

### **A Letter of Advice**

Dear Sam,

Thank you for writing. I'm very sorry to hear about the problems you are facing. I fully understand your feelings and hope the following advice can help you.

You first mentioned you are stressed out due to the amount of homework and revision. It's common for Secondary 2 students to feel overwhelmed with work. Though it's impossible to reduce the amount of homework and revision, you can reduce the time necessary for them. If I were you, I would make a to-do-list with two columns, separating what you have to do today from what you have to do at a later time. This will give you a better idea on prioritizing your tasks and save some time meanwhile.

Another problem you are suffering from is insomnia. If I were you, I would study for the tests and quizzes earlier, preferably at least 3 days prior, with a final recap the day before the tests. This will increase your confidence and subsequently, making you less anxious about it. This method of revision may also increase your retention of knowledge from classes, helping you gain more marks, killing two birds with one stone!

I absolutely understand that time may be a constraint to you when using this technique, so here are some extra tips on how to save time or be more efficient! You can use the time you spend on travelling, waiting in a queue, or any other gaps between activities to revise. Also, you must remove any distractions from your sight to boost your efficiency. (As mentioned before, making a to-do-list can also help with this!)

You also told me that you are confused about whether to take sleeping pills. I definitely wouldn't take any if I were you, unless you have got a doctor's consent. Under no circumstance should drugs be used without any professional guidance to prevent you from over-relying on it, or even getting addicted.

So that's all! If you still have any questions about anything, feel free to write to me again. You can also write to simply share your current situations (if you have time). I would be incredibly happy to hear from you! Just remember: You can do it!

Good luck

Albert Kwok