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Post: The amount of stress and exam pressure my classmates and I face

Recently, I have been worried about the amount of stress and exam pressure my classmates and I are facing, as the exams are very near. Also, we are in upper forms now and we have tighter timetables, more after school classes, and extra homework for every subject. Some of us also have private tuitions at home. All of these cause so much stress for most of us as we have a lot to do in a short period of time. We therefore become very exhausted.

My first problem is busy schedule. We all have our own timetable and everyone is busy with it. I have Kumon tuition twice every week and there is homework from it too. I therefore have to do my school work, tuition work, revise for quiz or dictation and, on top of them, revise for exams. I get very exhausted and weary most of the time.

However, there are some ways to deal with study stress and exam pressure. Firstly, I can talk to my parents and let them know that I am very busy and make them understand my situation. Secondly, I ask them if they can reduce the time of my private tuition. Also, I can listen to some soft music so that I can feel relaxed.

Apart from study stress, we have a lot of pressure from school for public exams. As the public exams are just around the corner, we have to work very hard and stay up late to study. The HKDSE is a very important exam for all the students of Hong Kong and their parents. It causes so much stress as we are worried that we won't get good grades in the DSE exams and let our parents down. To overcome these difficulties, I can talk to my teachers so that they can help me with my studies and tell me what to focus on. Also, I can have hot bath regularly as it helps release stress and makes you feel so relaxed.

In conclusion, these are the ways I relieve my school work stress and exam pressure. I hope this helps everyone! Also, I hope everyone do great in their exams and pass with flying colours.

Posted at 13:55 Arshdeep