

110 學年度第 1 學期高中部英文作文比賽

1. Charles Dickens 的雙城記(A Tale of Two Cities)說「那是最美好的時代,那是最糟糕的時代」(It was the best of times. It was the worst of times)。疫情,帶給我們生活上的巨大改變,疫苗是否施打引起許多的討論,線上線下的學習也有許多需要適應的地方;這些改變終究是美好還是糟糕,已經深深刻印在這個時代每個人心中。請寫一篇字數至少 500 字的文章,敘述這些日子以來疫情帶給你的影響、你如何因應,以及你的盼望是什麼。

2.比賽時間:13:10~14:50,共 100 分鐘。

3.不得使用任何形式的字典與電子載具,其餘依本校考試規定辦理。

Life has changed rather significantly since we began the lockdown last year, we went from enjoying lunch at each others sides to only seeing our friends on tiny screens. It would be an understatement to say that life was flipped on its head.

I've always had a complicated relationship with school, on some days it could be the worst, on others it could be the highlight of my week, but since the pandemic, we were locked in the confines of our houses and school became the screen in front of us. Whether phone screen or computer screen, neither were enough to encapsulate the same feeling as physically going to school, sitting down in our seats and having conversations face to face with another human being. The quality of life has also dropped by a large margin, the inability to go outside paired with being shackled inside a small room for months puts a lot of stress on a person mentally and physically, plus the lack of social interaction person to person has really driven me up a wall.

To cope with quarantine, people have developed multitudes of methods to stay productive and positive in those trying times, one that I have adopted is called "spaceship you", "spaceship you" is basically to separate your living space into several "stations", and to only do certain things in the corresponding stations, such as the sleeping station is only for sleeping, the study station for studying, the eating station for eating and so on. This system helped me focus my attention on tasks that requires lots of concentration, unlike at school, at

(more space in the back)

my home I can see my bed easily from any part of my room, so instead of being on the comfortable bed and doing everything else less efficiently, I block my mind from thinking about the bed by entering the study station, where I focus my full attention on studying. This is how I was able to have good progress in my studies, have a great time relaxing and a perfect sleep schedule, by separating myself from things unrelated to my current task, I was also not distracted mentally as well.

With the pandemic hopefully coming to an end soon, I'm sure many of us are hoping life will return to the way it was, but the pandemic hasn't been all bad. Since everything closed down we've had a lot more time to ourselves, that could be good or bad depending on the person. I used this time to reflect on various aspects of my life, my relationship with people, my hopes and dreams and so on. I came to the realization that I wasn't happy with how my life was going, I had no real friends and I didn't have any goals, so I talked to my parents about it and we bonded a lot in the process. I learned that we weren't so different, they too had periods in their lives when they were lost, and with their support and guidance I was able to get out of that dark place and forge a stronger bond with my parents. I have the pandemic to thank for my renewed sense of hope and a better relationship with the people who love me.

This year of many changes hasn't been easy for everyone, it has its lows but we also can't forget the highs. We should all remember this time and what impacts it has brought about our lives, whether good or bad, whether joyful or sorrowful, we should all learn from this experience and emerge from our homes better people.