

A Call for Help

Arrrgh! I am so stressed and freaking out! My life is worth nothing.

This week will be the exams week. Generally i'm not worried about tests, but that's because we never have ten exams in one week. Sadly, this week we have ten exams. Help me! Because of the stress, I have headaches all the time and I am unable to concentrate on my studies.

I tried a lot of technics to get rid of my stress. First I went outside to take a walk in the streets, but it doesn't work. Secondly, I tried listening to music while studying but it was just distracting me. These exams haunted me every night for the last three days. I can't eat, I can't sleep and I can't go out with my friends because I have to study. My friends have the same problem, they are panicking and they are out of shape. I asked my teachers why we had so much exams in one week and they said it's because we don't work enough in class. Now we really don't know what to do to resolve our problem. The only solution we have now is to ask you for help.

Can you help us? We really want to suceed in our exams! It's really important because it's the final exams! Our success is in your hands.

by Dominique and Michaël