

## Section 1

**#1: Opening paragraph** "In your lifetime you would have met somebody who is always jolly, maybe at work, maybe they're your friend, or even a family member. I once had friend like this, they would laugh and have fun, no matter the time and place. Until one day they didn't."

### Strengths:

- Your opening creates a strong emotional connection by using a personal story that readers can relate to
- The short final sentence "Until one day they didn't" creates powerful impact and makes readers want to continue

**Incomplete sentence structure** → Your opening sentence needs work because "In your lifetime you would have met" doesn't quite connect smoothly to the rest. The phrase sounds like you're assuming something certain about the reader's experience, but it would be stronger if you made it a question or statement that flows better. Also, when you write "I once had friend like this," you're missing the word "a" before "friend," which makes the sentence feel rushed and incomplete.

**Exemplar:** *In your lifetime, have you ever met someone who seemed happy all the time? Perhaps at work, or maybe a friend, or even a family member?*

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**#2: Definition and statistics paragraph** "However, does anyone here know what mental illness is? No? Well allow me to unpack it for you. Mental illness is when people feel depressed, detached, not worthy of anything. They get mood swings, schizophrenia, and tend to be very defensive."

### Strengths:

- Your use of questions engages the audience directly and makes them think
- Your attempt to define mental illness shows you understand the importance of explaining key terms

**Oversimplified explanation** → Your definition of mental illness needs more depth because you've made it sound like mental illness is only about feeling sad or defensive. When you list "mood swings,

schizophrenia, and tend to be very defensive" all together, it confuses readers because schizophrenia is a specific illness, whilst mood swings and being defensive are symptoms. You're mixing up different types of information, which makes your explanation unclear. Your definition also misses important details about how mental illness affects people's daily lives, their ability to do normal activities, and how it's different from just having a bad day.

**Exemplar:** *Mental illness refers to conditions that affect a person's thinking, feelings, mood, and behaviour. These conditions can make everyday activities difficult and may include depression, anxiety disorders, and schizophrenia, amongst others.*

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**#3: Treatment paragraph** "Though we have three, only one involves taking pills. This is because mental illness is hard to cure with traditional treatments. And is instead more easily treated by making the mind feel safer and happier."

**Strengths:**

- Your explanation acknowledges multiple treatment approaches, showing good understanding that there isn't just one solution
- Your focus on making "the mind feel safer and happier" shows empathy and understanding

**Unclear organisation and explanation** → Your paragraph about treatments becomes confusing because you don't clearly explain what the three treatments are from the beginning. When you write "Though we have three," readers don't know what "three" you're referring to yet. Your sentence "And is instead more easily treated" starts with "And," which creates a fragment rather than a complete sentence. Additionally, your explanation of the holistic approach is unclear because you call it "the holistic approach" but then explain it uses both therapy and medication, whilst the other two approaches sound more holistic (using love and lifestyle). This creates confusion about which approach is truly "holistic."

**Exemplar:** *Mental illness can be treated through three main approaches. The first approach combines medication and therapy, where special tablets help balance brain chemistry whilst counselling provides emotional support. The second approach focuses on support from friends and family, which helps people feel valued and connected. The third approach involves lifestyle changes, such as eating nutritious foods and exercising regularly.*

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■ Your piece tackles an important topic about mental health awareness, and your passion for this subject comes through clearly. However, your writing would benefit from more careful organisation and deeper explanations. Your statistics about mental illness in Australia are powerful, but you need to explain them more fully so readers understand why these numbers matter. Additionally, your paragraphs would flow better if you used connecting words between ideas and made sure each paragraph focuses on one main point. Your treatment section needs clearer structure—consider explaining each of the three approaches in separate, detailed paragraphs so readers can easily understand the differences between them. You should also reconsider how you describe mental illness because your current explanation is too simple and might give readers the wrong impression. Try expanding your definition to include more aspects of how mental illness affects daily life. Your conclusion has a strong message about making every day "RUOK Day," but you could strengthen it by suggesting specific actions readers can take, rather than just telling them to ask "RUOK" more often. Consider adding examples of what people can actually do to support those with mental illness.

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**Overall Score: 40/50**

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## Section 2

#1 ~~In your lifetime you would have met~~ [In your lifetime, have you ever met] somebody who is always jolly, maybe at work, maybe ~~they're~~ [as] your friend, or even a family member [?] I once had friend [a friend] like this, they [. They] would laugh and have fun, no matter the time and place. Until one day they didn't.

However, does anyone here know what mental illness is? No? Well ~~allow~~ [, allow] me to unpack it for you. Mental illness is when people feel depressed, detached, ~~not worthy of anything~~ [and unworthy]. They ~~get~~ [may experience] mood swings, schizophrenia, [or conditions like schizophrenia] and tend to be very defensive. So how can we be satisfied when[] 45% of the Australian population ~~get~~ [experiences] mental illness? How can we be satisfied when[] 1 in 5 of all Australians ~~get~~ [experiences] mental illness each year? How can we be satisfied when[] 1 in 7 of ~~children and adolescents get~~ [all children and adolescents experience] mental illness each year? How can we be satisfied when the numbers are this high, yet we have ~~three~~ [only three main] treatments?

#2 Though we have three[main approaches,] only one involves taking pills. This is because mental illness is hard to cure with traditional treatments. And is [and is] instead more easily treated by making the mind feel safer and happier. The one approach that uses ~~the pills~~ <sup>is</sup> [pills is] called the holistic approach, and is mainly centred ~~Around~~ <sup>around</sup> [around] a mix of therapy and pills. These pills contain drugs which make you feel happier, to combat the depression and isolation that comes with mental ~~illnesses~~ [illness]. The other two ~~support~~ <sup>approaches support</sup> the brain through the love of friends or family [,] ~~Or~~ <sup>or</sup> [or] through having a better lifestyle[,] through eating better ~~of~~ <sup>or</sup> [or] working out. When the person ~~which~~ <sup>with</sup> [with] mental illness is supported~~it~~ [, it] gives them a mental boost of confidence. And if their loved ones continue to support them through their hardship~~it~~ [, it] eventually lifts them out of depression and sadness in mental illness.

#3 When a person decides to change their lifestyle, it often means eating better, working out and quitting smoking. When people quit smoking~~it~~ [, it] puts the continuous war between brain and body to a halt. This in turn can give a physical and mental boost. Both of these solutions provide happiness without the need ~~of~~ <sup>for</sup> [for] supplements ~~of~~ <sup>or</sup> [or] drugs, making them the more commonly used approach rather than the holistic approach.

Many only ask "RUOK" on RUOK Day, but does mental illness only strike on RUOK ~~day~~ [Day]? No. So why only on that single day [?] People around our country suffer every day [,] ~~Not~~ <sup>not</sup> [not] only on one specific day. So now, turn ~~everyday~~ [every day] into RUOK ~~day~~ [Day].