

How to Deal with Learning Difficulties

Good morning, Principal, Vice-principals, teachers and fellow schoolmates.

Today I would like to share with you how to deal with learning difficulties. Many Ng Wah boys complained that they have a lot of difficulties in their studying. Even some of my classmates got sick for many times before the examination. Actually, they are too nervous and tense about examination. So, what should we do then?

I have some suggestions to help these schoolmates. First, whenever you feel sick or nervous about studying and examinations, it is better for you to take a short break. Everything will turn out fine after such relaxing mood. Second, if you feel tired at school and could not keep up with the lessons, you should better stop playing computer games at home. This is the major reason to this problem. So, I suggest you to stay at school after class to study and go to bed early at night. The best method is to quit playing computer games.

Last but not the least, you have to maintain good health. Eat regularly and don't stay up late. The most important thing is to approach your parents, teachers or classmates for advice if you encounter any difficulties. Thank you.