

## The Problems That Most Students Face

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Nowadays, students in Hong Kong are facing great amount of study stress and exam pressure. This may make some students feel very dizzy and annoyed when going to school. Generally speaking, students have to deal with two common problems, which can be relieved and solved.

The first problem is that most students find themselves following a busy schedule. Many students have joined too many extracurricular activities. Their parents ask them to take part in these so that they can have a good profile to help further their studies. They may need to take part in more than 3 extracurricular activities in one day. It is not surprising that they feel very tired at the end of the day and they don't have enough time to relax and sleep.

To solve the problem, they need to make a sensible timetable. They should allocate a reasonable amount of time on studying different subjects as well as extracurricular activities. The goal is to strike a balance between study, extracurricular activities, and time for relaxation and sleep.

Also, those students who are under stress should talk to their parents about this problem. Our time is limited and we can't finish too many things in one day. Having too much work to do will make us very tired and stressed. If you feel that you are taking up too many activities, you should tell your parents and cut some of them so that you have more time to relax.

The second most common problem that students face is the stress from the public exam. DSE is one of the most important events in every student's life. All schools, teachers and students are nervous about that. Some students study hard but they don't get good marks in their tests and exams, so they just keep doing more and more practice and feeling more desperate and exhausted.

To deal with this problem, they can consider hiring an experienced private tutor. Quality private tutors are knowledgeable and professional, and they can teach students exam skills and strategies which they may overlook at school.

If you feel that hiring a private tutor is so expensive, you can ask your school teachers for help. You may also ask your friends when you have some questions. They study with you, so they may know the answers to your questions. It is suitable to ask them for help.

Stress has a big negative impact on students' mental health. It causes illnesses like depression, insomnia and a negative attitude towards like. This is a problem that we should not turn a blind eye to.