

停更一年后我想分享点什么呢？
Tínggēng yìnián hòu wǒ xiǎng fēnxiǎng diǎn shémme ne ?
What do I want to share after one year of break?

你好！我是黄老师。
Nǐ hǎo! Wǒ shì Huáng lǎoshī.
Hello! I am Ms. Huang.

你也可以叫我 Becky。
Nǐ yě kěyǐ jiào wǒ Becky.
You can also call me Becky.

我已经一年多没有做视频了。
Wǒ yǐjīng yìniánduō méiyǒu zuò shìpín le.
I haven't made videos in over a year.

就像你看到的，
Jiù xiàng nǐ kàndào de,
as you can see,

最近我回来了。
zuìjìn wǒ huí lái le.
I came back recently.

那么在过去的一年里
Nàme zài guòqùde yìnián lǐ
In the past one year

我做了什么呢？
wǒ zuò le shénme ne?
What did I do?

我主要做了三件事：
Wǒ zhǔyào zuò le sān jiàn shì:
I mainly did three things:

做老师、做学生和运动。
Zuò lǎoshī, zuò xuéshēng hé yùndòng.
To be a teacher, to be a student and do exercise.

首先，教中文是我的工作。

Shǒuxiān, jiào zhōngwén shì wǒde gōngzuò.

First of all, teaching Chinese is my job.

这当然也是我做的最多的一件事。

Zhè dāngrán yěshì wǒ zuò de zuìduō de yí jiàn shì.

Certainly I did it the most.

不一样的是

Bù yíyàng de shì

The difference is

在过去的十二年里

zài guòqù de shí'èr nián lǐ

in the past twelve years

我大部分学生都是成人。

wǒ dà bùfèn xuéshēng dōushì chéng rén.

Most of my students were adults.

但是从去年开始

Dànshì cóng qùnián kāishǐ

But since last year

我孩子的学生越来越多了。

wǒ háizi de xuéshēng yuè lái yuè duō le.

I had more and more children students.

教孩子对我来说是一个挑战，

Jiào háizi duì wǒ lái shuō shì yí ge tiǎozhàn,

Teaching children is a challenge for me,

也是一个惊喜。

yěshì yí ge jīngxǐ.

and also a surprise.

因为开始的时候，
Yīn wéi kāishǐ de shíhòu,
Because at the beginning,

我很担心
wǒ hěn dānxīn
I was worried about that

我不能发现他们的兴趣点，
wǒ bùnéng fāxiàn tāmen de xìngqùdiǎn,
I can't find their interests,

抓住他们的注意力。
zhuāzhù tāmen de zhùyìlì.
and grab their attention.

但是后来我发现我的担心是多余的。
Dànshì hòulái wǒ fāxiàn wǒde dānxīn shì duōyú de.
But then I found that my worries were superfluous.

因为我发现只要我不用
Yīnwèi wǒ fāxiàn zhǐyào wǒ búyòng
Because I found that as long as I don't use

成人的标准去要求他们，
chéng rén de biāozhǔn qù yāoqiú tāmen,
adult standards to require them,

他们会带我去发现他们的世界。
tāmen huì dài wǒ qù fāxiàn tāmen de shìjiè.
They would take me to discover their world.

这就是他们带给我的惊喜。
Zhè jiùshì tāmen dài gěi wǒ de jīngxǐ.
That's what they surprised me with.

我做的第二件事是学生。
Wǒ zuò de dì èr jiàn shì shì xuéshēng.
The second thing I did was students.

去年我主要学习了
Qùnián wǒ zhǔyào xuéxí le
Last year I mainly learned

编程语言 python 和写作。
biānchéng yǔyán python hé xiězuò.
the programming language python and writing.

我学习 python 并不是因为
Wǒ xuéxí python bìng búshì yīnwèi
I learned python was not because

我想做一名电脑工程师。
wǒ xiǎng zuò yì míng diànnǎo gōngchéngshī.
I want to be a computer engineer.

而是我发现我的通识教育
Érshì wǒ fāxiàn wǒde tōngshí jiàoyù
But because I found that my Liberal Studies

基础并不太好，
jīchǔ bìng bú tài hǎo,
foundation is not very good,

而是一个完整的知识系统
ér yíge wánzhěng de zhīshí xìtǒng
And a complete knowledge system

对一个人的思维发展非常重要。
duì yíge rén de sīwéi fāzhǎn fēicháng zhòngyào.
is important for the development of a person's way of thinking.

