

【內容】全文清楚切題，皆按提示寫作。第一段說明社會情緒學習(SEL)的必要性，並明確指出對自身影響最重要的三項核心能力。第二段敘述因準備模擬考而產生的焦慮，以及考試失利所帶來的負面情緒，從自我覺察悲觀情緒開始，透過借鏡同儕經驗得到啟發，進而提升自我情緒管理能力，並運用人際關係技巧向師長尋求協助。第三段反思此次經驗，深信未來必可善用 SEL 核心能力面對困境。全篇文章內容充實、詞藻豐富、行文流暢自然。

【組織】段落層次分明，結構清晰，開頭、發展及結尾的安排順暢，細節發展環環相扣。

【語言】通篇文句結構饒富變化，長短句交互運用，善用分詞構句(如：..., relying on my teacher...)、介系詞片語(如：in the face of)、倒裝句(如：Only with the aforementioned SEL abilities can I)、名詞子句(如：how they mitigate...)以及連接副詞(如：As such, ...)，並活用修辭技巧 (engulfed by anxiety、wrecked emotions、be consumed by pain、a path forward in the dark)。用字遣詞不落俗套、細膩生動 (如：conundrum、cardinal、turmoil、pessimistic、cope with、mitigate、triumph over、aforementioned、alleviate)。

Human lives are paved with countless trials and challenges, and this also applies to young teenagers. Only experienced life for about a decade, they often lack the maturity and emotional control to face many challenges. As such, it is important for them to be aware of both their personal challenges and confidants around them. I believe that recognizing one's personal conundrum (self-awareness), calming oneself (self-management), and relationship skills are cardinal in the face of emotional turmoil, for I have once experienced it myself.

Back when I was preparing for my high school entrance exam, I was completely engulfed by anxiety. After severely underperformed the last mock exam before the entrance exam, I was unable to control my sadness, and it felt as if I am simply waiting for my impending doom. At that moment, I realized the situation I was in. It is not my mock exam's underperformance that is the issue, but rather my pessimistic thoughts and emotions. This is my self-awareness. Then, in order to cope with this wrecked emotions, I looked at my peers and see how they mitigate their stress, and it turns out that they simply confide in their parents. By utilizing my social awareness, I was able to see a path forward in the dark. This is my self-management. However, after talking with my parents, I realized that they were unable to help me, as they did not take their academic life seriously. Just as I thought I'd be consumed by pain again, I went to my most trusted teacher and brought up all of my anxiety and troubles. By doing that, I was not only consoled by the teacher, but also encouraged to give the exam my best shot. This is my relationship skills, relying on my teacher rather than my parents who were unable to help. And with that, I was ultimately able to overcome the emotional challenge, and got into the school of my choice after the entrance exam.

Looking back at that story made me proud on how I was able to triumph over my pessimistic side and utilize numerous SEL core abilities. And by reflecting upon this past challenge, I am sure that I will be able to make decisions responsibly, and properly as well as determinedly face my future dilemma. Only with the aforementioned SEL abilities can I alleviate my emotional turmoil and successfully regain the control to my emotions.