

Section 1:

#1 (First paragraph) Strengths: You've created an effective opening that establishes an introspective tone. Your introductory statement effectively creates curiosity about what happened. Weakness: Lack of specificity → Your opening relies on vague phrases like "something that stayed with me" and "how much a simple action can matter" without giving readers a concrete sense of what to expect. The diary entry would benefit from a clearer indication of the specific experience you'll be discussing. Exemplar: *Dear Diary, Today, I performed a small act of kindness on my commute that left me reflecting on how the simplest gestures can profoundly affect both others and ourselves.*

#2 (Second paragraph) Strengths: Your vivid description of the train setting creates a clear mental image. You effectively contrast the collective inaction of other passengers with your eventual decision to help. Weakness: Under-developed sensory elements → While you describe the visual aspects of the scene well, your writing would benefit from incorporating other sensory details to make the moment more immersive and authentic. Exemplar: *The train was packed with the usual rush-hour congestion, the air thick with the scent of rain-damp coats and coffee, a heavy silence broken only by the rhythmic clatter of wheels on tracks as people avoided eye contact, retreating into their personal bubbles.*

#3 (Fifth paragraph) Strengths: You effectively expand the significance of the event beyond the specific moment, creating a meaningful reflection. Your writing shows thoughtful introspection about everyday kindness. Weakness: Abstract conclusion → While your reflection is thoughtful, it remains somewhat general with phrases like "kindness in its simplest form" without fully connecting back to specific details from your experience or explaining precisely how this moment changed your perspective. Exemplar: *I began to wonder how many such moments I've overlooked before, times when a simple gesture might have made someone's difficult day more bearable. People often believe meaningful change requires grand gestures, but I now understand differently—it's built from conscious decisions to notice others, to temporarily step outside our private worlds of worry and distraction.*

■ Your piece presents a touching moment of human connection with considerable emotional resonance. The narrative flows logically from observation to action to

reflection, which gives your diary entry a satisfying arc. However, your writing would benefit from more specific sensory details throughout to ground readers in the experience. Additionally, you could strengthen the impact by adding more of your personal emotional reactions during the encounter itself—how did helping the man make you feel in the moment? Consider also developing a stronger connection between your general reflections and the specific incident. Also, while you've created a thoughtful piece about kindness, you could push your reflection further by considering how this experience might change your future actions or perspective. Creating more vivid contrasts between the indifference of others and your decision to act would also heighten the emotional impact of your narrative.

Overall Score: 46/50

Section 2:

Tuesday, 15 April 2025

Dear Diary,

Today, I did something that stayed with me long after it happened. It was not planned, not something I had thought about beforehand, but once it unfolded, I realised how much a simple action can matter.

#1 The train was packed, the usual rush-hour congestion where silence is heavy and people avoid eye contact. I was tired, distracted, thinking about everything except what was happening around me. Then, as we pulled up to a stop, I noticed an elderly man standing near the doors. He was gripping his cane tightly, his movements slow and careful, as though each step required calculation. He was struggling to board, but nobody moved. A few glanced at him and then quickly looked away, hesitant or unsure if they should help.

Something in me acted before I could think twice. I stepped forward, reached for his arm, and helped steady him as he climbed onto the train. His grip was weak but firm enough to show his determination. When he settled into a seat, I paused and asked if he was alright, if he needed water, if someone was expecting him at his stop. He nodded and spoke

softly, his words barely audible over the noise of the train, but his expression was clear. He was grateful.

The train continued moving, and the moment passed like any other, disappearing into the motion of travel. But it lingered in my mind. There was nothing remarkable about what I did, nothing extraordinary, yet it mattered. It reminded me how often people hesitate, how simple acts of kindness are sometimes left undone because no one wants to disturb the routine.

#3 I began to wonder how many moments like this are overlooked, how often I have missed them before. People move through life convinced that change must be big, must be undeniable, but sometimes it is built from the smallest choices. A moment of attention. A decision to help. A reminder that in a world filled with distractions, being present for someone, even for a few seconds, can be enough.

Today, I saw kindness in its simplest form, and for once, I was the one offering it. That is what I will remember.

Until next time,

Mason