所以从二零一六年开始
Suǒyǐ cóng èr líng yī liù nián kāishǐ
So since 2016

我花了很多时间学习国画、书法
wǒ huā le hěnduō shíjiān xuéxí guóhuà, shūfǎ
I spent a lot of time on learning Chinese painting, calligraphy

心理学这些文科科目。
xīnlǐ xué zhèxiē wénkē kēmù.
psychology, liberal arts subjects like these.

而现在 python 和数学的学习
Ér xiànzài python hé shùxué de xuéxí
Now learning Python and math

也填补了我理科类思维的空缺。
yě tiánbǔ le wǒ lǐkèlèi sīwéi de kòngquē.
fills the gap in my technical way of thinking.

最后，我还和中国畅销书作家
Zuìhòu, wǒ hái hé zhōngguó chàngxiāoshū zuòjiā
Finally, I also studied with Chinese bestselling author

李笑来老师学习了写作。
lǐxiàolái lǎoshī xuéxí le xiězuò.
Mr.Li on writing.

李笑来老师说教是最好的学，
Lǐxiàolái lǎoshī shuō jiāo shì zuì hǎo de xué,
Li Xiaolai said that teaching is the best way to learn.

写作是整理一个人思维最好的方式。
xiězuò shì zhěnglǐ yíge rén sīwéi zuì hǎo de fāngshì.
And writing is the best way to organize one's thinking.

中国人常说身体是革命的本钱。
Zhōngguó rén cháng shuō shēntǐ shì gé mìng de běnqián.
Chinese often said that health is the capital of revolution.

所以运动很重要。
Suǒyǐ yùndòng hěn zhòngyào.
So exercise is very important.

但是我很讨厌用"坚持"这个词。
Dànshì wǒ hěn tǎoyàn yòng "jiānchí" zhè ge cí.
But I hate using the word "persistence".

因为我认为任何需要坚持的事
Yīnwèi wǒ rèn wéi rèn hé xū yào jiān chí de shì
Because I think anything that needs persistence

都不可能持续地做好。
dōu bù kě néng chí xù de zuò hǎo.
can't be done consistently.

因为人的毅力太有限了。
Yīn wéi rén de yì lì tài yǒu xiàn le.
Because human's willpower is too limited.

那么找到适合自己的运动
Nà me zhǎo dào shì hé zì jǐ de yùndòng
So to find the exercise that suits you.

就非常重要了。
jiù fēi cháng zhòng yào le.
is important

我尝试过很多不一样的运动,
Wǒ cháng shì guò hěnduō bù yí yàng de yùndòng,
I have tried many different sports,

最后我发现走路和跳健身操
zuihòu wǒ fāxiàn zǒulù hé tiào jiànshēncāo
In the end I found that walking and dancing aerobics

比较适合自己。
bǐjiào shìhé zìjǐ.
were more suitable for me.

现在我每天可以走十公里，
Xiànzài wǒ měitiān kěyǐ zǒu shí gōnglǐ,
Now I can walk ten kilometers a day,

也可以连续跳一个半小时的健身操，
yě kěyǐ liánxù tiào yígebàn xiǎoshí de jiànshēncāo,
I can also do aerobics for an hour and a half,

而且感觉非常舒服。
érqiě gǎnjué fēicháng shūfu.
And I feels very comfortable.

你看现在我比去年瘦了十五斤呢。
Nǐ kàn xiànzài wǒ bǐ qùnián shòu le shíwǔjīn ne.
See, now I have lost 7.5 kgs compared to last year.

那么我这次回来做视频，
Nàme wǒ zhè cì huílái zuò shìpín,
This time,I'll come back to make videos,

主要想分享点什么呢？
zhǔyào xiǎng fēnxiǎng diǎn shénme ne?
What do I mainly want to share ?

我想我的视频主要会包括
Wǒ xiǎng wǒde shìpín zhǔyào huì bāokuò
I think my videos will mainly include

三个方面的内容:

sān gè fāngmiàn de nèiróng:

three aspects:

第一是我上中文课的一些思考。

Dì yī shì wǒ shàng zhōngwénkè de yīxiē sīkǎo.

The first is some ideas in my Chinese lessons.

