

Nowadays, students are under enormous pressure. I'm worried about the amount of study stress and exam pressure we are facing. So I want to share my methods to deal with it. I hope it works!

First of all, we have a busy study schedule and it makes us feel so weary. We may have too many dictations and quizzes. Our parents make us attend many tutorial lessons after school. We are exhausted and have no free time to rest. Instead of playing truant to escape from dictations or quizzes, we should talk to our parents to let them know we're too busy and make them understand our situation.

Besides busy schedule, we still have loads of homework. Loads of homework encroach my time of rest. We often do homework until very late, even burning the midnight oil. We can't have enough sleep and we will be tired and sleepy the next day. We can't concentrate in class. Contrary to teachers' intention, loads of homework make our study inefficient! To solve the problem, we should explain our situation to the teachers. I believe that the reason why teachers give us so much homework is that they want us to learn better. When they know that loads of homework leads to low learning efficiency and it's not conducive to learning, they will reduce the amount of homework. In this way, we can alleviate our pressure, right?

Moreover, we're worn out because of frequent tests! Frequent tests are grueling! Tests are the way to test our learning results. Teachers hope that we can constantly review the past and learn from the new! But we are often overburdened by frequent tests. We need to review every day to prepare for tests. If we don't have a good study plan and just revise on the day before a test, it'll be very hard to get a good result. In view of this, we should have a sensible schedule to prepare for each test, and then review in advance. I believe that we can then pass with flying colours!

Finally, I know that many students are under great pressure from school assessments or the public exam. Some parents may hire a private tutor for their children, and the price of it is extremely high! Paying such fee can put a lot of financial

pressure on parents, which may in turn put students under huge pressure to succeed. I think that we can listen to music because it's a good way to relax. In addition, doing exercise is a wonderful way to relieve our pressure. This is because doing exercise will help our brain to release endorphin that makes us happy.

Well, I know it has been a tough time, but we should be positive to overcome our difficulties! If you feel helpless, you can have a chat with me, and I'll be very happy to listen to you.