

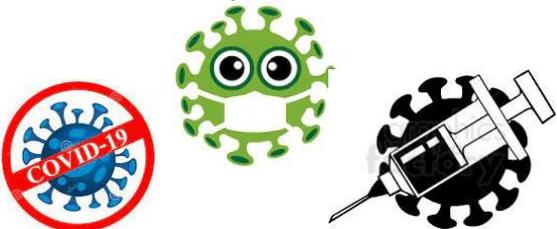


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A survey which polled six thousand parents found about 70 per cent of parents felt their children had been experiencing learning difficulties at home amid the pandemic. This was due to a number of reasons such as a lack of concentration or interruptions by family members. Moreover, some grass roots families had limited resources at home. They only had one computer to share among family members. To solve this problem, some schools lent out electronic devices to these underprivileged students. However, the speed of the Internet in many subdivided flats was too slow for students to download study materials for online classes.

Although you might not have experienced all the problems mentioned above, you may have encountered other problems during the pandemic. Let's see what problems students at our school faced during the pandemic and how they tried to cheer themselves up when the social-distancing measures was imposed.



5B Peggy Yiu

This is the second year that we had online lessons. We are so lucky to live with advanced technology. Different software such as Zoom and Teams facilitated our learning during the school suspension. However, we still faced some difficulties. For instance, the unstable Wi-Fi connection caused disruptions in our lessons. Also, it was not easy to concentrate during online lessons. Our studies have been affected to a certain extent.

In addition, the unexpected COVID-19 epidemic made me feel depressed and frustrated at times. I had fewer chances to meet my friends in school. We all cherished the time when we did see each other. As a Form 5 student, we are going to sit for the DSE next year. Every student in Hong Kong was under great pressure during the pandemic. To cheer myself



up, I called my best friends to share my happiness and sadness with them. Also, going outside to have fun was another good way to make myself happy.

Everyone may feel helpless and frustrated during the epidemic. I hope we can be optimistic and stay strong so that we can overcome all the difficulties we face.



5A Bobo Cheung

Many of us faced a lot of challenges during the COVID-19 pandemic. Not only were our daily lives disrupted but also our studies were affected. Needless to say, it was hard for students to focus during online lessons. Lack of self-discipline was one reason for students not concentrating enough in online lessons. Also, poor time management contributed to students' unsatisfactory academic

performance. Without teachers' supervision and support from classmates, it was not easy to keep up with my studies during the school suspension.

Apart from the difficulties with online learning, we also had to work hard to manage our emotions. I tried to do exercise like running to help me stay positive. In addition, I played some online games such as Rummikub and Switch with my friends. These were great ways to relieve my stress and cheer up myself.

5A Rainbow Ng

Due to the outbreak of COVID-19, we had unprecedented long periods of school suspension. During those times, we had our lessons online through Zoom and Teams. To be honest, I was quite happy that I could sleep a bit longer

However, I found it really hard as there were disruptions caused This made me frustrated as lesson. Moreover, I was quite could not meet others face-to-



than before because of this. to focus during the online lessons by an unstable Wifi connection. I could not keep up with the sad that I face for a

cheer up!



long time. I felt like I was being isolated. Furthermore, because of the pandemic, I seldom went out and I became more emotional than before, and I was not motivated at times. To tackle these problems, I went out with some friends and did some exercise like running and hiking occasionally. Besides, we had video chats more often so that we could share what was going on in our daily lives. This helped us to cheer each other up.

5A Grace Chan



I encountered some difficulties during online classes. For example, it was difficult for me to hear what the teacher said because of the unstable Wi-Fi connection. To solve this problem, I asked my classmates to help me with what I did not understand in class. Since I am going to take the DSE next year, I also had to be disciplined so that I could keep up with my studies. During that period, I set a schedule for myself to ensure I did not waste time. I also discussed questions with my classmates through WhatsApp. Learning with classmates could help me get better results with half the effort.



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5A Cathy Yeung



Because of the pandemic, we have had online lessons for a long period of time. Keeping myself motivated was one of the challenges I faced during online lessons. It's hard to focus in your lessons without supervision. I would be easily disturbed by other things, for instance, mobile phones and computers in my room. Therefore, I had to control myself in order to stay focused.

During the pandemic, it was normal to feel stressed, anxious, sad and helpless at times, and I was no exception – in our lifetime this pandemic was unprecedented. At the beginning, the increasing number of confirmed cases and the global death toll always caught my attention. I was worried about the situation in Hong Kong during that period.



