

# Section 1

## #1: Opening Paragraph

### Strengths:

- Your opening successfully uses relatable questions to connect with your readers, making them think about their own screen time experiences
- The hook is engaging and creates immediate interest by mentioning familiar symptoms like tired eyes

**Vague Supporting Evidence** → When you write "These are all signs you have been watching too much screens," you're making a claim without explaining which signs you mean. Your readers might wonder: Do you mean just tired eyes? Or something else mentioned in your questions? This creates confusion about what specific problems you'll be discussing. A clearer connection would help your readers follow your argument from the very beginning.

**Exemplar:** *"These symptoms—tired eyes and blurred vision—are signs that you've been spending too much time on screens."*

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## #2: Body Paragraph on Health (with Specsavers quote)

### Strengths:

- You include evidence from a credible source (Specsavers) to support your health claims
- Your paragraph covers multiple health effects, showing you understand the topic has different aspects

**Lengthy, Unintegrated Quotation** → The Specsavers quotation runs for seven sentences without breaks, making it difficult for your readers to absorb the information. When you write the entire quote as one block and then ask "Now can you understand this eye problem?", you're not helping your readers process the key points. Instead of letting the expert voice take over your paragraph, you could select the most important phrases and weave them into your own explanation. This would keep your voice strong whilst still using evidence effectively.

**Exemplar:** *"According to Specsavers, our eyes must 'constantly move, focus and re-focus' when using screens, which strains the important muscles around our eyes. This happens because reading on screens is more challenging than reading on paper due to 'glare and contrast' issues."*

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### #3: Conclusion Paragraph

#### Strengths:

- You provide a clear call to action, telling readers exactly what they should do
- Your ending reinforces the main message about choosing real-world experiences

**Abrupt Command Without Summary** → Your conclusion jumps straight to commands ("Never use your device at night") without reminding readers why these actions matter. You've presented three main reasons throughout your writing—health problems, missing real-life experiences, and reduced learning opportunities—but your conclusion doesn't bring these ideas together. When you write "It is time to put the screens down and enjoy the world," readers might have forgotten your earlier arguments about eye strain or creativity. A brief reminder of your key points would strengthen your ending and help readers understand the full picture before you give them instructions.

**Exemplar:** *"By reducing screen time, we can protect our health, build stronger friendships, and develop our creativity. Start by setting limits on daily screen use and choosing outdoor activities instead."*

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■ Your piece tackles an important topic that affects many young people today, and you demonstrate a solid understanding of why excessive screen time can be problematic. The structure follows a clear persuasive pattern with an introduction, three body paragraphs addressing different concerns, and a conclusion. However, the substance of your arguments could be developed more deeply. Your health paragraph relies heavily on one long quotation rather than your own explanation of the problems, which makes it feel less like your argument and more like borrowed information. Additionally, your second paragraph about missing real life would benefit from specific examples—what exact activities do screens prevent us from doing? How do friendships suffer? Your third paragraph mentions that technology stops us from learning, but this contradicts your earlier acknowledgement that "we can learn from videos." This inconsistency weakens your argument.

To strengthen the content, try explaining the Specsavers information in your own words, using only short phrases from the source as support. Also, in your paragraph about real-life experiences, you could add a concrete example, such as describing a specific scenario where someone chooses screens over time with family. Your conclusion would also carry more weight if you summarised your three main points before giving commands to readers. Finally, check that your ideas connect logically—if technology can help us learn (as you state), then clarify when it becomes harmful rather than suggesting it always stops learning.

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**Overall Score: 41/50**

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## Section 2

### Why Should We Reduce Technology?

Have you ever spent so long on a screen that your eyes felt tired? Or ~~some times~~ [sometimes] you ~~can't~~ [couldn't] see ~~in class~~ [clearly in class]? ~~These are all signs you have been watching too much screens.~~ [#1 These symptoms—tired eyes and blurred vision—are signs that you've been spending too much time on screens.]

Firstly, too much screen time is bad for our health. When we sit for hours watching videos or playing games, we are not moving our bodies. This can make us feel tired, lazy, or even sick. Our eyes can get sore, and we might not sleep well at night. ~~According to Specsavers, they say, "Anyone who spends a significant amount of time in front of a computer screen can suffer from eye strain. This is also sometimes referred to by the umbrella term computer vision syndrome, which is used to describe a range of eye-related conditions. You may have heard of repetitive stress injuries associated with carrying out the same task — like typing on a computer keyboard — repeatedly. Eye strain is caused in a similar way. Your eyes must constantly move, focus and re-focus while you work at a computer screen — and without regular breaks, this can put strain on these important muscles. Additionally, elements including glare and contrast, as well as flickering, make reading and writing on a computer screen more challenging than when you read and write on paper."~~ [#2 According to Specsavers, our eyes must "constantly move, focus and re-focus" when using screens, which strains the important muscles around our eyes. This happens because reading on screens is more challenging than reading on paper due to

"glare and contrast" issues. Without regular breaks, this repetitive focusing can lead to eye strain, which Specsavers describes as similar to other repetitive stress injuries.] ~~Now can you understand this eye problem? This is what really happens when you watch too much. Still do you not think this is true? Then here are some other reasons why.~~ [These effects demonstrate the real physical harm that excessive screen time causes to our bodies.]

Secondly, we miss out on real life when we spend too much time on screens. Instead of talking to our family or playing with our friends, we are just connected to a screen. Playing outside, riding bikes, reading a book[,] or ~~other fun activities is~~ [enjoying other activities are] much better for our brains and hearts. Spending time with friends with your devices down builds good memories, ~~strengths~~ [strengthens friendships,] and ~~things that you can learn from each other~~ [creates opportunities to learn from each other]. On the other hand, too much screen time can make us stressed, tired, and lonely. That is why it is so important to reduce the amount of time on our screens and social media right now and enjoy the real world around us—because real-life moments are the ones that truly matter.

Finally, technology can stop us from learning new things. We can learn from videos, but we also learn by exploring, asking questions, and doing things ourselves. If we are always on screens, we do not get to use our imagination as much. We do use ~~internet~~ [the internet] for research[,] but for some problems[,] instead ~~for~~ [of] scrolling on your electronics, you can use your prior knowledge and find ~~it~~ [answers] in books or ask different people and learn more. In the end, ~~while~~ [whilst] technology can help us learn, it is important not to rely on it too much. Real learning also comes from curiosity, creativity, and interacting with the world around us.

In conclusion, technology can be helpful, but we should use it less. ~~Let us spend more time being active, creative, and with the people around us. It is time to put the screens down and enjoy the world and fresh air around us and too which is way better than clicking on a screen. Never use your device at night and have a good time in the real world!~~ [#3 By reducing screen time, we can protect our health, build stronger friendships, and develop our creativity. Start by setting limits on daily screen use, choosing outdoor activities instead, and avoiding devices before bedtime. Let us spend more time being active, creative, and with the people around us—because real-world experiences are far more valuable than anything we can find on a screen.]