

4A (18)

KOK ZHI SHENG

Your friend Jan has written you a letter in which she has asked you to give her some advice. Here is the letter.

*Dear Chris,*

*You know that I have so many online friends. Recently, I've been getting even more friend requests from strangers. Besides, some of them keep on sending me messages or even calling me on Messenger and Instagram. Sometimes, I mistakenly keep my phone switched on and get caught by teachers because it rings during lesson time. As a result, I am feeling really stressed out. I have no idea what I should do. And you know, my HKDSE is coming soon. I also need to pass my HKDSE. What do you think I should do?*

*Jan*

Write a letter of advice to Jan.

Dear Jan,

I understand the problem that you are currently experiencing. I know it's very stressful for you and I would like to give you some advice.

Firstly, you mentioned that many strangers are constantly pestering you by calling and sending you messages on social media. The best way to deal with this issue is by setting your account Private. This way you can choose only people you know to follow your account. Online strangers will have almost no way to contact you if you set your account private. If you don't want to set your account private, the next best thing to do is to block and report the strangers who are harassing you. This way, they will have absolutely no chance contacting you frequently.

Next, you mentioned that you have been feeling really stressed out recently particularly with your phone ringing in the class and being caught by teachers. My advice is that you keep your phone in silent mode all the times, which will also prevent emitting any sounds due to calling from strangers. Such a move would protect your phone from being confiscated. If you get too stressed, you can just take a deep breath, walk around your local garden and sleep early. This way your mind will be at peace. Upon waking up, you will be more energized and optimistic.

Lastly, you are worried about the HKDSE that is coming soon. You should set a timetable for your daily study so that you can strike a balance between relaxing and studying. Your mind would work better only if it is not over pressurized. You can also spend more time in the subjects you are weaker at and understanding the concepts of those subjects will help more than memorizing them. You can

also ask your teachers for help in understanding the difficult concepts or questions. Private tutors are also of great help. They can give you important study skills and strategies. The best way to be prepared for the HKDSE is to practice past exam papers. The question types for HKDSE every year are quite similar starting from 2016.

Finally, dealing with stress is very important specially to make sure that your brain is in the most relaxed environment before the exam. So don't stress yourself out too much. Good time management can help you improve your studies while keeping your mind calm and relaxed. If you follow all my advice, I'm very sure you will find light at the end of the tunnel. Remember you are a very brave and intelligent girl. I am certain that you are capable in dealing with the problem you face. If you need further advice, feel free to contact me.

Best wishes,

Chris