

According to the graph which represents how students in an American high school live their day, the students spend 6.4 hours learning and having some related activities, 1.5 hours working part-time jobs, 3.8 hours having their leisure time, 0.8 hours exercising, and 0.2 hours doing religious and voluntary things. What's special is that they spend only 6.4 hours learning and spend 8.7 hours sleeping, which means that they spend more time on sleeping than learning. In Asian countries, it is never acceptable because Asians think that diligence is the key to success. You need to study more than you sleep. Moreover, they spend 3.8 hours social and leisure time every day, and that is half of the time they spend on learning.

背面可繼續作答

As far as I am concerned, I go to school at eight, and go home at five. At school, we learn for the whole day. After school, I usually go home. At night, I study; I go to bed at eleven. Therefore, the total time I learn and study is thirteen hours, and I only spend one hour watching TV, seven hours sleeping, and no time hanging on Facebook or other social networks. How I have my day is extremely different from the American students. The reason why we are so different is that our thoughts and policies are not similar. What Americans place emphasis on is creativity and whether kids are happy or not. They give students more time to think rather than do unnecessary works. In contrast, Asians think that the more time you spend on studying, the more successful you will be in the future, so they make kids stay at school for more than eight hours a day to study and learn, and go to bed later at night. However, not all children are suitable for this kind of lifestyle. For example, some people may have more talent in exercising, but they don't have enough time or don't have any opportunity to find it. Hence, there are a lot of things that we can do to adjust our lifestyle in the future.