

## Section 1

**#1: "There are many ways to reduce your use of technology in everyday life. To reduce technology daily, you need to try these tips."**

### Strengths:

- Your opening clearly tells readers what the advice sheet is about
- You use simple, direct language that's easy to understand

**Repetitive Phrasing** → You've used similar words very close together ("many ways" and then immediately "To reduce technology daily"). This makes your writing feel a bit repetitive. Try varying your sentence structures so each one adds something new rather than restating the same idea.

**Exemplar:** *There are many ways to reduce your use of technology in everyday life. The following tips can help you build healthier screen habits.*

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**#2: "Some tips include creating screen time limits and disable non essential notifications from others. You can also make tech free times and zones including when there are meal times and bedtime."**

### Strengths:

- You provide specific, practical examples that readers can actually use
- Your ideas are relevant to everyday situations like meals and bedtime

**Inconsistent Verb Forms** → In your list of tips, you've mixed different verb forms together. You wrote "creating screen time limits and disable non essential notifications" – notice how one uses "-ing" and the other doesn't? All items in a list should follow the same pattern. Also, "non essential" needs a hyphen to connect the words properly.

**Exemplar:** *Some tips include creating screen time limits and disabling non-essential notifications from others.*

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**#3: "As you can see, there are many ways to reduce your technology use. Many convenient uses can be creating time limits and creating tech free time zones."**

**Strengths:**

- You attempt to summarise your main points at the end

**Unclear Expression** → The phrase "Many convenient uses can be creating time limits" is confusing because "uses" doesn't quite make sense here. What you seem to mean is that these are convenient methods or strategies, but the wording makes it unclear. Additionally, you've repeated "creating" twice in the same sentence, which makes it sound repetitive.

**Exemplar:** *As you can see, there are many ways to reduce your technology use. Two convenient strategies include setting time limits and establishing tech-free zones.*

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Your piece addresses a relevant topic that many people struggle with today – managing technology use. You've included some practical suggestions that readers could actually try, which is helpful. However, your writing would benefit from adding more depth and detail to your ideas. Right now, your advice sheet lists tips but doesn't explain *why* these strategies work or *how* exactly to do them. For example, when you mention "tech free times and zones," you could explain why meal times specifically are good for this, or what happens when people use devices at bedtime.

Additionally, your writing currently feels quite brief and rushed. Each paragraph could be expanded with more information. You might add a paragraph explaining what happens when we use too much technology, or another paragraph giving step-by-step instructions for one of your tips. Try to think about questions your readers might have: How long should screen time limits be? What counts as a non-essential notification?

Your conclusion also needs strengthening. Instead of just repeating that there are "many ways," you could end with an encouraging statement about the benefits people will notice when they follow your advice. Also, try to avoid using the same phrases multiple times (like "many ways" and "creating") – this will make your writing sound more polished and professional.

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Overall Score: 37/50

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## Section 2

### How to Reduce Your Use of Technology

There are many ways to reduce your use of technology in everyday life. ~~To reduce technology daily, you need to try these tips.~~ [The following tips can help you build healthier screen habits.]

Some tips include creating screen time limits and ~~disable non-essential~~ [disabling non-essential] notifications from others. You can also make tech-free times and zones [, such as during] ~~including~~ ~~when there are~~ meal times and bedtime. You can also delete unnecessary apps and place your device in a different room at night [to help you break the habit of checking your phone constantly.] ~~just to get a habit out of it.~~

As you can see, there are many ways to reduce your technology use. ~~Many convenient uses can be creating~~ [Two convenient strategies include setting] time limits and ~~creating~~ [establishing] tech-free time zones. Make sure to consider these tips!