

Exam Stress

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It's exam season again. I don't know how many students are like me and are under so much pressure to pass the upcoming exams. We have to study for hours on, yet we cannot remember the content points well. I often feel worried and anxious while I was hitting the books.

Most of the pressure on Hong Kong students comes from exams. Students study round the clock every day just to meet their parents' expectations. This can have an impact on students' physical and mental health, leading to a fear of exams and feelings of anxiety.

Exam stress is inevitable, so how to face the exams flexibly is the key to success. You can try to summarize what you have learned every day and take time to review the points afterwards. This is not only better than studying all the points shortly before the exam, but it will also help consolidate the knowledge you have learned. Having a regular sleep time to avoid sleep deprivation on the exam day is also important.

Although exams can be a terrible enemy, as long as you feel confident, they can also be a good companion to help you understand yourself.