

According to the chart showing how students in a U.S. high school use their time every day, three main features stand out. Students in the school spend nearly nine hours a day sleeping and more than six hours a day on learning-related activities, and these two activities occupy five-eighth of a day in total. Contrary to popular belief, sports, volunteering and religious activities make up merely an hour altogether. Social and recreational activities eat up approximately four hours a day, consistent with the common impression that these kinds of extracurricular activities are significant to U.S. high school students.

As a Taiwanese high school student, some apparent differences can be observed when drawing a parallel between my daily routine and that of the students shown in the chart. For starters, since I have been preparing painstakingly and wholeheartedly for the exam I'm taking <sup>for the past five months</sup> at the very moment, I could only allocate four to five hours a day to sleeping while distributing up to sixteen hours a day to studying. Nevertheless, I have made it a habit to go jogging at least ninety minutes a day to stay healthy and escape from immense pressure. Though I have extended my studying time at the expense of my time for extracurricular activities such as volunteering and

## 背面可繼續作答

part-time jobs, I insist on retaining one to two hours a day to strengthen my interpersonal relationships by chatting or eating dinner with my friends, and to read newspapers to prevent myself from being ignorant of what's going on in the world. However, I am proud to hereby declare that in a few more minutes, the strenuous lifestyle is going to be a thing of the past for me, and I will be able to enjoy my vacation schedule resembling that shown in the chart!