

2008年12月英语六级作文范文(昂立版)CET6考试 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/561/2021_2022_2008_E5_B9_B412_E6_c84_561424.htm 0812六级作文 怎样改善学生的心理健康

1.学生心理健康的重要性 2.学校应该怎样做 3.学生自己应该怎样做

How to improve psychological health? As is known to all, psychological health is as important as, if not more important than, physical health for a student during his/her growth. However, it 's quite worrying that nowadays some students are not quite psychologically healthy. Undoubtedly, schools and universities should take great account in the responsibilities of students ' psychological health. Relevant courses and activities should be introduced to students so that they would be more aware of the significance of psychological health and find appropriate ways to maintain and improve it. For example, there should be a psychological counseling hotline or office for students to turn to when they need some psychological aid. Of course no psychological health can be obtained without the efforts from the students themselves. From my perspective, what they can do is trying to stay positive, optimistic and follow the right guidelines from their schools. To be more specific, they can participate in some activities such as voluntary work to cultivate an opening and caring mind. Meanwhile, harmful impacts from the cyber space should definitely be avoided.

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