



东港市第二中学毕业生创刊

东港市第二中学
Donggang No. 2 Middle School

晨風報

二〇二三年四月(下)刊

总第 二期

夙兴启路求真知

夜寐苦读巩学识

扶摇送君金榜日

鲲鹏直上展翅时

 晨風社

出品

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我们诚挚欢迎各位读者朋友对本报提出宝贵意见。我们也热烈欢迎读者朋友们积极来稿。在学习和生活上有任何问题都可以联系我们。学长学姐们期待同学们的留言，我们会尽己所能地提供帮助。

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◎心理健康

考试真的是头等大事吗？

考试前，你在因备考而压力山大，担心自己的复习不够周全；考试中，你怀疑自己的定理是否记得准确，对每一个计算结果都忧心忡忡；考试后，你心如死灰，你知道你出现了很多疏漏，你的知识残缺不全；有意或无意听到答案时，你无限悔恨，要是当初多用心记一记该有多好，再验算一下该有多好；拿到答案，你一遍又一遍地去核算分数，在每一个模棱两可的地方都大方地给自己加上“应有的”分数，你算了又算，算了又算，渴望着阅卷老师给予你最大的仁慈；成绩下来了，与你的期望相差甚远，你陷入到沉痛的悲愤之中，怨天尤人，你和其他人一起咒骂阅卷人，痛斥出卷人，这样，你巧妙地将错误归咎于他人，面子保住了；静下心来，你最明白，确实确实就是自己的学习没有达到预期的目标，你最清楚，考试帮你找到了薄弱点，但是面子上已经过去了，谁在乎呢；大概一周后，考试带来的负面情绪消除了，你就按照以往的方式继续学下去。

当看见这篇文章的时，我想你们应该刚考完试不久，大部分人可能经历了上述的心理过程。考试在大部分同学心里已经和酷刑没什么区别，它能带来的只有无限的焦虑。我相信，谁都不愿意陷入这个要命的焦虑循环中，借着这次机会，我们一起仔细想一想为什么会出现这种情况。

首先，焦虑这件事本身说明我们很在意考试，将它当成学习生活中的头等大事。不只是你，你身边的每一个人，你所处的环境，对你而言都在加深考试是头等大事的认知。再加上高考这个最后检测的形式，考试，顺理成章地成为了学生心中的头等大事。因为是头等大事，所以我们焦虑。

所以这就来到了咱们的标题，考试真的是头等大

事吗？我们来学校学习真的就是为了考试吗？

当然不是。

让我们重新认识一下你现在所经历的考试，其根本的用意就是通过检测的方式来发现我们的漏洞，让我们弥补不足，去更好的掌握知识。

我们的头等大事是学习和掌握知识。这才是根本。高考无非就是一种检测你掌握知识程度的形式。你看它一直在追求什么更新，什么反套路，本意就是让你不要把自己禁锢在这个形式之中，要去学习知识本身，少去研究套路。万变不离其宗。只要你掌握了知识本身，一切的考试都难不倒你。

同时在衡水大形势的影响下，高考被迫划入学生“战时状态”，高考也变成了一场心理素质考试，很多地方都采取了以考代练的方针，想以此来锻炼我们的心理能力，达到临考不乱的效果。如果是形式的正式让你担忧，大可不必。这么多的机会就是让你寻找属于你的调节办法。

分析完这一点，我们发现，考试是重要的，但是不是头等大事。其实考试本身并不可怕，那让我们害怕的究竟是什么？

答案很简单，是排名和成绩。

考完试之后，其实大多数人的关注中心不在疏漏点。相反的，他们最看重的是排名这些攀比的东西。排名在一定程度上确实可以反映最近的状态。但其实这在你的前两年半的学习生活中只能提供一个模糊的估量，在高三下学期你会惊讶的发现排名会有如此大的变化。所以你大可不必为当下的排名感到任何忧虑，同时也不要骄傲，因为它的保质期仅仅一个月而已。

排名最重要的是跟自己比较，和别人比较这件事是极其愚蠢的。通过和自己比较才能看见我们在一段时期以内的状态起伏，来调整我们的方法策略。和他人比较排名是功利且焦虑的，我们以他人的学习精

神、态度、状态为榜样，从来不是他的排名为榜样。

我们要做的是相互帮助共同进步，不是彼此猜忌勾心斗角。无论从客观还是主观角度，你的同学都是你的朋友，高中阶段你们之间从来不存在敌对关系，请正视这一点。

所以，我亲爱的朋友，请大胆一点，让该死的排名见鬼去吧，别在意其他人的指指点点，大多数情况下那都是你的臆想。你要做的是从考试中找到自己的不足，去正视自己的纰漏和疏忽，去审视自己最近的学习状态和效果，去修缮你的知识之塔。你可以大胆的向老师寻求帮助，他们真的很愿意帮你解决问题，你大可以放心的向他们倾诉。

