

# Written Report

Members: Howard, Doris, Gina, Cathy, Dorothy

Title: Learning a new thing!

Group number: Group 4

Date: 2021/01/11

## **Motivation& Introduction :**

Because 2020 is too awful, we want to welcome 2021 in good ways. We decided to choose to learn a new thing as our topic to challenge ourselves. When we learn new things, we also gain new experiences and skills. This means that we have deepened our understanding of our lives and fulfilled our potential. In addition, learning new things will make us feel proud and enhance our self-esteem. And the process of learning is more important than what we have learned, so we decided to record the process of our challenge into microfilm.

## **Personal reflection :**

### **Swim faster (Howard)**

I chose to swim for this challenge because I usually don't know how to swim. When I go to the water park or the beach with my friends, I can't swim as fast and standard as my friends.

At the beginning of this challenge, I swim very slowly and consume a lot of physical energy. I also drink water when I breathe. Fortunately, I met a nice guy with patient who taught me.

At first, he taught me to hold my hands on the shore of the swimming pool, kick with my feet, maintain buoyancy, and regularly raise my head for ventilation, and guide me to the side. After I became familiar with it, he added hand paddling. And raise your head to breathe, I think the challenging part is to keep buoyancy and breathe.

Finally, he supported me with his hand and asked me to try to leave the shore and swim slowly. After my body got used to this movement, let me go and let me swim by myself. Gradually, I was able to breathe at the right time and cooperate with my hands and foot paddling.

And I found that the reason why I improved so quickly was because he taught me in a correct way and was very efficient.

After continuous practice, I can float on the water well, switch my breath smoothly and kick the water more vigorously. Through this challenge, I learned that as long as I am willing to take the time to learn one thing, there is no excuse for not being able to do it.

### **Make a latte with a latte art (Doris)**

My challenge is to learn how to make a latte art. Because I have been a latte lover since I was high school. During this challenge, I encountered several difficulties. First of all, I can't keep my arm steady and not tremble in the process of making the latte art. It will affect the angle that I add air into the milk. The proper milk foam is the basic when doing the latte art. At first, I didn't know how to solve the problems that I couldn't make proper foam. However, I was told that my mistake is not the foam, it was about my position. That was my second difficulty. My position was not correct. Because of the wrong positions and the wrong angle of pouring, the foam won't come out. That is why I have nothing left on the surface of the latte.

And the last one is that I can't control the quantity of milk, and it causes the latte to overflow. After my friends' teaching, I finally can control the angle of pouring. In addition, I used water to pretend that I was making the latte art to practice controlling the pouring quantity of milk.

Thanks to this challenge, I can have the opportunity to learn how to make a latte art. I think maybe I can keep learning and develop it into a specialty. Through this challenge, I realize that there is nothing impossible, as long as you try it.

### **Ride a motorcycle (Gina)**

Before doing this challenge, everyone told me that if you can ride a bicycle then you can ride a motorcycle too. But in fact, I am not very proficient in riding a bicycle. I am very afraid of riding a motorcycle and my feet being unable to touch the ground makes me feel insecure. However, I envy those who can ride a motorcycle because they can go wherever they want. And being able to ride a motorcycle also makes life more convenient, so I don't have to spend time waiting for public transportation. With this challenge, I decided to take the first step to try riding a motorcycle.

At the beginning, I encountered some difficulties when I was doing this challenge, like I did not have the courage to put my feet on the pedals of the motorcycle. But when I tried it, it was not as scary as I thought. Another one is that whenever I want to turn, I must turn a big angle. Moreover, I found that if I ride too slowly, it's difficult to control the straight-line riding.

After practice, I can turn more skillfully. Now, I successfully learn to ride a motorcycle. In addition, many people suggested me that I can also prepare for the motorcycle driving license test. I totally agree with this opinion and I am working on it. Having a motorcycle driving license is one of my to-do lists. Thanks for this challenge, I fulfilled one of my wishes and successfully overcome my fear.

### **Cook by myself (Cathy)**

To cultivate my independence, I chose cooking as my challenge. I am always interested in it but never did it well. Every time I cooked on the spur of the moment, I finally had awful endings. Again and again, now, I almost cook hardly. By this opportunity, I gave myself another chance to try. In the past, I tried to make desserts; however, this time I would like to challenge the main course and some Chinese dishes.

As I said before, I am not good at cooking. When I was doing my challenge, my mom taught me by my side. My action looked clumsy and panic. I forgot to put seasonings till my mom told me and I cannot do two things at the same time during my cooking process. In the video, I sauté the garlic and chilies while cooking the noodles; then, they were seared, so I needed to sauté them again. It is difficult for me to control every situation.

After I finished these dishes, I was deeply touched because I never got any sense of achievement in this field. This consequence left me full of hope and energy in cooking. I only present one dish in the video; however, actually, I made three dishes and they took at least two hours for me to finish. Cooking is still my weakness. However, through this challenge, I cannot but try my best. Luckily, the result is good, and it is cheering me up in the future to make other dishes.

### **Play a piano song (Dorothy)**

Why I choose this challenge is because when we were in the elementary school, there were some classmates that they could play the piano. At that time, I felt they were so graceful and the melody of the piano was graceful. As a result, I started to be interested in playing the piano, but I didn't have any chance to learn it. Because of this chance that the English teacher wanted us to do the challenge and our team wanted to do the challenge of learning a new thing in seven days, I could learn how to play the piano. Although I played a simple piece of piano music, I don't have any foundation. As a result, it is not easy for me to learn and it required me to practice more. When I do my challenge, I have some difficulties that I couldn't make my fingers coordinate and I always accidentally press other keys of the piano. Even though I encountered a

lot of problems during the practice, I still tried my best to practice the parts that I was not proficient in. After seven days of practice, I was finally able to play the entire piece of piano music. Although the video that I was playing the piano may not be perfect and there are some little mistakes, I am satisfied. After learning this piece of piano music, I found that it is not as easy as I thought. I will continue to learn other pieces of piano music in the future, hoping that I could play better than now.

