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Blog post about exam stress:
To the Dark Hole

It has been noticed for a while that students, especially secondary students in Hong Kong, are under a dark cloud with a huge amount of stress and exam pressure. Now, you must be wondering, is the education system so dysfunctional, to which students fall prey? Yes, absolutely. With its strict learning policies and academic stress, there's no way to escape. Not only does it hurt students' mental and emotional health, but it also reduces their communication with family and friends. I once suffered from mental breakdown due to long hours of studying that kept me from concentrating. It was tough, it really was.

Intense studying has put a heavy weight on students' shoulders. Why do we have so much pressure that results in life-risking acts? Hong Kong students want good grades and would do anything to get them. However, desiring to perform well makes students feel stressed and that they are not good enough, which is indeed not true. It may further result in suicidal acts or depression, especially for those Hong Kong students who are taking DSE very soon. In my opinion, the pressure comes from schools, public exams, and even self-doubting. Thinking about our parents' expectations worries me, and if I don't satisfy them, they will start to compare me with other students and will leave me in a dark hole. The students would become less confident. It's even worse for students to experience physical and mental health problems while they're still young. Physically, the students would constantly have insomnia, indulge in bad habits and more. Mentally, they would develop a bad temper and toxic mindset, etc.

To help solve the problem, we students can create better study habits, manage our time and plan ahead. The better we prepare for exams, the less stress we'll develop. It can help us stay on track and continue getting good grades without breaking down at the last minute. Not to mention, taking breaks from studying can help you refresh your mind and thus focus better.

In conclusion, it's really important to change those bad habits into good ones. This is an important issue for all students to improve their emotional, mental and physical health. We need to make a change now!