

Letter to the Editor (By Hailey Wang, 6D)

Dear Editor,

It is universally acknowledged that Hong Kong citizens, be it adolescents or adults, all have a fully-packed working schedule and are snowed under a countless pile of work. Witnessing my friends keep falling prey to the vicious cycle of being a deadline fighter, I am writing to discuss the phenomenon as well as giving some timely advice to overcome this stumbling block.



To commence, school is undoubtedly the epidemic of deadline fighters. Due to the fact that teenagers lack self-discipline in the way that they are easily tempted by distractions ranging from exhilarating video games to glamorous k-pop stars, hardly can they stay focused on their academics. I also used to be a deadline fighter when I was a junior form student. From my personal experience, I used to prioritize my personal enjoyment over my homework and quizzes so all my assignments were crammed to Sunday night. It led to the consequence that I had to burn midnight oil in order to deal with all the school work before heading back to school. It is believed that this is also a mere replica in the case of other deadline fighters.

Apart from school, the contagion also spreads to workplaces. It is commonly seen on online forums that many working youths make fun of themselves online by sharing how they merely missed the deadline of submission of certain projects. Aside from this, it can also be observed that some white-collars optimize their time to continue to finish typing their documents while they are commuting to work. All the aforementioned have already attested that the undesirable practice of being a deadline fighter strikes Hong Kongers like a plague.

Being a deadline fighter leads to numerous lamentable repressions. First and foremost, it leads to the deterioration of both mental and physical health. As all the tasks are piled up until late night, not only do the teenagers have to sacrifice their sleep for work, they also have to consume tea and coffee, which are rich in caffeine, to act as a stimulant to wipe off their lethargy. Thus, it upsets their biological clock and further hinders their growth. Aside from the physical damage, being a deadline fighter also elevates the

tension and the level of stress in life. Every time when they are rushing for work, their minds have entered a battling status since they keep worrying whether their work can be successfully accomplished before the deadline. It is similar to an intimidation, thereby significantly increasing their feeling of burnout after working relentlessly before the deadline.

Furthermore, being a deadline fighter minimizes the teenagers' passion for work. It is extremely difficult, if not impossible, for deadline fighters to achieve impeccable and outstanding performance since their assignments are done within a limited time. When this practice is adopted, a subsequent setback in their performance will occur, thus lowering their self-esteem and reducing their motivation to improve in the coming future. It will only proceed as a spillover effect and eventually, teenagers will no longer feel passionate and energetic about working.

In a bid to halt the situation from aggravating and help directing the deadline fighters back on track, several pieces of advice will be provided as follows. Firstly, it is suggested that a timetable which lists out all the tasks and their respective schedule should be created every week in order that our working progress can be closely monitored and strictly scrutinized, thereby further helping us to develop self-discipline. Apart from personal efforts, it is also recommended that we can seek help from peers by setting up a common workspace on the Internet. With access to each other's working progress, it serves no better than a source of pressure as well as motivation and encouragement to strive for a better performance.

The aforementioned are some negative impacts of being a deadline fighter and some tips to overcome one's own laziness and stop postponing their work. It is believed that with enough determination and effort, all of us can step back from the all-time demon — being a deadline fighter.

Yours faithfully,

Chris Wong

(680 words)