

二. As high school students, we are flooded by piles of books. Therefore, we spend most of our time studying. As a result, the time to rest is limited, let alone extracurricular activities. However, students in the United States spend less time studying. In addition to utilizing a moderate period sleeping, they take advantage of their free time to not only exercise but also work part-time. Moreover, leisure activities also play an integral role in their lives. In short, they take part in miscellaneous activities in a day.

By contrast, my life seems to be more monotonous. In an attempt to be admitted to a prestigious university, I have no choice but to go all out studying. As a consequence, I spend much time maintaining my academic performances. In addition, sleeping takes up much of my time. Still, I make it a habit to do some exercise

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everyday. As the saying goes, "Exercise is to the human body what water is to the fish." Not only can exercise boost our physique but it can also relieve our stress. Such is its importance that it plays an indispensable part in my life.

In the meantime, it is a pity that I have no time to take part in voluntary works as I am already suffocated by the demanding academic pressure. Nevertheless, as a freshman-to-be, I would definitely spare some time serving as a volunteer, and make use of my time well to have a bright future.