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Blog post: Exam Stress

Every year, Hong Kong senior secondary students have to prepare for their final public exam which, for some, may affect their future career development. With that said, the sooner the exam starts, the more tense the students will be. Since it is the students' final year of secondary school, the stress from parents' expectation to compare with other students increases tenfold. This amount of pressure on a child may lead to various health problems like strain or fatigue. It can endanger not only the students' mental health, but also their relationships with family and friends. In some cases, there have been reports of children so worried about what their parents thought of them that they had decided to drop out of school.

In the past decade, there have been a few students who spoke to the public about the situation most Hong Kong students are in. They described it as a "hell-like environment". They also stated that most of their friends whom they hadn't met in a while had parents who laid down high standards in order for them to be satisfied. This caused many students to have mental breakdowns or even hospitalization due to the incredible amount of pressure.

Thankfully, those who survived the extreme stress have given the future generations solutions to help guide them through the challenges they'll soon be facing.

The first of these solutions is to plan ahead and develop a timetable. Doing so will ease one's mind about any future assignments or tests. The second solution is to create a better study environment. This means having a comfortable environment where you can study in the best way possible. The final solution is to ask for help. If you have run out of options, you can always ask someone for help, whether it be your school, friends or family. As long as someone can help with your studies, you'll be in good hands.

With that said, being calm and collected is the best way to strive through the exams because the more confident you are in passing the exams, the less you'll have to worry about the future.