

Blog entry

Overcoming stress

The school year has just begun, but many S5 schoolmates feel stressed out, my friends and myself included. We've shouted at our parents, crying, " Oh, no! What can we do? "

As Secondary 5 students and leaders of various school teams, many of us have a busy schedule and we need to complete a lot of tasks in both studies and extra-curricular activities. We aim to compile an impressive Student Learning Profile (SLP) to show that we have a whole - person development.

Under the pressure from our parents, we feel exhausted and anxious. We're afraid that we can't study well and let them down. But the worst thing is, we have so little time to sleep and we even have to make up for our lack of sleep during lessons! Do we have to continue our school life like this? Not necessarily. I think we should learn to have better time management so that we can do our work efficiently.

What's more, we feel weary not only because of our busy schedule, but also the pressure of the DSE Exam. There are limited university places and S6 students must compete intensely with their counterparts to get into a university. Other than exam preparation, we also have to deal with a lot of homework and tests. It is not surprising that we feel stressed and nervous while facing with these tasks. Lots of us need to work day and night to complete them. Therefore, we really need to leave some time for relaxation.

I think we'd better talk to our teachers about our difficult situation and ask them for advice and help. Also, we may form study groups with our classmates. Studying together may help us revise more efficiently and find out the solutions to our problems more easily. As for the public exam, we can't deny it is important to us, but it is not everything. We can study overseas or seize the study opportunities in Mainland China or Taiwan.

Hey, my friends, go out and take a deep breath when you feel stressed. Listen to your favourite songs and find a friend to share your thoughts. We still

have lots of things to do to relieve our stress. Keep going forward!

by Emily Zhao (5D)