

Dear Mary,

Thank you for sharing your problems with me. I understand that you feel stressed about this, but I promise I will do my best to help and give some useful advice.

In your letter, you mentioned that your parents treat you like a kid. I know that you feel very embarrassed about it. Have you tried thinking from their place? Your mum accompanies you to school because she might just be worried about your safety outside. If you are very uncomfortable with it, however, you may try talking to her about it. Try reassuring her that you are perfectly capable of going to school by yourself. As for her giving you a packed lunch, you can tell her that you can buy food outside. If she still disagrees, why don't you just bring your lunch outside? By doing this, you can still hang out with your friends. Also, it is perfectly fine to have a packed lunch! I am sure that no one will make fun of you for it.

You also mentioned that your parents have high expectations on you and make you attend extra classes. I understand how you feel about this. They just want what's best for you, but in the end, it's you yourself who will benefit from it. Again, you can try talking to them. Tell them that you don't need extra classes and see if they understand you.

Your last problem is a very common one although a bit frustrating. Most parents worry so much about the future of their children that they completely forget about their happiness. I can tell you that they want you to be a doctor or an engineer so that you will have a high paying job and a comfortable life. However, you could make your parents understand that there are other high-paid jobs and their children may not even care for money at all. You should tell them about your future plans and what you want to be. By doing this, you can prove them that you are independent and can make decisions by yourself.

I really hope that my advice helps you. I wish you the best of luck.

With regards
Chris Wong
Social Worker