

Pressure We Face

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For students like me who have promoted to Form 5, studying has become tougher and tougher. I'm under great pressure right now because of homework, exam and my busy schedule. I think that many students in Hong Kong are facing the same problems as me. I have some advice that can help you reduce the pressure from study.

First of all, students like me have a busy schedule. I need to have online lesson every day. Also, after school, I have to do revision, attend tutorial lessons and finish homework. Some of you may even have a part-time job! (Work hard like a honey bee, haha...) Sometimes I need to burn the midnight oil to finish my study work, and I'll feel weary and exhausted after this. I'd like to lie on my bed and sleep all day, but sadly, I can't! So, I have tried listening to music and doing more exercise. These are my ways to relax. Believe it or not, doing exercise will make our brain release endorphins, which would make you happy. Doing exercise is good for your health too! I'd do exercise while listening to music because sometimes doing exercise is quite boring and weary. Listening to music can boost my energy so that I could focus on doing exercise and homework.

Because of pressure from school and public exams, I always get nervous when there's a quiz or test. If I sit for the public exams, I'll be nervous because it is a once-in-a-lifetime challenge. Also, I often feel worried about school because I need to pass all my tests with flying colours, so that I could boost my chance of getting into a university. However, I don't have a lot of time for revision as I have a busy schedule. More than that, the DSE brings a lot of tension to parents and teachers as well. Such tension can in turn put me under huge pressure to succeed. As a result, I always feel scared. To deal with this, I need to do some preview before a lesson and have revision after it so that I can learn faster and more effectively. I'll talk to my friends about the difficulties that I face and solve the problems with them. Talking to a friend will always make me feel happy and release my pressure. If you feel very anxious and nervous because of study pressure, you should ask for help from your teachers, parents or friends.

Another problem I face is that there are loads of homework, because teachers

want us to practice more about the things they have taught. They will give us loads of homework to practice or prepare for the next lesson. There may be things that can't be finished in the lessons or the teachers don't have time to finish all of them during the lessons. So, they will ask us to finish at home, even though we have other school homework. As a result, I need to work with no rest, and I always feel exhausted. To cope with this situation, I'll tell the teachers that we have a lot of homework and ask if we can hand in later – although it won't work every time. Also, I'll start finishing my homework two or three days before the deadline. As the amount of homework increases every single day, finishing a piece of homework before the deadline really makes sense.

Last but not least, there are lots of tests. Because of the epidemic, the uniform tests are cancelled. Therefore, the teachers have prepared loads of tests, including pop-up quizzes! When my teachers announce that there is a pop-up quiz, I will get confused and my mind will go blank. As there are lots of homework, I don't have much time to do revision. I feel helpless sometimes because of it. If I get confused about the content of a test, I'll ask the subject teacher for help. Also, I will spend more time on revision or have a private tutor so that I won't be helpless.

Hopefully I can help you to combat school and exam pressure. Hope you are doing well at school!