

Good morning everyone. I am Cici Pang from class 5B.

Have you ever called yourself a 'deadline fighter?' Have you done your homework till midnight? You may say 'sure' and give out many sound reasons like tons of homework, projects and tutorial classes which occupy your time a lot. But I would like to say the key to tackle this problem is time management.

Laziness is our strongest enemy. We may find a lot of excuses for not doing homework. For instance, we need to play a game to relax first. But after enjoying the spare time, you have to finish all your assignments in a hurry or even have to burn the midnight oil and then you will go to bed very late. Lowering the quality of the assignments drastically, poor time management also leads to sleep deprivation. According to an American study in 2000, the negative effects of sleep deprivation on alertness and cognitive performance suggest decreases in brain activity and function. Therefore, it causes the decline of memory and study efficiency, affecting our performances on academic results directly. Conversely, a noted 2002 University of California animal study indicated that adequate sleep leads to improved regulation of mood and increased learning ability.

Apparently, time management is overriding that it influences our circadian rhythm and development of our brain. So how can we do to maintain a better time management? Firstly, get your own schedule book and write down all important things on it to remind yourself. Once you can list out all deadlines clearly, you will bear the tasks to accomplish in mind all the time and therefore you won't accumulate assignments easily. Secondly, set up a timetable. Only with a timetable can we maintain a work-life balance on a regular basis in order to keep a better circadian rhythm. If you are afraid you can't resist the temptation, set an alarm clock for each task.

Last but not least, be self-disciplined. A determined attitude is foremost to control your desire. Louis Pasteur, who is popularly known as the "father of microbiology" said, "Tell you that I reach the goal of the mystery, I only power is my persistence spirit."

It's the beginning of the school term. It's time to show your determination. Let's plan ahead and manage our time well.