

The chart shows how high school students in America spend their day. Averagely, each of them spends 8.7 hours on sleeping, 6.4 hours on their studies, 3.8 hours on social and leisure activities, 1.5 hours on their part-time jobs, 0.8 hour on exercising, 0.2 hour on cultural activities and volunteer work, and 2.6 hours on others things. To my astonishment, it seems that <sup>American</sup> high school students spend rather little time on their studies, with only one-fourth of their entire day. In addition, they spend almost the same proportion of time on extracurricular activities, such as chatting with friends, working, exercising and many others things they like. On top of that, sleeping takes the most time of their day, with more than eight hours a day, which is definitely impossible for me to do that.

### 背面可繼續作答

By contrast, my life is exceedingly different. First, I spend more than 12 hours on my studies every day. As a senior who is facing one of the most important exam in my life, curricular work definitely takes most of the time of my day. After having classes for nine hours at school, I have to study for at least 3 more hours at home to review the things I learn that day and even preview the lessons for classes tomorrow. Second, I spend only 6 hours sleeping every day. It would be a paradise that every senior aspire for to sleep more than 6 hours a day. At this point, however, it is impossible to do so. Last but not least, it comes to the 2 hours I spend on my leisure activities. After deducting the time I spend on commuting, taking shower, eating, and all the other trivialities, there is 2 hour left for me to relieve me from all the tiring school work. The two hours are divided into two parts. First, I will spend half an hour doing yoga every day, which always takes away all the stress and makes me feel refreshing after doing it. Then, I will flung myself in the sofa and sprawl, watching some TV series and giving my brain a break. The reason why me and students in America spend the day so differently is cultural differences. They emphasize more on the creative use of leisure time. Therefore, they spend more time on the athletic fields, the music classroom, and so on. In contrast, people in Taiwan put more emphasis on school work, on academic performances and score; which comes from the concept deeply rooted in our hearts that diploma counts a lot. And that makes all the difference.