

# 中英文对照演讲稿

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## 1. 国奖不是最后一个月冲刺出来的

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### 中文:

大家好，今天我想分享的不是一套万能的国奖申请模板，而是我对长期积累的理解。国奖看起来是一个最终结果，但真正起作用的，往往是前面很长一段时间的科研习惯、阶段性复盘和材料沉淀。换句话说，关键不是最后一个月怎么包装，而是平时怎么把努力变成成果、证据和成长记录。

### English:

Hello everyone. Today I am not going to share a universal template for applying for a national scholarship. Instead, I want to talk about long-term accumulation. A scholarship may look like a final result, but what really matters is the research habits, regular reflection, and evidence collected over a long period of time. In other words, the key is not how to package yourself in the last month, but how to turn daily effort into outcomes, evidence, and visible growth.

## 2. 今天只讲四件能复用的事

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### 中文:

这次分享我会尽量压缩成四件可以复用的事。第一，怎么让科研从散乱进入闭环；第二，文献、论文和数据怎么服务于产出；第三，怎么和导师沟通、怎么复盘项目；第四，当压力、拖延和挫折出现时，怎么保持长期节奏。希望大家听完之后，带走的不是口号，而是能马上调整自己科研流程的小方法。

### English:

I will organize this talk around four reusable ideas. First, how to turn scattered research tasks into a closed loop. Second, how literature, writing, and data can serve real output. Third, how to communicate with supervisors and review projects. Fourth, how to keep a sustainable rhythm when stress, procrastination, or setbacks appear. My goal is not to give slogans, but to offer small methods that you can apply to your own research process.

## 3. 国奖材料背后是三条证据链

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### 中文:

我建议大家不要把国奖材料理解成最后整理一堆奖项。它背后其实是三条证据链：第一，你是否具备做科研的能力；第二，你是否能在团队或项目中承担责任；第三，你的成长是不是持续发生的。这样理解以后，平时就会更清楚哪些事情值得记录，比如汇报、项目分工、数据整理、方法学习和阶段性小产出。

### English:

I suggest that we should not see scholarship materials simply as a pile of awards collected at the end. Behind them are actually three chains of evidence. The first is whether you are able to do research. The second is whether you can take responsibility in a team or a project. The third is whether your growth is continuous. Once we think in this way, we will know what is worth recording in daily work, such as presentations, project roles, data cleaning, method learning, and small stage-by-stage outputs.

## 4. 真正卡住的不是努力，而是努力没有形成闭环

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### 中文：

很多同学都会遇到这种情况：每天确实很忙，文献也读了，数据也跑了，项目也参与了，但到汇报、写论文或者申请材料时，却很难把这些经历串起来。后来我发现，问题不一定是我们不努力，而是努力没有变成结论、证据和下一步。没有闭环的忙碌，很容易在事后变成模糊的经历。

### English:

Many students experience the same situation: we are busy every day, we read papers, run data analysis, and join projects, but when we need to report, write a paper, or prepare application materials, it is hard to connect these experiences. Later I realized that the problem is not always a lack of effort. The problem is that effort has not been turned into conclusions, evidence, and next steps. Busy work without a closed loop can easily become vague experience afterwards.

## 5. 先把问题缩小到能推进

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### 中文：

很多人一开始会卡在“我要找一个很好的大方向”。但对研究生来说，更现实的起点通常不是宏大的方向，而是一个能回答、能推进的小问题。可以先从一个公共卫生场景进入，再逐步缩小到人群、变量、数据来源和方法，最后形成一个最小产出。方向往往不是想清楚以后才开始做，而是在推进过程中逐渐变清楚。

### English:

Many people get stuck at the beginning because they want to find a perfect big research direction. But for graduate students, a more realistic starting point is often not a grand topic, but a small question that can be answered and moved forward. We can start from a public health context, then narrow it down to a population, variables, data sources, and methods, and finally produce a minimum output. A research direction does not always become clear before we start. It often becomes clear while we are working on it.

## 6. 不同阶段只抓一个主任务

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### 中文：

如果所有事情都想同时做到最好，就很容易焦虑。我的理解是，每个阶段最好只抓一个主任务。研一的重点是补方法、找问题；研二的重点是把数据和项目往产出推进；研三以后，重点是投稿、返修和整合材料。其他事情不是不做，而是围绕这个阶段的主任务来服务。这样节奏会更清楚，也更容易积累成果。

### English:

If we try to do everything perfectly at the same time, anxiety becomes very likely. My view is that each stage should have one main task. In the first year, the focus is to build methods and identify questions. In the second year, the focus is to turn data and projects into outputs. From the third year onward, the focus is submission, revision, and integration of materials. Other tasks still matter, but they should serve the main task of that stage. This makes the rhythm clearer and helps outcomes accumulate.

## 7. 文献阅读的目标是产出判断

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### 中文：

我以前读文献时，很容易陷入“读了很多篇，但脑子很乱”的状态。后来我要求自己，每篇文献至少留下三句话：它解决什么问题，它的方法对我有什么启发，它和我的问题差在哪里。这样文献就不只是收藏夹里的条目，而是写作、选题和方法判断的原材料。读文献的目标不是读完，而是产出判断。

**English:**

When I read papers in the past, I often felt that I had read many articles but my mind was still messy. Later, I asked myself to leave at least three sentences for each paper: what problem it solves, what its method teaches me, and how it differs from my own question. In this way, literature is no longer just a collection of saved papers. It becomes raw material for writing, topic selection, and methodological judgment. The goal of reading is not to finish papers, but to produce judgment.

