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Blog: Problems Students Face

Students nowadays face tremendous amounts of stress and pressure because of DSE, the ultimate test for Hong Kong students. They all put their nose to the grindstone with the hope of getting satisfactory results, which often makes them exhausted.

The first common problem that students have to deal with is busy schedules. They have school lessons every Monday to Friday, which take up most of their time in a week. Also, many students have extra lessons after school to improve their academic results. Some students even hire private tutors to get more personalized learning. Apart from that, students may have extra-curricular activities like playing musical instruments, which take up their time when they practise. Some of them might even have a part-time job as their family is poor and they don't have enough pocket money for daily use. Consequently, there is absolutely not enough rest for the weary. To deal with this, students should plan their daily routine and set a timetable of study and rest for themselves. Also, they shouldn't engage in too many activities on the same day or else they would be like lifting a stone that could eventually drop to their own feet.

Another problem students are facing with is having loads of homework. It is understandable that teachers want to help students pass with flying colours, and giving homework can let them practise more and eventually improve their academic performances. But here we come to the key issue -- students have too many subjects to study. And if all the teachers gave homework on the same day, that would be a lot of homework, not to mention that some teachers give more than one piece of homework. The loads of homework could certainly ruin the mood of students, or much worse, leading to the idea of not handing in homework. As a student myself, I believe students have the right to reflect their difficulties to teachers and let them understand that assigning too much homework not only fails to improve students' performance, but also creates more stress for students.

In addition to having too much homework, students are also suffering from frequent tests. Teachers wish to see if students have actually learnt something, so they

often set pop quizzes. The idea of a pop quiz isn't necessarily bad, but having too many of them is definitely negative. Students don't even have enough time to finish their assignments, how can they find the time to study, or prepare for a quiz? A solution that I can provide is also to tell our teachers about this undesirable situation. I suggest that teachers notify their students of an upcoming quiz a week before actually conducting it. Teachers are meant to help students, not torturing them, and they will know what to do as long as their students tell them about their study problems

The ultimate cause of stress and pressure for Hong Kong students though is HKDSE. This one-off exam will decide if a student needs to start working in the society or has a chance to pursue a better future by entering a university. In view of the importance of HKDSE, parents have expectations on students, teachers continue to fill students' mind with more knowledge, and students struggle to strike a balance between studying all day and having some relaxation. Students are pushed to the limit and they are on the verge of 'breaking apart.' A little bit more pressure would immediately cripple them. Students should learn to cope with stress, and use it as motivation to push themselves. We should allocate time for rest and some exercise. Doing exercise makes our brain release endorphins which keeps you happy. Being optimistic can also help you strive through hard times. Find somebody to be your listener to listen to your inner thoughts. That somebody can be your family member, friend, teacher or a counsellor. Students shouldn't just keep their problems by themselves, or else they won't be able to handle them.

I hope my blog would be meaningful to those students who read it. Please feel free to forward this blog to friends and share with others. It would mean a lot to me if you leave a comment in the comments section below.