

Section 1:

#1 Strengths: Your opening paragraph effectively uses a relatable scenario to engage readers. You've created a clear thesis statement about banning phones in schools.

Weakness: Limited evidence for claims. → While you mention "studies have shown" in relation to screen time and mental health, you don't provide specific examples or statistics. For instance, when you write "Studies have shown that excessive screen time leads to higher levels of anxiety and depression among teenagers," readers might wonder which studies and how significant the effects are.

Exemplar: *Studies such as the 2019 Royal Children's Hospital survey found that 95% of Australian high school students own a mobile phone, with 67% reporting distraction from schoolwork due to notifications.*

#2 Strengths: Your third paragraph logically builds on previous points and introduces the positive effects of a phone ban. You use varied sentence structures.

Weakness: One-sided perspective. → Your writing presents only the negative aspects of phones without acknowledging potential benefits. When you write "banning phones would encourage students to engage with the world around them," you assume phones have no educational value. This makes your argument less convincing for readers who see phones as useful learning tools.

Exemplar: *While banning phones would encourage more face-to-face interaction, a balanced approach might include designated times when phones could be used as research tools under teacher supervision.*

#3 Strengths: Your conclusion effectively summarises your main points. You end with a forward-looking statement about creating "a brighter future."

Weakness: Repetitive phrasing. → You repeat similar ideas without adding depth. For example, "Phones create unnecessary distractions" restates what you've already covered without offering new insights. The conclusion could be strengthened by addressing potential challenges of implementing a ban.

Exemplar: *Implementing a school-wide phone ban would require cooperation from students, parents and staff, but the benefits to mental health and academic achievement make these challenges worth addressing.*

■ Your piece presents a clear argument against phones in schools with a logical structure moving from mental health concerns to learning impacts. To strengthen your writing, you could include more specific examples showing how phone bans have worked in actual schools. Also, acknowledging opposing viewpoints would make your argument more balanced and convincing. You might mention how some teachers use phones as learning tools and explain why you still believe a ban is better. Your second paragraph could benefit from a concrete example of how social media affects teenagers' mental health during school hours. Try adding some quotes from students or teachers to make your points more relatable. Using more precise words instead of general terms like "significant impact" would help readers understand exactly how serious the problem is.

Score: 42/50

Section 2:

Imagine sitting in a classroom, trying to focus on your lessons, when suddenly the buzz of a phone distracts you. You look around, and almost every student is glued to their phone screen, checking messages, social media, or playing games. How can anyone expect to learn in such an environment? Phones in schools create a barrier to focus and contribute to mental health issues. It's time to seriously consider banning phones in schools for the benefit of both mental health and learning.

#1 First, phones in schools have a significant negative impact on students' mental health. Studies have shown that excessive screen time leads to higher levels of anxiety and depression among teenagers. With social media constantly being checked during school hours, students become more anxious about their online presence, leading to a sense of insecurity. This constant comparison can lower self-esteem and create unnecessary stress. If phones were banned, students would be able to disconnect from the pressures of social media, promoting healthier mental well-being. A focus on face-to-face interactions and deeper relationships would help students feel more empowered and less overwhelmed.

Secondly, phones can deeply affect learning. When students are allowed to use their phones during school hours, distractions are inevitable. A quick glance at a notification can lead to a loss of focus for the entire lesson. This disruption not only affects the individual student but also the entire class's learning experience. Studies have shown that students who don't use phones during lessons perform better academically. Banning phones would help students concentrate more fully on their studies, creating a more sustainable learning environment where students are free from distractions. The classroom would resonate with focused discussions, better participation, and improved understanding of the subjects being taught.

#2 Lastly, banning phones would encourage students to engage with the world around them in a meaningful way. Instead of relying on their phones, students would develop essential skills like problem-solving, communication, and critical thinking. Without phones, students would be more likely to participate in group activities, ask questions in class, and spend time with their peers. These valuable interactions would help them grow both academically and socially, providing them with tools that extend beyond the classroom.

#3 In conclusion, banning phones in schools would greatly improve both students' mental health and their learning experiences. Phones create unnecessary distractions and contribute to anxiety, while also making it harder for students to focus on their studies. By removing phones, we can create an environment that promotes empowerment, focus, and better academic performance, all of which are essential for a brighter future.