## Microfilm Meeting Minutes

<b>Date</b>	<b>2020/11/23 (Mon.)</b>	
<b>Time</b>	<b>15:30-17:00</b>	
<b>Location</b>	<b>Wenzao Library F3</b>	
<b>Attendees Sign In</b>		
<b>Doris</b>	<b>Dorothy</b>	
<b>Cathy</b>	<b>Gina</b>	
<b>Howard</b>		
<b>Meeting Minutes</b>		
<b>Discussions</b> <ul style="list-style-type: none"><li>• <b>Discuss everyone's challenge:</b><ol style="list-style-type: none"><li>a. <b>Howard: swim faster</b></li><li>b. <b>Doris: make a latte art</b></li><li>c. <b>Gina: ride a motorcycle</b></li><li>d. <b>Cathy: cook by myself</b></li><li>e. <b>Dorothy: play a piano song</b></li></ol></li><li>• <b>Discuss the content outline of everyone's video</b></li></ul>		
<b>Next meeting</b> Date: 2020/12/10 (Thur.)   Time: 16:00-17:30   Location: Louisa coffee F2		

## Microfilm Meeting Minutes

<b>Date</b>	2020/12/10 (Thur.)		
<b>Time</b>	16:00-17:30		
<b>Location</b>	Louisa coffee F2		
<b>Attendees Sign In</b>			
<b>Cathy</b>	<b>Howard</b>		
<b>Gina</b>	<b>Doris</b>		
<b>Dorothy</b>			
<b>Meeting Minutes</b>			
<b>Discussions</b>			
<ul style="list-style-type: none"><li>• <b>Discuss how to present the opening and ending of our microfilm.</b></li><li>• <b>Set a deadline for submitting everyone's challenge video.</b><ul style="list-style-type: none"><li>a. <b>Video</b></li><li>b. <b>Subtitles</b></li><li>c. <b>Post-process</b></li></ul></li></ul>			
<b>Next meeting</b>			
Date: 2020/12/23 (Wed.)    Time: 10:00-12:00    Location: Wenzao Library F6(602M)			

## Microfilm Meeting Minutes

<b>Date</b>	2020/12/23 (Wed.)
<b>Time</b>	10:00-12:00
<b>Location</b>	Wenzao Library F6 (602M)
<b>Attendees Sign In</b>	
<b>Cathy</b>	<b>Howard</b>
<b>Gina</b>	<b>Doris</b>
<b>Dorothy</b>	
<b>Meeting Minutes</b>	
<b>Discussions</b> <ul style="list-style-type: none"><li>• <b>Make our poster</b> (Choose the design style of the poster and determine the text content of the poster)</li><li>• <b>Submit everyone's poster photo</b></li><li>• <b>Choose a day to shoot the opening and ending of our microfilm</b></li></ul>	
<b>Next meeting</b> Date: 2020/12/30 (Wed.) Time: 10:00-12:00 Location: Wenzao Library F6 (602M)	

## Microfilm Meeting Minutes

<b>Date</b>	<b>2020/12/30 (Wed.)</b>	
<b>Time</b>	<b>10:00-12:00</b>	
<b>Location</b>	<b>Wenzao Library F6 (602M)</b>	
<b>Attendees Sign In</b>		
<b>Gina</b>	<b>Dorothy</b>	
<b>Doris</b>	<b>Howard</b>	
<b>Cathy</b>		
<b>Meeting Minutes</b>		
<b>Discussions</b> <ul style="list-style-type: none"><li>• <b>Shoot our opening and ending</b></li><li>• <b>Edit our microfilm and add subtitles of opening and ending</b></li><li>• <b>Unify the screen size of everyone's videos</b></li><li>• <b>Choose background music</b></li><li>• <b>Set a deadline for submitting 250 words of everyone's reflection of the project</b></li></ul>		
<b>Next meeting</b> Date: 2020/01/06 (Wed.)    Time: 10:00-12:00    Location: Wenzao R0411		



## Microfilm Meeting Minutes

<b>Date</b>	<b>2020/01/06 (Wed.)</b>	
<b>Time</b>	<b>10:00-12:00</b>	
<b>Location</b>	<b>Wenzao R0411</b>	
<b>Attendees Sign In</b>		
<b>Gina</b>	<b>Dorothy</b>	
<b>Doris</b>	<b>Howard</b>	
<b>Cathy</b>		
<b>Meeting Minutes</b>		
<b>Discussions</b>		
<ul style="list-style-type: none"><li>• <b>Confirm the progress is completed</b></li><li>• <b>Collect and organize all written information</b></li><li>• <b>Confirm that our microfilm and written report are correct</b></li><li>• <b>Revise the problems that teacher and classmates mentioned</b></li> <li>• <b>Credit (job allocation)</b><ul style="list-style-type: none"><li>a. <b>Director: all members</b></li><li>a. <b>Film editor: all members</b></li><li>b. <b>Film organizer: Doris</b></li><li>c. <b>Subtitle: all members</b></li><li>d. <b>Music editor: Cathy</b></li><li>e. <b>Meeting Minutes: Gina</b></li><li>f. <b>Poster: Doris</b></li><li>g. <b>Written report: Gina</b></li></ul></li></ul>		
<b>Next meeting</b>		
<b>Date:</b>	<b>Time:</b>	<b>Location:</b>