Hi, my name is Jane and I’m a freshman at Quzhou No.2 High School in ZheJiang Province. Going from junior high school to senior high school is a really big challenge. The first week was difficult to adapt but exciting.

First, **I had to** adjust myself to the routine here, which was totally different from that in the junior high school. The time of classes has significantly changed from 5 hours to nearly 9 hours and at first the 4 extra hours of learning nearly freaked me out. But as time went by I gradually **got used to** the new schedule and really devoted myself to **studying harder**. Another big shift lay in the increased time of autonomous learning. At the beginning it **was difficult** to have my time well-organized. However, our head teacher **recommended** us that we should arrange our schedules in advance by writing a to-do list everyday, which truly helped me **keep up with** the new routine in senior high school.

Also, every day **I had to** face mountainous homework assigned by different teachers and some of them were exactly hard to complete. The increase in variety of the class and its complexity really made me at a loss. Therefore, piles of assignment usually took up most of my time, leaving me with little time to review and preview lessons. Later, under the guidance of teachers, I redesigned my learning methods--- I would always review lessons learned before doing homework and it **obviously** turned out to be an effective method as my understanding of the knowledge and efficiency greatly improved.

Furthermore, I had to meet new classmates and teachers, but that still gave me a hint of excitement. What further excited me was that I was selected to be the monitor of the class and I knew it meant I was responsible for all classmates and was obliged to give them a hand whenever they needed help.

Adapting to senior high school life is really a big challenge but I will have to embrace what is hidden in the challenge---the hope, the possibility and any other positive thing . Though the first week is not that easy and pleasant, it actually makes me better prepared for my new journey and ensures me that nothing will ever pull me down if I face difficulties positively. Furthermore, I had to get familiar with new classmates and teachers. Though it took much effort and time, that still gave me a hint of excitement. What further excited me was that I was selected to be the monitor of the class and I know it means I must be responsible for all classmates and be obliged to give them a hand whenever they need help.

The first week is not that easy and pleasant, but I know I have to embrace all the challenges. I’m sure I will get better prepared for my new journey and that nothing will ever pull me down if I face difficulties positively.