* **Tired**

As a student, I have to study/ at school/ for 8 hours every day, 5 days/ in a row, and sometimes/ we are required/ to take extra curriculum/ on weekends, which makes us/ extremely exhausted.

* **Busy**

1. There’s just/ too many works to do/ at school, we have homework/ every day after class, and sometimes/ we need to do/ lots of preparation work/ for literature presentation, biology experiment and final exams.



1. There’s just too many works to do at work, we have so many reports to write, endless meeting to attend, and also contact the client if we were salesperson, which is so annoying.

* **No time for Families and friends**



We are so busy at school(work) /that we hardly have any time/ to spent with our families and friends, so If I got/ some free time, I’d rather/ stay with them/ rather than (instead of) XXX, to strengthen/ my friendship (family bond).



* **Distract**

We students’/ first priority is study. Since I have/ so many works/ back in school, it would be a distraction for me/ to XXX, and the distraction/ would lead to low efficiency all the time.

* **Learn important things**

What we learned at school/ is so-called knowledge, something/ I can easily google(search) /on the internet, I want to learn things/ will be beneficial for my future development, such as team spirit, the sense of responsibility and interpersonal skills.



* Travel

1. To enjoy the breath-taking scenery/landscape of XXX, the sky is blue, the air is fresh and I love the mountains there most.

The green ocean/ connects with the blue sky, the sun shines/ on the city/ and the Golden beach, and you feel/ a cool breeze on your face, it was so breathtaking.

1. It provides an opportunity/ to broaden my horizon(eyes). I’m always looking forward to/ learning more about different culture, traditions, and history, to make myself/ become more tolerant/ to differences.



1. I can also/ make friends/ with local people, not only/ it’s a good way to be socialized, but I can ask them/ to show me around the city they live in, this way/ I could have a better understanding/ of the local culture, traditions, and history.



1. Take photos: I would like to record/ all the amazing scenery(landscape)/ along the journey. The school is busy and tiring, because/ we have to deal with/ a heavy load of work. Every time/ I feel exhausted, I would/ take out these photos /and try to recall those happy memories, it would/ release my stress /and focus on my study, thus improve/ my study efficiency.
2. Besides, I can share the memory/ with my family and friends. So, they can feel the same way/ as I did.

* Sports

1. I can keep healthy/ by doing sports. I mean/ we have so much work to do/ at school, it’s quite necessary for us/ to do some sports like running, swimming and playing basketball to stretch our arms and legs, and it can build our muscle/ as well. So, we are better prepared/ for the heavy load of work/ back in school.



1. It’s very entertaining to do sports like/ swimming or playing basketball, especially after studying continuously/ for 8 hours every day. And XXX is my favorite sports/ because it can help me/ to refresh my mind /and release my stress in class.



1. It teaches me/ the sense of responsibility (team spirit). When I was the leader /of the team, I need to /support my teammate/ on the court, being positive and consistent all the time.

* **Study alone or in groups**

1. Alone: I am more focused /on the work that I was doing. Instead of/ studying in groups, no one/ can ever disturb me, like trying to talk to me/ or asking me any questions when I was studying alone.
2. Together: I will come across/ many problems during my study, so I will turn to others for help, **we can have a discussion/ with each other, share ideas /and exchange opinions,** therefore, it can help me/ to improve my study efficiency; besides, we can come up with/ different solutions to the problem/ for us to choose from.

* **Make friends**

It’s possible for me/ to meet some people on/in XXX, and make friends with them, because/ **we all share the same interest**, which is XXX. So, we can **communicate with each other, share ideas and exchange opinions with them**, therefore, it can help me/ to improve my social skills.

* **Foods**

I prefer to have the meal in the fast food restaurant for the following reasons.

1. First of all, it can help us to save time. It usually takes me less than **5** mins to get the meal, however, i will wait more than **half an hour** before my meal was served in the regular restaurant. **Since we have heavy load of work to do back in school, I don’t want to waste my time on such meaningless things.**
2. Besides, it can help me to save money. Generally, it costs me less than **50 yuan** to have a meal in the fast food restaurant, but maybe more than **200 yuan** in the regular restaurant**. Given that I am a student right now, I don’t make any money, and basically, it’s my parents who cover my daily expenses. So, it would mean a lot to me if I can save money for them and lower the financial burden of my family.**
3. Fast food maybe bad for our health. To make it tasty, the fast food usually contains too much sugar and oil, but with little nutrition in them. If we eat them all the time, it can make us get sick easily, therefore less prepared for the heavy load of work back in school.

* **Clothing**

I prefer to wear school uniform for the following reasons.

1. First of all, I believe that school uniform will help me to save money. Generally, it costs me less than 200 yuan on the school uniform, but maybe more than 500 yuan on the fashionable dressing. Given that I am a student right now, I don’t make any money, and basically, it’s my parents who cover my daily expenses. So it would mean a lot to me if I can save money for them.
2. Besides, it can help me to save time. We don’t have to consider what to wear every morning after we wake up, since we have heavy load of work to do back in school, I don’t wanna waste my time on such meaningless things.

* **Music/movies/books**

I like the XXX music the best for the following reasons.

1. First of all, it can help me to relax, especially after a long-time studying. I mean, we are so tired back in school, for example, we have to study more than 8 hours every day, 5 days in a row, and sometimes during weekends, listening to XXX music is helpful to refresh our brain and release stress.
2. Besides, I can communicate XXX with others. There are many students around me are a huge fan of XXX, since we all share this common interest, it might be really convenient for me to communicate with them, share our ideas and exchange opinions, which will be helpful to expand my social circle.

* **Internet**

Traditional

1. I mean the books and magazines are made of paper, and it demands large quantity of trees to cut in the forest, therefore lead to worse environment globally, like air pollution, acid rain and desertification.
2. It’s not convenient to take a book somewhere you go, like when you are on a bus or subway where full of people, but you can hold a cellphone or e-book easily just in one hand.

New

1. **it’s really convenient for you/ to look for some information/ on the internet, all you have to do/ is to type the key words/ into the search engine/ and click the button, all the information that you want/ will be shown on the screen; however, if you try to look it up/ in the library, it may cost you/ more than half a day/ to do that.**
2. People use social network to keep in touch with their family members and friends almost anytime, anywhere, like WeChat or Facebook, which is very helpful to expand their social circle. share
3. We can use the XXX to listen to our favorite music, watch some films and even play games on it, which is really helpful for us to relax.

Disease：

Nearsightedness

Obesity

Neck and back problems

Chronic issue