

Hong Kong students face study pressure every day, but can we overcome it? Just keeping your nose to the grindstone is not the right way. We must do something to alleviate study pressure.

However, it seems that we all face a busy schedule. We have a lot of extra-curricular activities and private tuitions. Many parents enroll their children in private tuitions because that can help them prepare for exams. In addition, we have too many dictations to do, and we need to do some revision after school. Under all this pressure, we feel tired and worried. Then how can we get out of this plight? First and foremost, we can discuss with our parents to reduce the number of tutorials so that we have enough time to study different subjects and do homework. We should let them understand we are too busy.

Because of the pressure from school or public exams, students generally don't know how to get good grades. Students are worried that they cannot catch up with others because everybody's learning method is different. There are also differences in the mastery of the knowledge learned. Therefore, some students may pass with flying colours, and some may not. How to solve the problem? I think we can share what we have learned with our classmates so that we may learn more new knowledge from each other. In this way, we will be able to think of ways to handle our study problems, and getting a good grade in exams will become as easy as ABC.

One of the problems that brings about stress is loads of homework. Now we are in F5, and our teachers want to boost our chances of passing HKDSE exam. As a result, they give a lot of homework to us as practice. Students may feel weary because we don't have enough time, and we also feel sleepy and worn out because we don't have enough sleep. Sometimes we will burn the midnight oil to finish our homework. I think setting a timetable to finish our homework for each subject is a good way to deal with our homework problem. If you're still tired with too much homework, just listen to some music to relax.

The last problem is frequent tests. Tests allow us to discover what we are not familiar with. Teachers of different subjects are helping us to detect our inadequacies

through frequent tests. Students will feel scared because we don't want to get bad results. We can set a timetable for revision, so that we know exactly how many tests we need to prepare every day and we can do revision early. We can also take a hot bath when feeling tired.

I hope these ways can help you to reduce study pressure, and I wish all of you could have a good mood to study. Let's try our best to overcome our difficulties in study and learn effectively.