Some people think it is the best approach for students to learn if school starts the day at an early time in the morning. But someone think the school should start the day at later time. Which one do you prefer? Use specific reasons and detailed examples to support your answer.

Many schools are planning to postpone the first class in the morning for less lateness and better educating quality. However, the schedule of late classes will cultivate students’ indolence, and pose many other negative effects. As a result, starting class late would not effectively reduce the rate of lateness and cannot secure the educating efficacy.

First, early class in the morning will force the students to keep a disciplined life style. In order to attend the first class, students have to get up early in the morning. This habit brings many benefits. For example, young people will live a healthier life. Keeping the schedule in mind, they would no longer dally at night before sleep, and save their time in the morning.

很多学校为了减少后面的课程和更好的教育都打算推迟早上的第一节课。但是上课时间的推迟会培养学生的懒惰，以及带来一些其他负面影响。所以，推迟上课时间并不能有效的减少后面的课程的进度也无法保证教育效率。

postpone：推迟；拖

indolence：懒惰性

efficacy：效率，质量