## 8. 写论文先写能被检查的骨架

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**中文:**

写论文时，最怕一开始就堆背景，写着写着变成综述。我的做法是先写一个能被审稿人检查的骨架：研究问题是什么，缺口在哪里，我的创新具体落在哪个变量、方法或场景上，每个结果支撑哪一个判断。返修时也先分类问题，而不是急着逐条改字。先把逻辑骨架立住，后面的表达和细节才有依托。

**English:**

When writing a paper, one common problem is to start by piling up background information, and the paper gradually becomes like a review. My approach is to first write a skeleton that reviewers can check: what the research question is, where the gap is, where the innovation lies in terms of variables, methods, or context, and which judgment each result supports. During revision, I also classify the comments first instead of immediately changing sentences one by one. Once the logical skeleton is clear, the wording and details have a place to attach to.

## 9. 数据处理要从一开始就留下痕迹

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**中文:**

做调研和数据处理时，最容易吃亏的是当时觉得很清楚，过两周就忘了为什么这样清洗。尤其是公共卫生研究，变量多、版本多，所以从一开始就要保留原始数据、变量字典、清洗规则和分析脚本。不要等到论文返修或项目复盘时才补记录。可复现能力本身就是后期效率。

**English:**

In surveys and data processing, a common problem is that everything seems clear at the moment, but two weeks later we forget why we cleaned the data in that way. This is especially true in public health research, where there are many variables and versions. So from the beginning, we should keep the raw data, variable dictionary, cleaning rules, and analysis scripts. Do not wait until revision or project review to rebuild the record. Reproducibility itself is a form of efficiency later on.

## 10. 和导师沟通时，要汇报选择

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**中文:**

导师的时间通常很紧，如果我们只说“我做了什么”，沟通很容易停留在进度层面。更有效的方式是提前整理出问题、选项和需要决策的点。比如，我现在有两个方案，各自的证据是什么，风险是什么，希望老师帮我判断哪一步。这样沟通就不只是汇报工作，而是把导师的经验用在关键判断上。

**English:**

Supervisors are usually very busy. If we only say what we have done, the conversation may stay at the level of progress reporting. A more effective way is to prepare the problem, possible options, and the decision points in advance. For example, I have two possible plans; here is the evidence for each, here are the risks, and I hope the supervisor can help me judge the next step. In this way, communication is not only about reporting work. It uses the supervisor's experience for key decisions.

## 11. 拖延和焦虑常常来自任务太大

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### 中文:

我不太相信长期只靠意志力硬撑。很多拖延其实不是人不自律，而是任务太大、下一步不清楚。比如“写论文”很难启动，但“把第三个结果图的解释写三句话”就容易很多。把任务拆到能启动，焦虑就会下降。真正有用的自律，不是逼自己马上完成大任务，而是把大任务拆成可以推进的小动作。

### English:

I do not really believe that we can rely on willpower for a long time. A lot of procrastination does not come from a lack of discipline, but from tasks that are too large and unclear. For example, “write the paper” is hard to start, but “write three sentences explaining the third result figure” is much easier. When we break a task down to a startable step, anxiety decreases. Useful self-discipline is not forcing ourselves to finish a huge task immediately, but turning it into small actions that can move forward.

## 12. 挫折之后先保护判断力

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### 中文:

拒稿和实验失败都很正常，但在当下最容易把问题扩大成“是不是我不适合科研”。我的建议是先保护判断力：把问题分层，看它是研究设计、数据、方法，还是表达的问题；再去求证，不要只凭情绪判断；最后只定下一轮最小行动。科研里的挫折不一定是否定自己，它更多时候是在提示我们下一轮要改哪里。

### English:

Rejection and failed experiments are normal in research, but at that moment it is easy to turn the problem into “maybe I am not suitable for research.” My suggestion is to protect your judgment first. Separate the problem into layers: is it about design, data, method, or expression? Then seek evidence instead of judging only by emotion. Finally, decide only the smallest next action for the next round. Setbacks in research do not necessarily deny your ability. More often, they tell us what to improve next.

## 13. 现场交流要把问题放进模板

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### 中文:

如果大家之后想提问，建议尽量把问题放进一个清楚的模板：我现在卡在哪一个具体任务，已经试过什么办法，希望别人帮我判断什么。这样交流会更有效，也能避免问题停留在“我该怎么办”这种太大的层面。问题越具体，别人越容易给出真正有用的建议。

### English:

If you want to ask questions later, I suggest putting your question into a clear template: what specific task you are stuck on, what you have already tried, and what kind of judgment you want others to help with. This makes the discussion more effective and avoids keeping the question at the very broad level of “what should I do?” The more specific the question is, the easier it is for others to give useful advice.

## 14. Take-home messages

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### 中文:

最后，我想留给大家三句话。第一，不要只追求忙，每个任务都要留下结论、证据和下一步。第二，不要等到申报时才整理，平时就把成果、贡献和成长记录成证据链。第三，不要盲目内卷，用小问题、小闭环和小复盘保持长期节奏。谢谢大家。

**English:**

Finally, I want to leave you with three take-home messages. First, do not only pursue being busy. Every task should leave a conclusion, evidence, and a next step. Second, do not wait until the application stage to organize your materials. Record your outcomes, contributions, and growth as evidence chains in daily work. Third, do not compete blindly. Use small questions, small closed loops, and small reflections to maintain a long-term rhythm. Thank you.