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Post: I'm Your Problem Killer

You know, as a Hong Kong student, we get huge pressure from school. I have graduated from secondary school this year. So I'll share a number of my problem-solving experiences to you now.

Most students join some school clubs at school, such as student union, Boy Scout, volunteer team, Red Cross and so on. Apart from that, many of us have to study in tutorial classes after school to catch up with the learning progress of their classmates. Therefore, we are all under pressure and have no time to relax. So weary! I know you guys have been suffering from this situation. Here comes your "problem killer"!

How can you deal with your high pressure? Well, you need to have enough time to sleep and relax. You have got a lot of work at school, outside school and at home. You should learn to relax at home and sleep well. Like me, after doing loads of work, I will listen to music to relax. If you like doing sports, you can spend half an hour or one hour on that. It's an effective way to beat stress too! Moreover, I will take a hot shower one hour before I go to sleep. Why? Taking a hot shower will raise your body temperature and when your body cools down, you will fall asleep more quickly. (I don't know about the scientific knowledge behind, but it works!)

I not only faced huge stress but also got low exam marks when I was a student. Dealing with study stress is a huge challenge, but you need to overcome it, right? When I was a student, I had a bad attitude towards studies and learning, so I only passed in 2 subjects. (So bad!) Due to my bad attitude, I felt inferior and depressed. But once I was determined to make positive changes, I began to get high marks in exams and become more confident. If you have the same problem like me, follow my experience. How did I improve my study? I spent a lot of time and energy on study, I paid attention in class and I asked questions if I didn't understand. If you really want to have a big improvement in your marks, then do what I did. Believe it or not! Also, making a time schedule can help you manage your time, which can help you learn more effectively.

These are my experiences and reflections. I hope they can help you deal with your study problems.