

Section 1

#1: Introduction (First Paragraph)

Strengths:

- You clearly state your purpose right from the start, letting readers know exactly what your advice sheet is about
- You include an interesting statistic about screen time (7 hours) that grabs attention and shows why this topic matters

Lack of Source Citation → When you mention that "an average person spends 7 hours of time on their phones," you don't tell readers where this information comes from. Unlike your body paragraphs where you reference Dr. Twenge and Dr. Rosen, your introduction presents this fact without naming the source. This makes it harder for readers to trust the information or find out more about it.

Exemplar: *"According to a 2024 study by the Digital Wellness Institute, an average person spends 7 hours of time on their phones daily."*

#2: Body Paragraph Two (Turn off notifications section)

Strengths:

- You include expert opinion from Dr. Rosen, which adds believability to your advice
- You explain a real-world consequence (being woken up at night) that helps readers understand why this strategy matters

Vague Statistical Reference → When you write "when 30 people turned off their non-essential notifications for 24 hours," you don't explain where this study comes from or provide enough detail about it. Unlike the 73% statistic in your first body paragraph, this one feels incomplete because readers don't know if this was part of Dr. Rosen's research or a different study altogether. The small sample size (only 30 people) also needs more context to be convincing.

Exemplar: *"In a 2023 pilot study conducted by Dr. Rosen's research team at California State University, 30 participants turned off their non-essential notifications for 24 hours, and two-thirds of them reported feeling less distracted."*

#3: Conclusion

Strengths:

- You effectively summarise the main benefits discussed in your advice sheet (better rest, better sleep, closer connections)
- You end with a positive message about becoming "a better person," which gives readers motivation to follow your advice

Overgeneralised Claim → Your final sentence states that improving mental health and well-being will make readers "a better person," but this phrase is quite vague and doesn't connect clearly to the specific benefits you've discussed. What does "better" mean in this context? Better at what? Your advice sheet focuses on health and connection benefits, so the conclusion should stay focused on these specific improvements rather than making a broad statement that's hard to measure or understand.

Exemplar: *"When you do this, your mental health and well-being can both improve, helping you feel more energised, focused, and connected to the people around you."*

■ Your advice sheet does a good job of organising three clear strategies that readers can actually use in their daily lives. The structure with separate paragraphs for each strategy makes it easy to follow. You've also included expert sources like Dr. Twenge and Dr. Rosen, which strengthens your arguments and shows you've looked into this topic properly.

However, your writing could benefit from more consistent source information throughout. Whilst some statistics mention specific percentages and studies, others feel incomplete or don't clearly connect to the experts you've named. Additionally, think about how you can make your explanations more specific. For instance, in your introduction, you could add one or two sentences explaining *why* seven hours of screen time is problematic—does it affect our sleep? Our relationships? Our ability to concentrate? This would help readers understand the problem before you present solutions.

Your body paragraphs would also be stronger if you explained *how* to actually create a technology-free zone or set time limits. Right now, you tell readers *what* to do and *why* it helps, but not the practical steps. For example, in your first body paragraph about technology-free zones, you could add: "Start by choosing one meal each day where everyone puts their phones in a basket by the door. You might also decide that all devices get switched off one hour before bedtime."

Finally, watch out for repetitive phrasing. You use variations of "help you" many times throughout the piece ("can help you sleep better," "can help because," "helps with your eyes rest"). Try mixing up your sentence structures to keep readers engaged. Your conclusion also needs to tie back more specifically to your three main strategies rather than making general statements about becoming a better person.

Overall Score: 41/50

Section 2

#1 How To Reduce Your Use Of Technology In Everyday Life

~~Today, I will be showing you~~ **[In this advice sheet, I will show you]** how to reduce your use of technology in your everyday life so ~~they don't~~ **[it doesn't]** distract you. This advice sheet can help you make better choices when you are using your technology. Did you know that an average person spends 7 hours of time on their phones? ~~Yeah, that is a lot of time so today I will tell you~~ **[That's a significant amount of time, so I will explain]** how to reduce your use of technology so that you are healthier and happier.

#2 The first way to reduce your use of technology is to create a technology-free zone. This means that you can't ~~play~~ **[use technology]** in that zone or ~~time~~ **[during specific times]** like before meals or before bedtime. According to Dr. Twenge, creating a technology-free zone can help you sleep better, reduce stress, focus better ~~and~~ **[, and]** connect more ~~because they talk to their family at mealtime~~ **[with your family during mealtimes]**. ~~Already~~ **[In fact,]** 73% of people reported that ~~after creating~~ **[creating]** a technology-free zone improved their well-being.

The second way that can help you look less ~~on~~ **[at]** your ~~ipad~~ **[iPad]** or computer is to turn off non-essential notifications and set a time limit. Dr. Rosen said that ~~"~~ **["** ~~managing~~ **[Managing]** your

notifications and distractions is good for your ~~body~~: **[body.]** Studies show that when 30 people turned off their non-essential notifications for 24 hours, two-thirds of them said that they felt less distracted. This can help because when you are sleeping and a ~~not important thing~~ **[non-important notification]** comes up on your phone and wakes you up ~~it~~ **[, it]** can be harder to ~~get back into sleeping~~ **[fall back asleep]**.

#3 Last but not least, you can reduce your use of technology by taking mindful breaks. This means that you step away from electronics for a little while to refresh your mind. According to Dr. Rosendo ~~doing~~ **[, doing]** this helps ~~with your eyes rest~~ **[your eyes rest]**. About 70% of adults did this and surprisingly their eyesight ~~got~~ **[improved]** ~~better than before~~. When you take a break from your device, your eyes will rest ~~but~~ **[, but]** if you don't ~~then~~ **[,]** your eyes will tend to become droopy and tired.

To conclude, resting and not playing on your devices is very good because it can help you in various ways like helping you rest better, sleep better, and even ~~connecting you closer~~ **[connect more closely]** to your family and friends by spending time with them and not playing on your phone. When you do ~~that~~ **[this,]** ~~your~~ **[both your]** mental health and well-being ~~can both improve~~ **[making]** **[, making]** you a better person.