而总结和反思并不是老师认为你们闲着没事做，这是一种良好的习惯。大洋彼岸的美国 FBI 始终将任务反思作为极其重要的部分。学而不思则罔。智慧源于反思。我们要学会去正视自己，无论现在还是将来，这都是优秀的品质。请不要再怨天尤人，或者至少你保住面子之后，在安静的地方，好好地反思总结自己的问题所在，然后继续大踏步向前吧！

文：薰

◎语言之美

The Gift of Maggie**O·Henry**

Jim stopped inside the door, as immovable as a setter at the scent of quail. His eyes were fixed upon Della, and there was an expression in them that she could not read, and it terrified her. It was not anger, nor surprise, nor disapproval, nor horror, nor any of the sentiments that she had been prepared for. He simply stared at her fixedly with that peculiar expression on his face.

Della wriggled off the table and went for him.

"Jim, darling," she cried, "don't look at me that way. I had my hair cut off and sold because I couldn't have lived through Christmas without giving you a present. It'll grow out again--you won't mind, will you? I just had to do it. My hair grows awfully fast. Say Merry Christmas! Jim, and let's be happy. You don't know what a nice-- what a beautiful, nice gift I've got for you."

"You've cut off your hair?" asked Jim, laboriously, as if he had not arrived at that patent fact yet even after the hardest mental labor.

"Cut it off and sold it," said Della. "Don't you like me just as well, anyhow? I'm me without my hair, ain't I?"

Jim looked about the room curiously.

"You say your hair is gone?" he said, with an air almost of idiocy.

"You needn't look for it," said Della. "It's sold, I tell you--sold and gone, too. It's Christmas Eve, boy. Be good to me, for it went for

you. Maybe the hairs of my head were numbered," she went on with sudden serious sweetness, "but nobody could ever count my love for you. Shall I put the chops on, Jim?"

Out of his trance Jim seemed quickly to wake. He enfolded his Della. For ten seconds let us regard with discreet scrutiny some inconsequential object in the other direction. Eight dollars a week or a million a year--what is the difference? A mathematician or a wit would give you the wrong answer. The magi brought valuable gifts, but that was not among them. This dark assertion will be illuminated later on.

Jim drew a package from his overcoat pocket and threw it upon the table.

"Don't make any mistake, Della," he said, "about me. I don't think there's anything in the way of a haircut or a shave or a shampoo that could make me like my girl any less. But if you'll unwrap that package you may see why you had me going a while at first."

White fingers and nimble tore at the string and paper. And then an ecstatic scream of joy; and then, alas! a quick feminine change to hysterical tears and wails, necessitating the immediate employment of all the comforting powers of the lord of the flat.

For there lay The Combs--the set of combs, side and back, that Della had worshipped long in a Broadway window. Beautiful combs, pure tortoise shell, with jewelled rims--just the shade to wear in the beautiful vanished hair. They were expensive combs, she knew, and her heart had simply craved and yearned over them without the least hope of possession. And now, they were hers, but the tresses

that should have adorned the coveted adornments were gone.

But she hugged them to her bosom, and at length she was able to look up with dim eyes and a smile and say: "My hair grows so fast, Jim!"

And then Della leaped up like a little singed cat and cried, "Oh, oh!"

Jim had not yet seen his beautiful present. She held it out to him eagerly upon her open palm. The dull precious metal seemed to flash with a reflection of her bright and ardent spirit. "Isn't it a dandy, Jim? I hunted all over town to find it. You'll have to look at the time a hundred times a day now. Give me your watch. I want to see how it looks on it." Instead of obeying, Jim tumbled down on the couch and put his hands under the back of his head and smiled.

"Della," said he, "let's put our Christmas presents away and keep 'em a while. They're too nice to use just at present. I sold the watch to get the money to buy your combs. And now suppose you put the chops on."

The Magi, as you know, were wise men--wonderfully wise men--who brought gifts to the Babe in the manger. They invented the art of giving Christmas presents. Being wise, their gifts were no doubt wise ones, possibly bearing the privilege of exchange in case of duplication. And here I have lamely related to you the uneventful chronicle of two foolish children in a flat who most unwisely sacrificed for each other the greatest treasures of their house. But in a last word to the wise of these days let it be said that of all who give gifts these two were the wisest. O all who give and receive gifts,

such as they are wisest. Everywhere they are wisest. They are the magi.

(excerpt from *The Gift of Maggie*)

This is O·Henry ends. As you see, Della sold her hair and bought her husband a fob chain while Jim sold his watch and bought his wife a set of combs.

And there are also some common sense. For example, why the title is *The Gift of Maggie*, who is Maggie?

