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Tired Students

Today, I'm here for you to shed the light on an issue that affects the majority of us, something that's become all too common in our lives – tired students.

We, the students, are the backbone of this educational institution. The so-called hope of the world we live in. We are the ones who eagerly arrive at school every day, ready to soak up knowledge, engage in discussions, and make the most of our academic journey. But, in the midst of our zeal to learn and excel, there's a silent enemy that often goes unnoticed – exhaustion. The exhaustion experienced by students due to the demands of academic and extracurricular activities. This exhaustion is a real concern, and it's essential for us to recognize its impact and work towards solutions.

Tired students are not just physically fatigued, we are mentally drained too. Endless assignments, tests, and exams pile up, leaving us with sleepless nights and overwhelmed minds. We find ourselves constantly trying to balance our responsibilities, often neglecting the importance of rest and self-care. Many students find themselves burning the midnight oil to meet deadlines and fulfill their responsibilities. The consequence? Tired students who are physically and mentally drained, unable to perform at their best.

Our sleep patterns are disrupted, leading to a lack of concentration, decreased creativity, and, in some cases, mental health issues. We push ourselves to the brink of exhaustion, believing that this is the price to pay for success. But it shouldn't be.

It's time for a change, it's time to recognize that burnt out students may not be the most productive everyday. As we are the youth of this generation, we must given the time to prioritize our well-being and make room for self-care. Teachers, we need your understanding and cooperation, listening ear, a flexible deadline, or a little empathy could be a huge difference for a tired student's life. And I, Thank you.