

108 學年度第 1 學期高中部英文作文比賽

1. In Taiwan, everybody works hard all the time. Many students study for more than 12 hours every day. Some people even die from overworking. How do you think about the working philosophy of Taiwanese? Do you think they work too hard? Please write a composition of about 300 words to express your opinions.
2. 比賽時間：13:10~14:50，共 100 分鐘。
3. 不得使用任何形式的字典與電子載具，其餘依本校考試規定辦理。

"Those who sow with tears would reap in joy." There are many sayings encouraging people to be diligent in order to exceed. However, many students in Taiwan focus on their academic performance so much that they even spend over 12 hours studying per day. They are usually forced to work hard to defeat other students in this competitive society. As a result, most people are always stressed and overwhelmed, and some even die because of their over-loading work. Not only does this phenomenon do harm to their bodies, but also erase their interest in learning. Nevertheless, this working philosophy still commonly exists, as people are afraid of being defeated if they don't work hard enough.

As far as I am concerned, although being diligent is definitely one of the factors that lead to one's achievement, working excessively hard will be harmful. In my opinion, those who study too hard should learn how to give themselves a break adequately. Developing a habit is important since it may help reduce stress when students are stressed out due to their studies. It can also help them concentrate more on their later work. Secondly, students should learn how to study wisely and efficiently. It can help shorten the time they spend on studying so that they are able to sleep more, which is an essential thing for them to gain energy and keep a clear mind. Lastly, instead of being occupied by studying all day long, they should spare some time learning about the knowledge that is not written on their textbooks. It's always necessary to care about things that happens in the world. To sum up, I think that it's important for students to relieve their stress caused

(more space in the back)

by working too hard, and also learn to broaden their horizons.