

Name _____

Class _____ ()



Role 1: School Principal

Name: _____

You

- are the principal of one of the best secondary schools in Hong Kong;
- think the problem of students sleeping in class is very serious;
- think the problem reflects the unhealthy lifestyle of students;
- often remind students to take good care of themselves by eating well, having enough sleep and exercising regularly;
- require teachers to counsel students as soon as they are found sleeping in class; and
- have made 'no sleeping in class' a school policy.



Role 2: English Teacher

Name: _____

You

- teach many students who are not very interested in learning English and usually behave poorly in class;
- have tried many ways to interest them in learning;
- also have some students who are very interested in learning English but cannot learn well because of the poorly behaved students;
- have tried punishing students who sleep during your lessons but it was useless;
- are now used to having students sleeping in class; and
- realise that if you let the poorly behaved students sleep, the interested students can learn better.

Name _____

Class _____ ()



Role 3: Parent

Name: _____

You

- and your husband/wife work many jobs to support the family;
- think your son stays up very late every night revising and doing homework;
- were contacted recently by your son's Class Teacher telling you that he often slept during lessons;
- believe your son when he tells you that he is trying his best, but simply cannot finish all of his school work; and
- ask the teachers at your son's school to give him less homework and help him more because you and your husband/wife are too busy.



Role 4: Form 6 Student

Name: _____

You

- are a Form 6 student who is very worried about the public exams;
- have tutorial classes every day after school;
- go to the public library to do homework and additional exam preparation after your tutorial classes;
- stay up very late revising even though you are completely exhausted when you get home;
- allow yourself to doze off sometimes in English class because you are not so worried about English; and
- think your teachers are not very understanding when they punish you for sleeping in class.

Name _____

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**Role 5: A Native-speaking
English Teacher (NET)**

Name: _____

You

- have taught for many years both in Australia and Singapore before coming to Hong Kong;
- are teaching Hong Kong students in a secondary school for the first time;
- don't understand why students sleep during your lessons;
- have talked to other teachers about the behaviour and realise that it is quite common in Hong Kong;
- were surprised when told to punish students by making them stand up for ten minutes during the lesson;
- were told that it is better to let the poorly behaved students sleep in class so that they would not disturb the lesson; and
- have never encountered a problem like this in either Australia or Singapore



Role 6: Nurse

Name: _____

You

- are a certified nurse who is experienced in working with young people;
- have recently published a book on the effects of sleep deprivation on health;
- believe that the lack of sleep can be caused by when and what you eat, a stressful environment and the body's inability to deal with those factors;
- have data that shows while a small percentage of young people do not get enough sleep because of pressures from school, a much larger percentage do not sleep well because of poor diet;
- have research that shows oily and hard to digest foods badly affect sleep; and
- think that this is a serious problem because people who do not sleep well are more likely to develop physical and mental illnesses.

Name _____

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Role 4: Form 3 Student

Name: _____

You

- are a Form 3 student;
- like school because you have many friends there;
- think learning is boring because you don't understand what the teacher is saying;
- know many classmates who feel the same as you do;
- can't do a lot of the school work because you can't understand the teachers;
- you would rather chat with friends or play games on-line than study;
- often doze off in class because you stay up until 3 or 4 o'clock in the morning; and
- know your marks are bad but don't know how to improve them.