

2E CHRISTIE AVA SWYNNERTON LAM

How to Lead a Healthier and more Positive School Life

Tip 1: Don't spend so much time studying during recess.

After classes, you may feel exhausted and frustrated with your teachers for handing out so much homework! So, you should focus on playing ball games or eating snacks in the canteen with your friends. Homework is for home, and there is little time for recess. Therefore, stop studying or doing homework and instead cherish spending time with your buddies or just alone. If you focus on preparation for exams or tests during free time, that's a sign that you're stressed out and need to focus on having a fun time for a change. I'd recommend a healthy balance between schoolwork and fun because too much of either side will actually do you no good. A proper work-life balance is what you need.

Tip 2: Free up your schedule

If you have a different extra-curricular activity every single day, it could mess up your organized self by giving you too much to take in! In my experience, I once had two E.C.A.s on the same day clash together and I had to choose between the two, or rush to the other activity when I'm finished with one. This would be very overwhelming because after we get home, we also have other schoolwork to do, which makes us rush through everything and doesn't give us any time to stop and think. If I were you, I would free up some space in my schedule to let myself slow down, rest and reduce stress. This is a great way to not only enjoy yourself in after-school activities, but also keep you motivated for school as your mind isn't too clouded.

Tip 3: Acknowledge your improvements

After you get your results back from exams, you'll probably compare your scores with friends and classmates for fun. There's a big chance that you'll compare yourself with them or even feel jealous of them if they get a higher mark than you. This is incredibly discouraging and will make you forget your achievements and improvements. You should therefore focus on your own improvements, or better yet, acknowledge the hard work you put in and realize that you've done your best. This positive attitude change will encourage you to improve even more and focus on your studies, then you'll lead a positive and healthy school life with less stress, better interpersonal relationships and a love for learning and growing.