

## Letter of advice

Dear Peter,

How are you doing? I have read your letter. I'm sorry to hear what you are dealing with. I understand what you are going through since I used to be a teen too. Don't worry! I'm going to help you get through this.

To begin with, you said you felt great pressure on your academics due to the large amount of homework and quizzes. If I were you, I would try to get help from my classmates or teachers and also try to do my homework during recess or lunchtime. I remember I used to stay awake during midnight rushing to finish my homework. I always felt stressed and sleepy the next day, so I started doing my homework at lunchtime. It saved me a lot of time.

For your quizzes, I would suggest you do more revision, like asking your friends to test you with at least 3 to 5 questions per day. You could also create a schedule to make sure you have enough time to study. Bear in mind that you should not cheat in your quizzes!

Next, for your friendship, I understand why this could happen. I have been through this before. If I were you, I would talk with my friends and be the one to apologize if I had offended or hurt them in any way. Also, why not try to talk to the school counsellor or teachers? They will be of great help.

Remember that no one is perfect and it takes time to adjust. Be positive and patient. And I promise you things will get better. Take it easy, alright? I hope this advice will let you have an easier life. Feel free to write me letters again. Hope this helps!

Yours truly,  
Aunt Anna