

【內容】全文清楚切題，皆按提示寫作。第一段敘述自身失敗的經歷，回顧參加演講比賽時，因恐懼與緊張而導致挫敗的情境，以及其所帶來的心理衝擊。第二段運用三項社會情緒學習(SEL)核心能力，分析此失敗經歷所引發的自我省思，條理分明。首先自己覺察負面情緒可能造成的影響，進而採取有效方式自我調適，最後期許未來能更有勇氣與自信面對挑戰。全篇文章表達細膩、意象鮮明、行文流暢自然。

【組織】段落層次分明，結構井然有序，經驗描述與反思歷程安排順暢，前後連貫緊湊。

【語言】通篇時態掌握得宜，文句結構饒富變化，靈活運用分詞構句(如：..., caging me、When encountering)、介系詞片語(如：With the core skills aforementioned)與名詞子句(如：...how I should've noted that...、...of what I should do...), 且善用修辭技巧(如：my mind went completely blank、caging me in a virtual jail、guilt echoed...、a better version of myself)，用字遣詞豐富多元(如：chaotic、overtook、flustered、underlying、a genuine reminder、prompts me to、aforementioned)。

The weather outside was peaceful, but the inside of my thoughts were fightful and chaotic. I vividly remember the day when I stood on the stage of an important speech contest, but my mind went completely blank. Fear and nervousness overtook me, caging me in a virtual jail. That was when I realized, mental resilience is far more critical than academic knowledge. After the experience of absolute failure, guilt echoed in my brain. Yet, there are three things that really taught me a memorable lesson. They are self-awareness, self-management, and responsible decision-making.

First of all, self-awareness is how I should've noted that I got nervous and flustered easily before ruthlessly going on stage. When encountering challenges, it is crucial that I reflect the underlying blind spot, keeping the taste of failure in heart and beware of more potential obstacles. Secondly, self-management is built on the foundation of self-awareness. To manage is to take action after being aware of the current challenges. For instance, with the experience of great frustration on stage, self-management serves as a genuine reminder of what I should do to keep negative emotions under control, such as taking deep breaths and maintaining trustful eye contact. Last but not least, the final lesson of responsible decision-making prompts me to ask myself: "How to address the same problem in the future?" With the core skills aforementioned, I acknowledged that staying calm and rational under challenges is never an easy deal, but having the courage and confident to face them instead of escaping is the bottom line. In the future, I will keep these three core skill in mind and hopefully cope with upcoming uncertain challenges to create a better version of myself.