

Section 1

#1: Introduction and Title ("The Double-Edged Sword: Technology's Impact" through "potential effects")

Strengths:

- Your opening uses a strong metaphor with "double-edged sword" that helps readers understand that technology has both good and bad sides
- You clearly state the main topic and let readers know what concerns will be discussed

Vague Thesis Statement → Your introduction mentions "challenges that we must acknowledge" and "valid concerns," but it doesn't clearly tell readers what your main argument is. Are you saying we should use less technology? Should we be more careful? Should schools change their rules? Your reader needs to know your main point right from the start. Adding one sentence that states your position would make your writing much stronger.

Exemplar: *Technology offers incredible advancements, but we must carefully manage our screen time to protect our health and maintain connections with the real world.*

#2: Health Concerns Section (Entire first numbered section)

Strengths:

- You organise related ideas together by grouping eye problems and mental health problems in one section
- You give specific examples like "headaches" and "myopia" which help readers understand exactly what health problems might happen

Underdeveloped Supporting Details → Whilst you mention problems like "eye strain" and "anxiety," you don't explain how these problems actually happen or why readers should worry about them. For example, when you write "blue light emitted by these devices can disrupt sleep patterns," you could explain that blue light tricks our brains into thinking it's daytime, which stops our bodies from

making the sleep chemical called melatonin. Adding these kinds of explanations would help your readers truly understand the problems instead of just knowing they exist.

Exemplar: *Excessive technology use is linked to increased stress and anxiety because constant notifications interrupt our focus and make us feel like we always need to respond immediately, which creates pressure throughout the day.*

#3: Finding Balance Section (Final section with bullet points)

Strengths:

- You provide practical suggestions that readers can actually use in their daily lives
- Your bullet points make the advice easy to read and remember

List Format Without Development → Your final section uses short bullet points like "Mindful Use" and "Prioritise Real-World Experiences," but each point only has one or two sentences. This makes your advice feel rushed and incomplete. For instance, when you suggest "Make time for activities that don't involve screens," you could add sentences explaining which activities work best, how much time students should spend on them, or what benefits they might notice. Turning these bullet points into full paragraphs with examples and explanations would make your advice much more helpful and easier to follow.

Exemplar: *Prioritise real-world experiences by scheduling specific times each day for screen-free activities. For example, you might spend 30 minutes after school playing outside, reading a physical book, or talking face-to-face with family members. These activities help your eyes rest, improve your mood, and strengthen your relationships with people around you.*

■ Your piece presents important information about technology's effects on our lives, and you've chosen a topic that matters to students and families today. The structure using numbered sections helps readers follow your ideas, and your examples of specific problems like eye strain and anxiety make the issues feel real rather than abstract.

However, your writing would benefit from deeper development throughout. Many of your paragraphs introduce ideas but don't fully explain them, leaving readers with questions. For instance, in your

section about addiction, you mention that "apps and games are intentionally designed to be addictive" and reference "psychological principles," but you don't explain what those principles are or how they actually work. Adding sentences that answer "how?" and "why?" after your main points would strengthen your argument significantly.

Additionally, your "Finding Balance" section feels disconnected from the problems you described earlier. You could improve this by linking each solution directly back to a specific problem you mentioned. For example, after discussing eye strain, you could explain how the "20-20-20 rule" (looking at something 20 feet away for 20 seconds every 20 minutes) helps solve that particular problem. This would show readers exactly how your solutions address the concerns you raised.

Also, consider expanding your paragraphs in the health section. Instead of listing symptoms in short phrases, you could dedicate one full paragraph to eye problems and another to mental health, giving detailed explanations and perhaps including what happens in our bodies when we experience these issues. Your middle section about addiction and reliance could similarly benefit from fuller paragraphs that explore one idea completely before moving to the next. This would transform your piece from an outline of ideas into a persuasive argument with depth and substance.

Overall Score: 42/50

Section 2

#1 The Double-Edged Sword: Technology's Impact

Technology, ~~while~~ [whilst] offering incredible advancements, presents challenges that we must acknowledge. The pervasive use of devices like iPads and phones in schools and everyday life raises valid concerns about their potential effects. ~~[Add after this paragraph.]~~ [However, by understanding these risks and implementing practical strategies, we can harness technology's benefits whilst protecting our physical and mental wellbeing.]

