

Good morning Principal, teachers and fellow schoolmates,

Do you consider yourself to be a healthy person? Is health merely the absence of disease or infirmity? According to the World Health Organization, health is a state of complete physical, mental and social well-being. Not only should we take heed of physical health, we should also care our mental health.

School days as we all know is supposed to be the most wonderful days of our life. However, today, school life has become quite stressful for the present generation. According to a recent research carried out by the Hong Kong Federation of Youth Groups, the biggest source of school stress is SCHOOL itself. Each day, after a whole day of studying at school, students still have to complete numerous assignments and prepare for tests. The heavy workload is probably a great source of pressure to many students. Besides, it is not hard to understand why some students are struck down by the one-shot public examination. Parents' and students' own expectations can also make students stressed. While a little stress is probably good for making progress, it's the excess that does the harm. Too much stress will trigger off emotional crises and mental illnesses such as anxiety and depression.

So let me suggest some ways to cope with stress. A lack of organization is what stresses out many students. Being organized can relieve you from stress at school. Set up a schedule and prioritize your work; have an organized system for note-taking; use different folders for different subjects to keep your notes and assignments

neat and tidy, this will enable you to find what you need more quickly when you are doing revision.

Finding a suitable learning method is also important. If you find that you can't score well even though you have studied hard, then you ought to explore a new learning method. For example, if you have memorized many English sentence patterns but still can't score well in tests and exams, you should consider trying a different way to help yourself internalize these structures. Consult your teachers and someone who is good at that subject. In short, you should try different methods and then identify which learning style is best for you.

Most importantly, stay optimistic. Why not view your problem as a challenge or an opportunity to learn? If you learn to manage stress now, you will be able to manage stress much better throughout your life.

Stressed is spelt STRESSED. Try to spell 'stressed' backwards. It becomes 'desserts', spelt DESSERTS. Stressed is an anagram of desserts. That's amazing, isn't it? So stress can be transformed into something sweet, something rewarding and meaningful!

After a few months, all F6 students will sit for the 1st HKDSE and F7 students will take the last HKALE. Studying is hard, but let's accept the challenge positively. I wish your exams every success! Thank you.