

Section 1

#1: Opening paragraph "Good morning everyone, Today, I want to talk about something that affects each and everyone of us which is 'mental health'. Mental health is an essential part of overall wellbeing, yet it is often misunderstood or overlooked."

Strengths:

- Your opening immediately connects with the audience by stating that mental health affects everyone, which helps readers feel included
- You clearly introduce your main topic right away, so readers know what to expect

Unclear purpose statement → Your opening tells us what you'll talk about, but it doesn't explain why you're giving this speech or what you want the audience to do afterwards. Adding a clear purpose statement would help your readers understand the goal of your piece from the very beginning.

Exemplar: *"Good morning everyone. Today, I want to convince you that we all have a role to play in supporting mental health in our community, starting with understanding what it really means."*

#2: Body paragraph with broken leg comparison "Firstly, mental health is just as important as physical health. Imagine if someone had a broken leg, would we ignore it? Of course not. We'd get them help immediately. But when someone is struggling with anxiety, depression or other mental health challenges, we often turn away or say, 'Just get over it'. This has to change."

Strengths:

- Your comparison between mental and physical health is easy to understand and makes a strong point
- The example of what people say ("Just get over it") is realistic and helps readers see the problem

Underdeveloped reasoning → While your broken leg comparison is clear, you don't explain the specific ways mental health is similar to physical health or what "This has to change" actually means in practice. Your paragraph would be stronger if you explained exactly how we should treat mental health the same way we treat physical injuries, with specific examples of what that looks like.

Exemplar: *"This has to change. Just as we would arrange doctor's appointments and rest time for a broken leg, we should help people access counsellors and create safe spaces for them to recover when they're struggling mentally."*

#3: Conclusion paragraph "Finally, can I ask you today? Let's break the silence. Let's educate ourselves and others. Reach out to someone who might be struggling and support mental health programmes and services within our community."

Strengths:

- Your call to action uses strong, direct language that tells readers exactly what to do
- You provide multiple concrete actions (reach out, support programmes) rather than just one

Repetitive phrasing → Your sentences all start with similar structures ("Let's... Let's... Reach out... support..."), which makes the ending feel like a list rather than a powerful closing message. Additionally, your opening question "can I ask you today?" is incomplete and confusing. Varying your sentence structures would create a more memorable and persuasive ending.

Exemplar: *"So I'm asking you today: will you help break the silence? When you educate yourself about mental health, you gain the power to support others. Your willingness to reach out to someone struggling could save a life, and your support for community mental health programmes creates lasting change."*

■ Your piece addresses an important topic and shows that you understand why mental health awareness matters. You've organised your writing into clear sections with an introduction, body paragraphs using "Firstly" and "Secondly," and a conclusion, which helps readers follow your ideas. However, your writing would benefit from adding more depth to your explanations. For instance, when you mention that mental health problems "don't discriminate," you could strengthen this point by explaining what you mean and giving examples of how different people are affected. Additionally, your second body paragraph about creating a safe community introduces good ideas, but it feels rushed—you mention "knowledge and compassion" and "reducing isolation" without explaining how these things actually help or what they look like in real life. To improve your writing, try taking one paragraph at a time and asking yourself: "Have I explained why this matters?" and "What specific example could I add here?" Also, your conclusion would be more powerful if you connected your call to action back to your opening ideas about mental health being misunderstood. This would create a

satisfying circle in your writing, reminding readers why the actions you're asking them to take are so important.

Overall Score: 40/50

Section 2:

#1 Good morning everyone, —

Today, I want to talk about something that affects each and ~~everyone~~ **[every one]** of us, which is "~~mental~~ **['mental health']**".

Mental health is an essential part of overall wellbeing, yet it is often misunderstood or overlooked. It affects how we think, feel, ~~act,~~ **[and act,]** influencing how we handle stress and ~~making~~ **[make]** decisions. Many people struggle in silence due to stigma, lack of support, or limited access to care. It is important to ~~educate~~ **[promote]** mental health awareness ~~to the individuals~~ **[amongst individuals]**, encouraging open conversations and promoting early interventions and support.

#2 Firstly, mental health is just as important as physical health. Imagine if someone had a broken leg — would we ignore it? Of course not. We'd get them help immediately. But when someone is struggling with anxiety, depression, or other mental health challenges, we often turn away or say, "[' Just get over it']". **[.]** This has to change.

Secondly, by raising awareness, we can create a community where people feel safe to speak up and seek support without judgement. Mental health problems don't discriminate— they affect people of all ages, backgrounds, and walks of life. But with the right knowledge and compassion, we can support each other and reduce the pain of isolation.

#3 Finally, ~~can I ask you today?~~ **[I ask you today:]** Let's break the silence. Let's educate ourselves and others. Reach out to someone who might be struggling, and support mental health ~~programs~~ **[programmes]** and services within our community. Because together, we can build a stronger, healthier, and kinder place for everyone.

Thank you, Samaksh.