



聖嬰中學

HOLY INNOCENTS' HIGH SCHOOL

Name _____ Index No. _____

Subject _____ Sec _____ Date _____

Nothing is to be written in this margin.

Students feel stress and students stress is predominantly from studies as many acknowledge that Singapore's education system is competitive and demanding. But Parents are also responsible for causing their children to feel stress as many ^{SVA} parents want their child to excel in their studies. They enroll their child into many tuitions ^{classes} which pressurise their child and some said that they feel stress when they don't see their child studying. Some of them are unable to ~~put~~ prioritise their ~~other~~ schedules because of computer game addiction, which would stress them in their studies as they would do badly in their studies. Their poor results ^{may} would then start the trend of self-harming behaviour. Parents can play a part by helping their child to relief stress by spending more time with their children. They can sit beside their children when they are studying and help them with questions they do not understand. They can also talk to their children to understand more about their studies and can maybe find out what's stressing them. Parents can also find out more from their teacher about their studies in school and learn how to interact with the child. Students should also learn how to prioritise their time between electronic and studies and if they do not prioritise their time, they would not be able to do well in their studies.

planning

studying