Morning Assembly Sharing (19/11/2015)   **3B Alison Yip**

Good morning Principal, teachers, and fellow schoolmates,

I'm Alison Yip from F3B. Today, I would like to talk about the issue of heavy workloads in secondary schools.

Some people think that giving students more homework is the best way to ensure a good future for them, but I don't agree with this idea.

Life is very stressful for students in Hong Kong. We have many things to do every school day. After attending eight lessons every day, we still have a lot of extra-curricular activities and tutorial classes as well. When we get home, it's not time to relax, because we need to do our homework and revision. Sometimes, we even need to study hard for our quizzes and dictations until midnight. If we do not manage our time wisely, we may not be able to finish our work and sleep on time. Not having enough time to sleep means we may fall asleep and can't concentrate during our lessons. Thus, it affects our studies.

Homework is undoubtedly an important part of our school life. It is mainly used to check our understanding of the concepts we learnt in the lessons. However, in my opinion, revision is even more important as it is about mastering the concepts we have been taught. If we don't have enough time to do our revision, we will not understand the points that teachers taught us during lessons.

As a result, having less homework will help us improve our academic performance and achieve a more balanced lifestyle. Besides, students can have a happier school life, and more time to do something that they like. Also, students will have enough time to sleep, and pay more attention in lessons.

More and more students are suffering from mental and physical health problems in secondary schools. There's no point for us to do well academically if we sacrifice our health in the process. A reduced workload would enable students to create a little personal space to rest. Having a balance between studying and resting is important for Hong Kong students.

This is the end of my sharing. Thank you.