachers, peers or parents. Or using their problem-solving skills, planning skills and time-management skills to break down (拆分) the task into smaller and more manageable steps (更小更好管理的小任务) . Whereas some other young people might get really anxious and directionless (慌张也没方向感)

and then give up on the task. The mentality (意识形态) is very important here. Perseverance goes a long way (坚韧是最好的解决之道)。(分群体)

5. What kinds of rewards are do people receive from work?

People get extrinsic and intrinsic rewards (外在和内在的奖励) at work. In terms of extrinsic rewards, monetary compensation (金钱形式的犒劳) like salary (工资), bonuses (奖金), benefits (福利) such as health care (医保) and pension plans (养老金). What else, big promotions and awards. Those are the things that can motivate people in the workplace. And when it comes to intrinsic rewards (内在), people gain a sense of accomplishment and personal growth (成就感和个人成长感), and also enjoy the feeling of making a meaningful impact (享受制造有意义的影响力), Those are what keep people motivated at work. (分类别讨论)

6. What are the most difficult jobs that people do?

I think many jobs are very difficult. That's why I can't really single out (专门选一个) the most difficult Job. I guess jobs in medical industry (医疗行业), such as surgeons and nurses (外科大夫和护士), they need to work long hours and in shifts (轮班制), and sometimes they don't get to sleep. The amount of work and responsibility can be very overwhelming at times (有时候会很令人窒息). And then, police officers, firefighters. They are often working under high pressure and they're facing danger all the time. Which is very difficult especially for their families. And also, in some situations, whether it's difficult or not also highly relying on a person's interest. If a person is not interested in their job at all, then anything could become the most difficult task in their mind. It's also about the mentality. (罗列, 补充)