

As the public exam is approaching, many students are like an arrow in bow. We study hard with a view to scoring good marks in the exam.

However, time is a finite resource and it seems that we all face busy study schedules. As senior form students, besides school lessons, we have to handle lots of tutorial lessons in order to catch up with the learning schedules. Some parents also urge their children to take part in many extra-curricular activities, such as guitar or drawing lessons. These extra courses enrich our life but they will make our daily schedules too busy, reducing our rest time and increasing our stress. To solve this problem, we can drop some extra courses in a suitable way. It seems that not all cram schools can help students make progress in their studies. I don't think we should attend tutorial classes for all subjects. Instead, we should just have tuition lessons for the weak subjects. This makes our daily schedules more flexible, thus relieving our stress.

Besides, we face pressure from loads of homework. A large amount of homework make our daily life busier and reduce our time for rest and relaxation. We spend a lot of time to finish homework, therefore we don't have enough time to review and preview our subjects. We always do homework by burning the midnight oil. This not only affects our sleep, but also reduces the quality of our homework. Loads of homework cause lots of pressure for us both mentally and physically. To overcome this difficulty, we should manage our study time properly and finish our homework efficiently to save our valuable time. We also can finish part of homework in school to cope with the pressure from homework.

Moreover, we face pressure from frequent tests. Our school doesn't have uniform tests this year but our tests are more frequent. Frequent tests give us a lot of stress. We have to pass every test, otherwise we have to do retest. In senior forms, the difficulty of subjects increases and more knowledge needs to be memorized. So, we have to do more preparation before a test. Some pop-up quizzes may make us more stressful. To alleviate the pressure, we should do a proper revision every day. Our

learning process should be based on a sound routine. We review every day so that pop-up quizzes won't scare us.

Furthermore, the public exam gives us a lot of pressure. We all know that the public exam is the most important way to decide whether we can enter a university or not. The graduate of a reputable university can find a good job easily, so we strive to enter a prestigious university. The more expectation we have towards getting a good result in the public exam, the greater the pressure we suffer. To combat public exams stress, I think the best way is to relax. It's important to give our mind a break. Do sports with friends or watch a film together with them. Right before the public exam, I think swotting up is useless. During the three years of senior form, we should have already learnt the academic knowledge by heart. So it's better to go out, have a good meal and relax before the exam, isn't it?

As students, the main pressure we face is from study. I think study isn't just about keeping our nose to the grindstone. We need to study efficiently and manage our daily schedule properly.