Section 1

#1: Introduction Paragraph

Strengths:

- You've included an interesting historical fact about daily tasks in the 20th century, which helps readers understand how much our lives have changed
- Your informal, friendly tone ("If that's you, listen to this") helps connect with readers and makes the topic feel approachable

Vague Thesis Statement → Your introduction mentions trying "ways to decrease your eye usage," but this phrase is unclear and doesn't precisely explain what your advice sheet will cover. Eye usage isn't the main problem—excessive screen time is. A stronger introduction would clearly state that you'll be sharing specific strategies to help readers reduce their daily screen time and explain why this matters for their overall wellbeing, not just their eyes.

Exemplar: *"If that sounds familiar, you'll benefit from these practical strategies to reduce your screen time and protect both your eye health and overall wellbeing."*

#2: No Technology Zones Paragraph

Strengths:

- You've used a personal example (sitting at the dining table with your laptop) which helps readers relate to the situation
- The concept of creating phone-free spaces is a practical, actionable strategy

Unclear Logic and Unsupported Claims → Your explanation jumps from setting up technology-free zones to making readers want to silence their phones, but the connection between these ideas isn't clear. You write "if you get a random notification, you have to get up and go somewhere else to see it. Doing this makes you want to silent your phone," but why would getting up make someone want to silence their phone? Also, the claim "This will help by up to 90%, says a professor from Cambridge university" appears without context—90% improvement in what exactly?

Without explaining how the zones work and providing believable evidence, readers won't understand why this strategy is effective.

Exemplar: *"By designating certain areas as screen-free zones—like the dining table or your bedroom—you create spaces where you can focus on other activities without digital distractions. This simple boundary helps many people naturally reduce their daily screen time."*

#3: Games Paragraph

Strengths:

- You've made a creative connection between digital games and real-world activities, encouraging readers to think about alternatives to screen time

Underdeveloped Ideas → This paragraph is very short and doesn't provide enough detail to be genuinely helpful. You suggest "explore your neighbourhood and collect stones" and "making a parkour course and jump on rocks, pillows and more," but these examples feel rushed and incomplete. You haven't explained how collecting stones relates to gaming, why someone who enjoys Minecraft would find this satisfying, or how to actually create a safe parkour course. The paragraph needs more substance—perhaps describing what makes these real-world activities engaging, providing step-by-step guidance, or explaining how they offer similar rewards to digital games without the screen time.

Exemplar: *"Instead of building in Minecraft, you could create real structures using cardboard boxes, craft materials, or outdoor items like sticks and stones. The satisfaction of creating something with your hands that you can actually touch and see in three dimensions can be just as rewarding as digital building."*

■

Your advice sheet tackles an important topic that affects many young people today, and you've chosen three reasonable strategies for reducing screen time. However, your piece needs more depth and clearer explanations to truly help readers. Many of your paragraphs feel rushed—you introduce ideas but don't fully develop them or explain why they work. For instance, your "Scheduled Breaks" section tells readers to take a ten-minute break after an hour of screen time, but it doesn't explain what to do

during those breaks or why this specific timing is effective. Additionally, your piece relies on statistics that seem unrealistic (like "84%" and "90%" improvements) without explaining what these numbers measure or where they come from, which makes your advice feel less trustworthy.

To strengthen your writing, focus on expanding each paragraph with concrete examples and clear reasoning. When you suggest a strategy, walk readers through exactly how to implement it and why it works. Also, your conclusion currently jokes about getting your eyes checked, but this undermines the serious advice you've just given. Instead, you could end by reminding readers of one key action they can take immediately, reinforcing your main message. Your tone throughout is friendly and relatable, which is excellent—now you need to match that engaging voice with more substantial, well-explained content that readers can actually use to change their habits.

Overall Score: 42/50

Section 2

#1 How to Reduce Screen Time in Everyday Life

Introduction:

~~Us humans are~~ [We humans are] pretty lazy. Nowadays, we just watch TV, scroll on TikTok and play Roblox on an average Sunday. If that's you, listen to this: 'Daily tasks in the 20th century required significant manua[,'] ~~says~~ [say] research articles. So forget about your game time [and] try these ways to decrease your ~~eye usage~~ [screen time]!

#2 No Technology Zones:

Sometimes, I sit at the dining table and look at my laptop. Then, I wonder about it [—] if I just stare at a screen for the rest of my life, I probably won't or can't because ~~eye health will eventually deplete~~ [my eye health will eventually deteriorate]! So, try setting up ~~no technology~~ [no-technology] zones. These zones allow no technology usage~~so~~ [, so] if you get a random notification, you have to get up and go somewhere else to see it. ~~Doing this makes you want to silent your phone.~~ [Creating this inconvenience

encourages you to silence your phone and focus on the present moment.] This will help by up to 90%, says a professor from Cambridge ~~university~~ [University].

Scheduled Breaks:

Some people like to sit in bed and scroll on social media. They might sit for hours and hours and don't see the invisible threat[—] ~~Eye health.~~ [eye health.] If you just sit for long hours, your eyes will just get worse and worse and worse. This can be fixed with a limit. I'm not saying there is no screen time at all [;] I just mean that if you look at your screen for an hour, you should take a break for ten minutes. 'This will help by 84%- [,'] says an eye specialist.

#3 Games:

When you want to play games, you would think of computer games like Roblox or Minecraft, right? Well, you could play them but you can just do it in real life! You could explore your neighbourhood and collect stones. Or, you can ~~take~~ [bring] Roblox to life by making a parkour course and ~~jump~~ [jumping] on rocks, pillows and more!

Conclusion:

I hope your eyes have gotten better after reading this guide and now, you don't need a screen glued to your face! But I don't have any more time because I need to get my eyes checked! Bye!