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Post: How to Make Being a Student Easier

This year school life has started since a month ago. Every student goes back to school in “excitement”...Well, guess what? A huge amount of stress and exam pressure is back again! Here are the two major problems my schoolmates are facing.

First of all, the most common problem my schoolmates are facing is their busy schedule. In our extremely competitive society nowadays, students need to develop different skills in order to compete with others. It has made having nearly a 24-hour busy schedule become a trend among students. It is great to learn more things, but don't bite off more than you can chew. If you already have a full plate, be careful not to sign up for anything more. Don't exhaust yourself. Plus, you should prioritize your tasks as you can't tackle every task at one time. Make sure that your work is handled in the order of deadlines or personal importance. This will help you space out your work.

Next in the list is also a very common problem – pressure from public exams. Public exams like DSE in Hong Kong often make students all around Hong Kong overwhelmed. Some even committed suicide due to the high pressure. To cope with it, you can set a clear target. Picture the exams as a time-bound project. Are the exams 300 days away? That's your 60-day challenge. Best of all, there's a definite end point. Another thing you should do is to take frequent breaks when revising. Psychologists say we can only concentrate properly for 30-45 minutes. You could use a technique called Pomodoro to help you take regular breaks. When you do take a break, make sure you don't stay at your desk. You could go for a walk or just make a cup of tea!

To sum up, just relax and you'll find your life much easier. Tell me if those solutions work for you in the comment section. I hope everyone lead a stress-free life at school!