

院长寄语

学期末压力很大，在封闭管理的2个多月中，每个人都盼望着这周开始的假期。同学们在这一年的课程学习中，付出了很多努力，不但自己收获了成功，也为爱尔兰学院首年的成绩做出了贡献。尽管假期本应放松身心，然而我的建议是：我们可以最大程度发挥暑假效用，为新的学期充分做好规划，以最好的状态迎接九月新学期的到来。

我鼓励每个同学在暑假中认真思考以下四个关键词：

1. 休息

休息非常重要。同学们需要让自己从学校的繁忙日常事务中走出来，让自己从学业中得到休息，同时疫情仍未结束，请所有同学和你们的家人一定要做好充分防护，保持一个良好的身体状态。

2. 充电

考试和学校的精神压力也会给我们的身体以及免疫系统带来压力。在接下来的几周里，把有规律的体育锻炼作为你日常生活的一部分，可以享受快乐阅读，或者探索学习一项新技能。

3. 反思、调整重心

在假期里要做一件重要的事情—反思，回顾下这一学年哪些方面已经很不错了，哪些方面在新学期还需要改进。制定新学年的计划是全年取得成功的关键。如果你花时间写下你的目标，并思考如何去实现它们，你将会在通往成功的路上走得很好。

4. 准备

你需要为九月开学做好准备。如果你觉得专业课没有学好，假期可以制定专业课复习计划，确保在返校前已经完善提高了。如果你觉得英语学习上有薄弱环节，特别是雅思考试没有底气，请及时联系我们的老师为你提供解决方案。无论是你自身觉得不够优秀，还是你的老师在你的成绩单中指出的问题，都是你值得提升的空间，暑假务必沉下心来，寻求突破。

我希望所有的同学都能有一个愉快的暑假，充分利用暑期时间，休息、充电、反思、调整重心，以便为9月的新学期做好准备。



2020年7月3日

The end of term is very intensive, and everyone looks forward to the holidays that start this week after over 2 months of isolated learning process. Our students of School of Ireland have worked hard on the courses throughout the year and have not only achieved success academically, but also for contribute a lot for the fame of the newly founded school. While vacations are supposed to be relaxing, however, my suggestion is that we can utilize the most of summer vacation and be fully prepared for the new semester.

I encourage each student to carefully consider the following four key words over the summer.

1. Rest

Rest is very important. Students need to give themselves a break from the hectic daily routine of school, while the epidemic danger is still not Closing, please make sure all students and your families are well protected and in good physical condition.

2. Recharge

The mental stress of exams and school can also put a strain on our bodies and immune systems. In the next few weeks, make regular physical exercise part of your daily routine, either by enjoying a good read or exploring Learn a new skill.

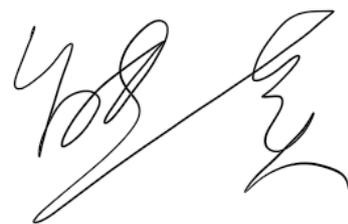
3. Reflect and Refocus

An important thing to do over the holidays—reflect on what has been great this school year and what is in the new semester. Improvements are still needed. Making a plan for the new school year is key to success throughout the year. If you take the time to write down your goals and think about how you are going to achieve them, you will be well on your way to success.

4. Prepare

You need to be ready for the start of school in September. If you feel like you didn't do well in your academic subjects, you can make a plan to review your courses over the holidays to make sure you've perfected your improvement before you return to school. If you feel that you are weak in English, especially in the IELTS, please contact our teachers for help. Be sure to seek breakthroughs.

I want all students to have a great summer and make the most of their summer to rest, recharge, reflect and refocus. so as to be ready for the new semester in September.

A handwritten signature in black ink, consisting of stylized, cursive letters that are difficult to decipher but appear to be initials or a name.

03 July 2020