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Post: The horrible life of a Hong Kong student

There is no doubt that studying in Hong Kong is painful. Under the stressful education system, students are suffering a lot every day, just for one goal – DSE, the exam that seems to determine their future. Students are stressed out, depressed and exhausted. This problem can often be seen in secondary schools, especially among S5 and S6 students.

As DSE approaches, students feel tense and anxious. They often get loads of things to do. It is not surprising that students have a lot of extra-curricular activities either in or outside school, however, they need to manage tons of test and assignments at the same time. They don't have sufficient time to rest or relax. So, they will feel exhausted and downcast. It does more harm than good to their mental health. In view of such high study pressure, it is better for them to strike a balance between study and activities. Besides, learning how to reject someone's request at busy moments can be one of the ways outs. So, you have to evaluate your ability before taking up any work, such as holding club activities.

Then, the attitude that students hold when facing challenges also aggravates the situation. Numerous mock papers and quizzes always bring them a nightmare. Students who failed in tests and exams tend to see themselves as losers. As a result, they will lose motivation to study and even think that they are useless and hopeless. It is a cruel reality to students but they need to face it. In this case, setting a study timetable for yourself is important. You should arrange your study time and extra-curricular activities in a better schedule to help you get through the busy days. What's more, seeking advice from teachers can help you out in times of difficulty.

Last but not least, school assignments would be the first thing students think of when they talk about study stress. In fact, doing assignments can be regarded as a time for revision since it consolidates what you have learnt. Therefore, we can consider it as the time for study and should not see it as a nuisance that burdens you a lot. Try to see it positively!

Hope you find your way out and wish you every success in your study!