Nevertheless, I found some ways to overcome my negative emotions and cheer myself up. I reflected on my life's goal and wrote down my short-term and long-term goals. This motivated me to keep on working hard so as to achieve my dream career.

5A Nicole Chow



One of my worries during the pandemic was that I would be infected. I felt stressed all the time. Online lessons also posed a lot of challenges for me. It took time for me to switch from traditional learning to online learning. Time management was another issue for me. It was

also hard to fully concentrate during online lessons. It was quite exhausting at times, and I always wanted to have a break after my lessons. Actually, I did not do revision most of the time.



In order to relieve my stress, I had frequent breaks and went out for a walk. Sometimes, I shared my feelings with my friends or family members. This helped to cheer me up. I hope the pandemic will end soon.

5A Anki Li



During the school suspension, I became lazy since no one forced me to do revision or homework. Though I tried to remind myself to work hard, it was often in vain. However, I did use this period to do different things for the first time such as folding over a thousand paper stars or chatting with my parents for more than 6 minutes a day!

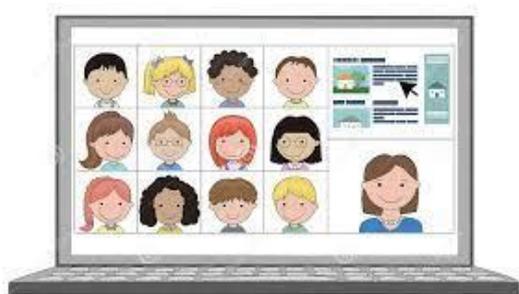
It was a new experience for me to learn with electronic devices. I had lessons with different apps like Zoom, Microsoft Teams and Google Meet. One of the advantages of online learning is that we can keep on meeting each other. However, teachers could not keep track of our learning progress. It was not easy for them to check if we did our classwork. In addition, the network was not stable all the time. This greatly affected my academic performance.



Google Meet

4A Bonnie Hong

Because of the pandemic, we have had online lessons for months. I was quite happy to have lessons online as I didn't have to wake up as early as before. But I found that there were too many temptations while I was having lessons.



I tried to control myself by using headphones or earphones to block out those temptations in my surroundings when I was having lessons at home. Unfortunately, the device I used did not always work properly. It is important to check your device before your lessons start. Sometimes, the camera and the microphone of the computer could not work

normally. The Wi-Fi did not 'cooperate' with me either; my device was disconnected a couple of times a week. All these problems drove me crazy.

Now, I prefer face-to-face lessons at school to online ones. I don't need to worry about the above problems. I can meet my friends at school too. The most important thing is that I can learn more effectively.

I really hate Covid-19! I can't go out at weekends and I can't meet my friends. I also need to wear a mask on a hot day. I hope that the pandemic can end soon.



4A Annie He

When Covid-19 broke out, all students had to stay home, and thus they had to take online classes. Students encountered different problems.



First, many students suffered due to a poor Internet connection. For example, the speed of the Internet in their homes was too slow for students to download study materials for online classes. Also, their computer or electronic device would suddenly shut down, so they needed to restart the device a few times during their lessons. Moreover, some of them could not even

afford to have a computer, so they had to read from the tiny screen of their mobile phone.

Besides, online lessons can be boring. There is little interaction between students and teacher and interaction among students can be difficult as well. Moreover, students may not be self-disciplined when learning online. They may not be on task all the time as their attention wanders and they can be distracted by their family members at home.

Hopefully, the pandemic will be over soon and we all can have face-to-face lessons and a normal school life once more.



4A Ann Sheung

During the pandemic, all of us had limited opportunities to meet our friends because of the social distancing measures. We felt depressed easily. So, we needed to learn to cheer ourselves up in order not to suffer from feelings of depression.



First, exercise is highly recommended. We may do some stretching exercises for 30 minutes at least 3 times a week. Regular exercise can relieve stress and boost our overall mood. We can go jogging as long as we maintain proper social distancing when we are outside. Exercise can increase the level of dopamine in your body so that we can have a good mood and stay positive.

Also, we can do something that we are interested in such as watching YouTube videos or playing board games with our family. Some people use their spare time to learn DIY by watching videos. These activities can cheer ourselves up and enrich our knowledge in an interesting way.

We should make good use of our time during the pandemic: exercise more and try to stay positive by doing something interesting.