1. Health Concerns: The Strain on Our Eyes and Minds

Eye Strain: Prolonged screen time can indeed lead to eye strain, headaches, and even contribute to the development of myopia (nearsightedness). ~~The blue light emitted by these devices can disrupt sleep patterns and potentially damage the retina over time.~~ [The blue light emitted by these devices tricks our brains into thinking it's still daytime, which prevents our bodies from producing melatonin, the chemical that helps us fall asleep naturally. Over time, this blue light exposure can also potentially damage the light-sensitive cells in our retinas.]

Mental Health: Excessive technology use is linked to increased stress, anxiety, and even depression. ~~The constant stream of notifications, the pressure to stay connected, and the potential for social comparison can take a toll on our mental well-being.~~ [The constant stream of notifications interrupts our concentration and creates a feeling that we must respond immediately, which builds stress throughout the day. Furthermore, seeing others' seemingly perfect lives on social media can make us feel inadequate, whilst the pressure to stay connected prevents us from ever truly relaxing, all of which takes a toll on our mental wellbeing.]

#2 2. The Allure of Addiction: Games and the Endless Maze

Addictive Design: Many apps and games are intentionally designed to be addictive, using psychological principles to keep users engaged. ~~The rewards systems, the sense of progress, and the social interaction within these platforms can create a powerful pull.~~ [These psychological principles include variable reward schedules—similar to poker machines—where users never know when they'll receive the next reward, keeping them constantly engaged. The reward systems, combined with progress bars that are always just short of completion and social features that make us feel obligated to respond to friends, create a powerful pull that's difficult to resist.]

Escapism: For some, technology can become an escape from reality, leading to a cycle of excessive use and a detachment from real-world experiences.

#3 3. The Risks of Reliance: Fragility and the Potential for Disruption

Physical Vulnerability: Devices are susceptible to damage from water, drops, and other environmental factors. Their fragility can lead to frustration and the need for costly repairs or replacements.

Digital Dependence: ~~Over-reliance~~ [Excessive reliance] on technology can make us vulnerable to disruptions. When devices fail or internet access is unavailable, we may feel lost or unable to function effectively.

Finding Balance: Navigating the Digital World

~~It's clear that~~ [Clearly,] technology presents both opportunities and risks. The key is to find a healthy balance:

~~Mindful Use: Be aware of your technology habits. Set time limits, take regular breaks, and be mindful of how technology makes you feel.~~ **[Mindful Use:** Develop awareness of your technology habits by tracking how much time you spend on devices each day. Set specific time limits—for example, no more than two hours of recreational screen time on school days—and use built-in timers or apps to enforce these boundaries. Take regular breaks using the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds to rest your eyes. Most importantly, pay attention to how technology makes you feel; if you notice yourself becoming anxious, irritable, or unable to concentrate, these are signs you need to reduce your screen time.]

~~Prioritize~~ **[Prioritise] Real-World Experiences: Make time for activities that don't involve screens, such as spending time in nature, pursuing hobbies, and connecting with loved ones.[:** Schedule specific times each day for screen-free activities that engage your body and mind. Spending time in nature, playing sport, reading physical books, creating art, or having face-to-face conversations with family and friends all provide benefits that screens cannot replicate. These activities help your eyes rest, improve your mood and physical fitness, and strengthen your relationships with the people around you. Aim for at least one hour of completely screen-free time each day.]

~~Educate Yourself: Learn about the potential risks of technology and how to mitigate them.~~ **[Educate Yourself:** Understanding how technology affects your brain and body empowers you to make better decisions. Learn about topics such as how blue light impacts sleep, why certain apps are designed to be addictive, and what symptoms indicate you might be using technology too much. Talk to parents, teachers, and health professionals about healthy technology habits, and stay informed about new research on this evolving topic.]

~~Advocate for Change: Support policies and initiatives that promote responsible technology use in schools and communities.~~ **[Advocate for Change:** Work together with classmates, teachers, and parents to create environments that promote healthy technology use. This might include supporting policies such as phone-free times during meals, technology curfews before bedtime, or designated quiet spaces in schools where devices aren't permitted. By advocating for these changes in your school and community, you help create a culture where balanced technology use becomes the norm rather than the exception.]