

Section 1

#1: "Anna Lembke, author of Dopamine Nation described the smartphone is the modern day hypodermic needle, delivering digital dopamine 24/7 for a wired generation."

Strengths:

- You've included an expert quote which adds credibility to your argument about technology's effects
- The comparison helps readers visualise how addictive smartphones can be

Missing context → Your quote from Anna Lembke appears suddenly without explaining who she is or why we should trust her opinion. You mention she's an author, but readers need to know she's a medical doctor and addiction expert. Additionally, you don't connect this quote to your main argument about reducing technology use. The quote just sits there without explaining what "digital dopamine" means or how this relates to the problems you're trying to solve.

Exemplar: *Anna Lembke, a Stanford University doctor who studies addiction, explains that smartphones deliver "digital dopamine" constantly, which means our brains get little rewards every time we use them, making it hard to stop.*

#2: "The first and simplest things to do is to create tech free zones in the house or in the workplace. Mainly bedrooms, dining table, and restrooms at work because these are the places where technology is used mostly for entertainment."

Strengths:

- You've offered a practical solution that people can actually try
- You've identified specific locations which makes your advice clear

Unclear reasoning → You state that bedrooms, dining tables and restrooms should be tech-free zones "because these are the places where technology is used mostly for entertainment," but this explanation doesn't actually make sense. If these are already the places where people use technology for entertainment, why would that be the reason to ban it there? You need to explain the real reason: these

places should be for rest, family time, or privacy. The statistic about 65% of adults experiencing eye strain appears out of nowhere and doesn't connect clearly to the tech-free zones idea.

Exemplar: *Create tech-free zones in bedrooms, at the dining table, and in restrooms because these spaces should be for sleeping, eating with family, and personal privacy—not for staring at screens.*

#3: "Most of the tech is used by kids who spend every second they can get gaming making it unfair that parents are the ones who are forced to pay the electricity bills. Because of this cycle a harsh procedure needs to be implanted."

Strengths:

- You've identified a real concern about children's screen time and family costs
- You're trying to teach children responsibility

Weak logical connection → Your argument jumps from talking about reducing technology for health benefits to suddenly focusing on electricity bills and making children pay. This feels like a completely different topic that doesn't fit with your earlier points about loneliness, depression, and eye strain. The phrase "harsh procedure needs to be implanted" sounds extreme and unclear—what exactly is harsh about it? Also, expecting young children (ages 4-13) to pay bills from their pocket money seems unrealistic, as many young children don't receive regular pocket money, and even if they did, it wouldn't be fair to charge a 4-year-old.

Exemplar: *To help children understand the real cost of their screen time, parents could create a reward system where reduced gaming hours earn special privileges, teaching responsibility without creating unfair financial burdens.*

■ Your writing tackles an important topic about reducing technology use, and you've included some helpful statistics and expert opinions. However, your piece would benefit from stronger connections between your ideas. Right now, you jump from health concerns to electricity bills without showing how these ideas link together. Think about your main message: are you trying to help people be healthier, save money, or both? Choose one main focus and make sure all your paragraphs support that same goal.

Your solutions section needs more development. Whilst you mention tech-free zones and tech-free times, you don't explain exactly how someone would start doing this. For example, in your paragraph about tech-free zones, you could add a sentence explaining how to actually enforce this rule: "You might place a basket near the bedroom door where everyone puts their phones before entering." Also, consider rearranging your paragraphs—the section about children paying electricity bills doesn't fit well with your health-focused arguments and might be better removed or completely rewritten to focus on teaching children balance rather than punishment.

Additionally, work on making your evidence flow more naturally. The statistics you've included (like the 26% productivity improvement and the 65% eye strain figure) appear suddenly without proper introduction. Try adding phrases like "Research shows that..." or "This problem is widespread—in fact..." before your statistics. Your conclusion summarises your points, but it could be stronger by reminding readers of the specific actions they can take, not just the general idea of limiting technology. The expert tip about the 20-20-20 rule is excellent, but it appears too late—consider moving it earlier when you discuss eye strain.

Overall Score: 41/50

Section 2

Technology is a colossal part of everyday life [;] it's your first ~~go-to~~ [go-to] source whether it's looking for a good restaurant, calculating grocery costs, or even finding your way home. Despite the many uses ~~if~~ [of] technology [there] are also numerous disadvantages to it. For example:

#1 • Anna Lembke, author of *Dopamine Nation*; ~~described~~ [describes] the smartphone ~~is~~ [as] the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation.

- In fact, a study by the ~~university~~ [University] of ~~Würzburg~~ [Würzburg] and Nottingham Trent ~~learned~~ [found] that employee productivity ~~has~~ [improved] [improves] by 26% when smartphones were removed from the workspace. ~~[were removed from the workspace]~~ [are removed from the workspace].
- It's common sense that long-term screen exposure can lead to irreversible damage to the eyes.

- The more tech is used [~~more electricity bills have to be paid~~] [the higher electricity bills become].

Fortunately, all these problems can be resolved by reducing your use of technology. The real problem is: [,] how?

#2 The first and simplest ~~things~~ [thing] to do is to create tech-free zones ~~in the house or in the workplace~~. [~~Mainly~~] [, mainly in] bedrooms, ~~dining table~~ [at the dining table], and restrooms at work because these are the places where technology is used mostly for entertainment. The main reason for that is because ~~those~~ [these] are the most comfortable places. As my friend once said [:] "~~who~~ [Who] doesn't want to play video games whilst curling up in ~~beds~~ [bed], on comfortable chairs [or whilst] eating a delicious meal?" Additionally, over 65% of adults report experiencing symptoms of digital eye strain like headaches, dry eyes, and blurry eyesight probably due to excessive screen use. So if we stop using unnecessary tech [then] we could reduce the problems caused ~~my~~ [by] it and engage more in social activities!

#3 After tech-free spots comes tech-free times, which help build a healthier routine and recover a more natural lifestyle where people engage face to face instead of behind a screen. Through slow elimination of technology, we can retreat from our hermit shell and become ~~more~~ brighter and more social. I know this will work because research from the University of Pennsylvania found that limiting social media use to 30 minutes per day significantly decreased feelings of loneliness and depression ~~at their school~~ [amongst their students].

Most of the tech is used by kids who spend every second they can get gaming [~~making~~] [, which makes] it unfair that parents are the ones who are forced to pay the electricity bills. Because of this cycle [~~a harsh procedure needs to be implanted~~] [a firm approach needs to be implemented]. Juveniles from 4 to 13 spend an average of 980 hours on screens, often for gaming, ~~livestreaming~~ [live-streaming], and watching videos. This costs parents about 100 dollars per year [.] ~~the~~ [The] use of tech drains more than time [:] it takes away money as well. It's time kids ~~learn~~ [learnt] the cost of entertainment and they should use their pocket money to pay their section of the bill.

So, in conclusion [~~although~~] [, whilst] technology plays a major role in our daily lives, we must learn to limit ~~the~~ [its] use to when it is absolutely necessary ~~as to~~ [in order to] prevent loneliness, depression, and hopefully stop wasting money and time.

Expert tip: ~~use~~ [Use] the 20 [-] 20 [-] 20 rule [—] so every 20 minutes turn your attention to something 20 feet away for 20 seconds.