主要包括外国人学习中文的重点和难点，

Zhǔyào bāokuò wàiguórén xuéxí zhōngwén de zhòngdiǎn hé nándiǎn,

It mainly includes the key points and difficulties for foreigners,

我跟我的学生讨论的一些学习方法

wǒ gēn wǒ de xuéshēng tāolùn de yīxiē xuéxí fāngfǎ

Some of the learning methods I discussed with my students

以及我和别的老师交流的一些心得。

yǐjǐ wǒ hé biéde lǎoshī jiāoliú de yīxiē xīndé.

And ideas of communication with other teachers

第二是我个人的学习心得。

Dì èr shì wǒ gèrén de xuéxí xīndé.

The second is my personal learning experience.

最近几年我学习的范围有一点广，

Zuìjìn jǐnián wǒ xuéxí de fànwéi yǒuyīdiǎn guǎng,

In recent years, my learning scope is a bit wide,

包括书法、国画、金融学、佛学

bāokuò shūfǎ, guóhuà, jīnróng xué, fóxué,

Including calligraphy, Chinese painting, finance, Buddhism

心理学、计算机思维等。

xīnlǐxué, jìsuànjī sīwéi děng.

psychology, thinking in the computer's way, etc.

我觉得这些内容虽然看上去不一样，
Wǒ juéde zhèxiē nèiróng suīrán kànshàngqù bù yíyàng,
I think these contents, although they look different,

但是他们的很多学习方法是相通的。
dànshì tāmen de hěnduō xuéxí fāngfǎ shì xiāngtōng de.
But many learning methods are the same.

我的学习目标是很快的入门
Wǒde xuéxí mùbiāo shì hěnkuàide rùmén
My goal is to complete the beginner's level quickly,

每一个我学习的学科，
měi yíge wǒ xuéxí de xuékē,
and for every subject I studied,

然后能够把这些学科的方法运用到
ránhòu nénggòu bǎ zhèxiē xuékē de fāngfǎ yùnyòng dào
I can use the methods in these subjects

我的工作和生活中
wǒ de gōngzuò hé shēnghuó zhōng
in my work and life

至于要深入的学习一个学科，
zhìyú yào shēnrù de xuéxí yíge xuékē,
As for in-depth study of a subject,

我明白这需要很长时间的学习和思考，
wǒ míngbái zhè xūyào hěncháng shíjiān de xuéxí hé sīkǎo,
I understand that it takes a long time ,

所以将来我也会选择一些
suǒyǐ jiānglái wǒ yě huì xuǎnzé yīxiē
So in the future I will also choose some

我感兴趣的学科进行深入学习。

wǒ gǎn xìngqù de xuékē jìnxíng shēnrù xuéxí.
subjects that I'm interested in to go further study.

第三，我想让你们看看

Dì sān, wǒ xiǎng ràng nǐmen kànkàn
Third, I would like to show you

我们在中国的工作和生活

wǒmen zài zhōngguó de gōngzuò hé shēnghuó
our work and life in China

因为我认为学习语言是要有场景的，

yīnwèi wǒ rènwéi xuéxí yǔyán shì yào yǒu chǎngjǐng de,
Because I think that learning a language requires a scene,

而工作和生活是我们最重要的

ér gōngzuò hé shēnghuó shì wǒmen zuì zhòngyào de
And work and life are our most important

语言使用场景。

yǔyán shǐyòng chǎngjǐng.
language usage scenarios.

所以啊我想让你们看看

Suǒyǐ a wǒ xiǎng ràng nǐmen kànkàn
So I would like to show you

在中国的生活和工作中

zài zhōngguó de shēnghuó hé gōngzuò zhōng
in life and work in China

我们是怎样使用中文的。

wǒmen shì zěnyàng shǐyòng zhōngwén de.
How do we use Chinese.

好了，今天我们就先说到这儿。

Hǎole, jīntiān wǒmen jiù xiān shuō dào zhèr.

Well, today we will stop here.

我有空的时候会尽量多做一些视频。

Wǒ yǒukòng de shíhou huì jǐnliàng duō zuò yīxiē shìpín.

I will try to make as many videos as I can.

欢迎关注、点赞、转发。

Huānyíng guānzhù, diǎnzàn, zhuǎnfā.

Welcome to subscribe, like, and forward my videos.

好了，我们下一个视频见。

Hǎole, wǒmen xià yíge shìpín jiàn.

Alright, see you in the next video.