Magi means wise men. In Persian, Magus means astronomer. In *Bible*, when Jesus was born, Magi saw a bright star in the direction of Bethlehem. So they brought gold, frankincense and myrrh to Jesus as gifts.

And the article aims to express that although the material gift is valuable, the two people pay for each other wholeheartedly, and the act of giving gifts and the sincere, pure and touching love in the gift is the most precious and priceless.

◎时事评论

家事国事天下事，事事关心

时事政治简称时政，指的是指某个时间段，尤其是现阶段发生的国内国际政治大事，是概括性比较强的、从大局出发的事件。可能有同学对于时政这个东西十分反感，因为时政似乎离我们都很远，而且常以死记硬背且味同嚼蜡的面孔出现，这让时政被同学们深切厌恶。

可是，时政真的是你我想象的那么遥远且死板吗？

其实时政对于我们中学的学习成绩的提升是有限的，因为考试主要考察你对于教材基础知识和做题基本方法，以及在此基础之上的思维拓展。除了政治教材，国内每一次发生重要政治事件后都会进行一定程度的修改，其他教材的变化频率其实并不大，也就是说，如果你将课本知识学好了，的确可以“两耳不闻窗外事”而取得好成绩。

很多同学或许会这样问：“那为什么还要关注时政呢？有关心时政的时间，我把教材学好不香吗？”

刚刚说到，时政对于成绩提升有限，但绝对不是0。比如说语文作文的写作素材，很多同学言必称古人，不是屈原李白，就是杜甫岳飞，颇有“厚古而薄今”的感觉。其实同学们看一下近些年的优秀范文，古人的论据不是没有，但更多的是当代的事例。我想，如果多关注时政的话，就可以积累更多的素材，写作时，无论是怎样的主题，论据都可以信手拈来。

再说文综（史政地）方面，一半以上的选择题材料是最新的新闻，主观题材料更是如此。诚然，在信息爆炸的时代，通过看时政新闻而押题的方法是毫无可能的，但如果在平日里关注时政，那么就可以或多或少掌握分析时政的技巧，这样在考场上也就不至于被打个措手不及了。

这是对于成绩方面的裨益。事实上，养成关注时政的习惯是提高综合素质发展的有效途径，这也是我们拓

宽眼界最简单的方法。

在高中，所需要考虑的事情只有“如何提高成绩”，但到了大学和进入社会以后，就需要对自我和时代都作出自己的思考，那就不能和往常一样只知道闭门造车了。思考自我是“学”这一过程的真实含义；把握一个时代，首先需要知道发生了什么，然后再利用你所学的知识和你自己的人生进行分析，这便是不断成长的过程。

关注时政的渠道有很多，除了传统纸质报刊和电视等传统媒体以外，互联网有短视频平台，视频网站，以及社交APP等新媒体。这里我会逐一推荐。

国内媒体方面，人民日报和新华社可以帮助我们了解国内重大时政新闻，并把握国内的政治大方向；想进一步深入的同学，可以去看环球时报和参考消息。

英语基础好的同学可以看China Daily，关注时政的同时还可以提高英语水平，水平高的同学也可以考虑适当关注一下国外的一些媒体，比如BBC、CNN等。

但，无论看什么媒体，最重要的永远是坚守立场，并保持独立的思考。

接下来我将以本次“两会”为例来讲一下我们应该怎么来看时政。

两会，指的是中华人民共和国全国人民代表大会和中国人民政治协商会议。学过政治的同学们知道，全国人民代表大会是我国的最高权力机关和立法机关，政治协商会议是中国人民爱国统一战线的组织，因此在我国政治生活中具有重要的地位，是我们了解当今中国社会政治经济发展状况的重要窗口。

我们当然没有精力关注两会所有的详细内容，但我们可以关注一些影响非常大的事。例如3月8日的全国人大议程中，审议国务院机构改革草案就值得我们关注。比如说“组建国家金融监督管理总局”，“深化地方金融监管体制改革”，“统筹推进中国人民银行分支机构改革”，“完善国有金融资本管理体制”和“加强金融管理部门工作人员统一规范管理”，不难看出国家大大加强

了金融监管力度，这让我们联想到了 2022 年河南村镇银行暴雷的事件。另外，关注国际时政的同学可能听说了美国金融业发生的事件，这正说明了国家监管金融的重要性。

再如“优化农业农村部职责”，其中最需要注意的就是“在农业农村部加挂国家乡村振兴局牌子”，也就是将原乡村振兴局的职责划到了国务院的农业农村部，这体现了国家对于乡村振兴的高度重视。类似于这样的时政还有许多，例如“重新组建科学技术部”并“组建国家数据局”，读懂这些时政可以把握中国社会的动态，进而洞悉中国发展的大势。

文：高赤明

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