

114 學年度上學期高三英文作文補考內容:

第一大題: 範文默寫(40%)(以下 2 篇, 2 選 1)

第二大題: 作文一篇, 題目於補考當天指定。(60%) (提示: 結構可參考範文)

How I Build Better Habits

I have learned that building good habits is not about big changes; it is about making small improvements every day. To start a new habit, I make it **obvious** by creating a clear cue in my environment. For example, if I want to read more, I place a book on my pillow. I also make the habit **attractive** so that I feel motivated to do it. I use "temptation bundling," such as only listening to my favorite podcast while I exercise. By focusing on these small wins, I allow my tiny "atomic" habits to grow into big results over time.

Next, I make sure to make the habit **easy** to do. I follow the "Two-Minute Rule," which means my new habit should take less than two minutes to start. This helps me reduce friction and stop procrastinating. Finally, I make the habit **satisfying**. When I feel a sense of reward immediately after the action, my brain wants to repeat it. For instance, I use a habit tracker to cross off a task; seeing my progress makes me feel successful right away. By staying consistent and focusing on my identity—becoming the person I want to be—my habits can last a lifetime.

How I Control My Cellphone Use

I have learned that controlling my screen time is not about willpower; it is about making small changes to my environment. To break my phone habit, I make the temptation **invisible** by creating clear boundaries. For example, I leave my phone in another room while I am working so I do not see it. I also make using the phone **unattractive** to reduce my motivation. I change my screen to grayscale mode, which makes the colorful apps look boring. By focusing on these small adjustments, I can reduce the "atomic" triggers that lead to mindless scrolling.

Next, I make sure to make using my phone **difficult** to do. I follow a "reverse" rule by adding friction, such as deleting social media apps so I have to log in through a web browser every time. This helps me stop procrastinating and think before I click. Finally, I make the habit of putting my phone away **satisfying**. When I successfully avoid my phone, I give myself a small reward. For instance, I allow myself ten minutes of guilt-free reading time for every hour I stay off my device. By staying consistent and focusing on my identity—becoming a focused person—I can keep my digital life under control.