

Cancellation of Public Examinations Affect Teenagers' Mental Health

- Would cancellation of public examinations affect teenagers' mental health?

~ Teenagers may feel stressed and anxious after the announcements of public examinations being cancelled. They may fear losing opportunities to go to universities, or teachers' assessments at school based on predicted performances are not absolutely fair. Their mental health would be affected if their prospects of attending university is uncertain.

- How to motivate teenagers when they feel distressed?

~ Acknowledgement of teenagers' feelings is essential. They need to feel understood and listened to. Flexibility in university admissions would also give them hope and motivate them to stay positive amidst the pandemic and unsecured future.

- How to help teenagers to resist the lures of social media and video games?

~ To be able to resist the lures of social media and video games, teenagers need to muster tremendous inner strength. The cultivation of inner strength can come from engaging in fulfilling physical activities like sports, and spiritually soothing ones like playing music. They need to consistently participate in positively stimulating activities in order to be able to overcome internet addiction.

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