

JUNIOR LEVEL

Multiple choice

Choose the best answer for the following questions.

1. Which group of students was polled?

- A. Primary school
- B. Secondary school
- C. University

2. Who conducted the survey?

- A. The government
- B. Unicef
- C. A Hong Kong youth group

3. Which of the following was not covered by the survey?

- A. Stress about the exam
- B. Stress about future choices
- C. Stress about the local political system

ADVANCED LEVEL

A. Fill in the blanks

Please complete the table below:

Focus of survey	Mainly on students' worries over 1. _____.
Results	-- The 2. _____ of the students was 7.42 on a scale of 10. -- Students were also feeling more stress because they are more concerned about their 3. _____ development.
Analysis	A cause of higher stress levels was from a lack of adequate 4. _____.
Suggested remedy	Reduce teachers' 5. _____ to give them more time to give students guidance.

B. CRITICAL THINKING

1. Do you or your friends feel stressed by examinations?
2. Has the stress caused physical symptoms, such as loss of sleep or appetite?
3. Why do you (or do not) feel stressed by exams?
4. Do you know how to relieve stress?
5. Is the Hong Kong society placing too much emphasis on academic results?



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[Answers]

Junior level

1. B; 2. C; 3. C

Advanced level

A. Fill in the blanks

1. the HKDSE exam; 2. overall pressure index; 3. long-term; 4. life planning and career guidance; 5. workload