

2B Morning Assembly

Both: Good morning Ms Cheng, teachers and fellow schoolmates. We are the representatives of class 2B.

Kiki: What's going on Sara? You look so sad...

Sara: (holding up a paper) I failed my test again...

Kiki: I'm sorry to hear that. But why? You didn't revise again?

Sara: I tried my best already! I studied for a long time before the test! But...when I was studying, I couldn't focus. I kept using my phone to watch YouTube and check my friends' updates on Instagram. Do you have any suggestions for helping me to keep focused on studying?

Kiki: You should stay away from any distractions. In your case, you should put your mobile phone away! You can download some apps that can control the time you use the phone when you are studying. I'm using an app called Forest. It really helps. You may give it a try!

Sara: That sounds great! Do you have any more suggestions?

Kiki: Definitely yes. You can also study in a quiet place. For example, you can study in a coffee shop. Besides, you need to set a clear goal. If you don't have a target, you will easily give up halfway.

Sara: Em... but if I feel very tired and can't concentrate on my studies, what can I do ?

Kiki: Well...Maybe you can use the Pomodoro Technique. Let's say, you can first study for 25 minutes. Then, you can take a break for 3-5 minutes and start studying again.

Sara: I think your suggestions are good and I am going to try. Hopefully I can pass the coming exam.

Kiki: You're welcome.

Sara: Dear schoolmates, do you have the same problems? If the answer is yes, you may try the methods we suggested.

Both: Thank you for staying awake and focused when we are sharing. Now, let's pray to God and ask Him to help us concentrate.