

	Stressful Event	Warm-up period	Lasting period	follow-up period	Total (days)
1	College Entrance Examination	7	3	1	11
2	College Entrance Exam Registration	1	4	1	6
3	Fill out college application	1	1	1	3
4	Mock Exam	7	3	1	11
5	Unified examination	5	3	1	9
6	Unified mock Exam	5	3	1	9
7	Six-school associated exam	7	2	1	10
8	Exam for Self-study during holidays	3	1	1	5
9	Final exam	7	3	1	11
10	Mid-term exam	7	3	1	11
11	Periodic exam	3	1	1	5
12	Exam score notification	1	1	1	3
13	Learning Methods instruction(regularly)	0	1	1	2
14	Outstanding Students Award selection	1	1	1	3
15	"Star of Reading" selection	1	1	1	3
16	"Star of civilization"	1	1	1	3
17	Student Leadership Award Selection	1	1	1	3
18	Honors day	7	1	1	9
19	Statistics of impoverished-students	1	1	1	3
20	Provincial Level Olympiad (physical/math/chemistry)	3	1	0	4
21	English Oral Competition	3	1	0	4
22	Robot Competition	3	1	0	4
23	Students meeting (for each grade respectively)	0	1	1	2
24	Parents meeting	2	1	1	4
25	Parents Open Day	2	1	1	4
26	Graduation ceremony	1	1	1	3
27	Blackboard newspaper design rating (regularly)	1	1	0	2
28	Remove dormitory	1	1	1	3
29	Dormitory master meeting	1	1	1	3