



Jessie is reading a news article about secondary students. Read the news article.

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## Secondary Students Feel Unhappy about School Life

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Adapting to a new environment is never as easy as we imagine, especially for teenagers. While most primary students expect to have a **fruitful** life in secondary school, studies have shown that most students from Secondary One to Three are not happy about their school lives. According to the 'happiness index', these teenagers experience a **gradual** decrease in happiness over the years. On a scale of 0 (the least happy) to 10 (the happiest), the score for teenagers aged 11-14 is only 6.53, which is the second lowest among all age groups. It is believed that pressure from studying is the main cause.

Primary students in Hong Kong already suffer great pressure under the current education system. But students who have just entered secondary schools find it even worse as they have to adapt to a new school environment and face a greater number of assignments and exams at the same time. Every year, junior secondary students are required to study around ten subjects. Their weekly study hours have increased to more than 46 hours, which is one of the highest records in the world.

Moreover, some students may have a sudden drop in their academic performance, which they probably feel anxious about. On the other hand, with the increasing amount of homework, students have less leisure time to relax themselves. All of these may contribute to depression. Reports revealed that the number of depression cases among teenagers hit an eight-year high in 2021.

To help students adapt to the new learning environment, secondary schools can organise **orientation** events so that students can **get a taste of** secondary school life beforehand. Also, teachers should provide more guidance for students who display unusual behaviour or negative emotions. Showing care and understanding is always the key to supporting them.

Furthermore, schools should arrange sports events for students to join. As participating in physical activities not only helps students relax, but also benefits their brains and improves their **concentration**. Hopefully, students will become less distressed and more motivated in learning.



DAILY-LIFE  
ENGLISH

**Get a taste of (phr.)** does not mean 'to eat or taste some food'. It means 'to try or experience something'.





10 mins

DATE

Choose the best answers by blackening the circles.

1. In line 5, the word 'fruitful' means '\_\_\_\_\_'.  
○ A. producing good results  
○ B. having lots of fruit regularly  
○ C. staying positive despite failure  
○ D. being healthy and energetic



Tip

Q1: Substitute the word with each option to find the most suitable one.

2. Paragraph 1 mainly tells readers that secondary students \_\_\_\_\_.

- A. have unhappy school lives
- B. are under great pressure
- C. are becoming more stressed
- D. expect a fruitful school life

3. According to the news article, what challenges are faced by students in Hong Kong?

- i. lots of homework and exams
  - ii. long study hours every week
  - iii. too many extracurricular activities
  - iv. too many school subjects
- A. i and ii      ○ B. i, ii and iii      ○ C. i, ii and iv      ○ D. all of the above



4. Which of the following is NOT true according to the news article?

- A. Physical activities can keep students in a better mood.
- B. The right amount of stress can keep students focused.
- C. Physical activities can help students keep up with their studies.
- D. More guidance should be given to emotional students.

Answer the questions in complete sentences.

5. Why do secondary students have depression?

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6. How can schools help students adapt to their new school lives? (Give TWO examples.)

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Fill in each blank with ONE word from the news article. Change the word form when necessary.

Ellie, I am a bit 7. \_\_\_\_\_ about my new school life. I am afraid that it will not be the same as I 8. \_\_\_\_\_. Also, I know that many secondary students 9. \_\_\_\_\_ great study pressure...