

Section 1

#1: Introduction Paragraph

Strengths:

- Your opening clearly states your position on the topic, which helps readers understand your viewpoint straight away.
- You've included three main points that will be explored in the essay, which gives your writing good structure.

Weakness: Vague language and lack of specific evidence → Your introduction uses general phrases like "half of the day" and "many people" without providing concrete details. When you write "the content being damaging to many people," this is too broad and doesn't explain what you mean. Your readers need more precise information to understand the seriousness of the issue. Instead of saying people stare at devices "half of the day," you could specify how many hours on average, or mention particular age groups affected.

Exemplar: *"According to recent studies, teenagers spend an average of seven hours daily on digital devices, which experts link to rising cases of eye strain and sleep disorders amongst young people."*

#2: Second Body Paragraph (Mental Health)

Strengths:

- You've attempted to connect physical effects (eye strain) to mental wellbeing, showing that you understand issues can be linked.
- The paragraph includes a cause-and-effect structure, explaining how screen use leads to tiredness.

Weakness: Unclear connections and repetitive ideas → Your paragraph jumps between ideas without fully developing them. You mention "less sleep and more tossing and turning" but don't explain clearly why blue light from screens causes this problem. The phrase "mental state of mind" is

repetitive (mental and mind mean similar things). Additionally, when you write "making it not only a waste of time when they could've been catching up on sleep," the sentence becomes confusing and doesn't complete its thought properly. Your reasoning needs to flow more logically from one point to the next.

Exemplar: *"The blue light emitted from screens disrupts our body's natural sleep hormone, melatonin, making it difficult to fall asleep at night. This sleep deprivation then affects concentration during the day, reducing productivity at school and work."*

#3: Third Body Paragraph (Content Concerns)

Strengths:

- You've provided specific examples for both children and adults, which makes your argument more relatable.
- Your paragraph addresses different types of harmful content, showing breadth in your thinking.

Weakness: Underdeveloped examples and weak logical progression → Your examples need more depth to be convincing. When you mention "an ideal holiday online" being AI-generated, this feels disconnected from your main argument about why digital devices are harmful. The cyberbullying example for children is relevant, but you only briefly mention it causes "anxiety and too much attention" without explaining the real impact on their emotional wellbeing or academic performance. Your sentence "This will result in anxiety and too much attention on it during school times" is awkwardly phrased and doesn't fully express the serious consequences of cyberbullying.

Exemplar: *"Children who experience cyberbullying often develop serious anxiety disorders and may avoid attending school altogether, fearing they'll face their bullies. This constant worry disrupts their ability to concentrate on lessons and can damage their self-esteem for years."*

■ Your piece tackles an important topic and shows you understand that technology overuse has multiple consequences. However, your arguments would benefit from deeper development and more specific supporting details. Currently, your paragraphs present ideas but don't fully explore them,

which makes your writing feel rushed. For instance, in your second paragraph, you could expand on exactly how blue light affects sleep patterns, rather than simply stating that screens cause tiredness. Additionally, your examples sometimes stray from your main points—the AI-generated holiday example doesn't strongly support your argument about harmful content.

Your writing also suffers from awkward phrasing in several places, such as "making it not only a waste of time when they could've been catching up on sleep," which confuses readers. Work on completing your thoughts clearly before moving to the next idea. Also, avoid repetitive phrases like "mental state of mind" where one word would suffice.

To strengthen your piece, take your second body paragraph and rewrite it by first explaining what blue light is, then describing how it specifically disrupts melatonin production, and finally showing the chain of effects this has on daily life with concrete examples (perhaps mentioning specific struggles like falling asleep in class or making mistakes at work). Similarly, revisit your third paragraph and choose one strong example of harmful content rather than listing several weak ones—you could focus entirely on cyberbullying and really explore its emotional and academic impacts in detail. Your conclusion could also be stronger by summarising your main points differently rather than just repeating them in the same order.

Overall Score: 40/50

Section 2:

#1 People today often sit at home, on buses, [—] and even at work or school, [—] staring at digital devices for half of the day. Although this is unhealthy and often harmful to people's mental health, people still do it. I firmly believe that we shouldn't use digital devices too much, as it is harmful ~~for~~ **[to]** people's eyes, makes their ~~mental mind~~ **[minds]** tired, [,] as well as ~~the content being~~ **[exposes them to content that can be]** damaging to many people.

#2 First and foremost, the act of ~~laying~~ **[fixing one's]** eyes ~~fixatedly~~ **[intently]** on digital screens can strain the ~~pupil~~ **[eyes]**. The screens emit unnatural light, meaning that it is too ~~much~~ **[intense]** for the ~~eyeball~~ **[eyes]** to ~~contain~~ **[process]** without being harmed ~~badly~~ **[significantly]**. Today, we can see that many people have already been affected immensely by this, as shown by the huge number of people

unable to see properly without glasses in the modern world. This could affect their convenience ~~at~~ **[in performing]** certain things and other aspects of life, all because of the digital device overuse they've had. Therefore, digital screens emit an unnatural light that is harmful to people's eyes, making it harmful for us to overuse ~~:~~ **[them]**

#3 Secondly, it is unhealthy for people's mental ~~state of mind~~ **[wellbeing]**. As I had said before, it harms people's eyes with its unnatural light. This often results in less sleep and more tossing and turning when trying to do so, meaning that they get less sleep during the night and are unable to ~~pay it back~~ **[compensate for this sleep deficit]** during the day due to other ~~things~~ **[commitments]** that need to be completed. This allows more tiredness to ~~sneak in~~ **[accumulate]** during the day, making them unable to focus on the task at hand. This makes important ~~things~~ **[activities]** like working and studying ~~not able to achieve their purpose~~ **[far less effective]** properly, ~~making it not only~~ **[resulting in]** a waste of time when they could've been ~~catching up on~~ **[getting adequate]** sleep. ~~So~~ **[Therefore]**, it is imperative to decrease usage of digital devices as they harm the person's mental ~~state of mind~~ **[wellbeing]**.

Last of all, the content children and adults see on devices ~~are~~ **[is]** sometimes inappropriate or ~~insulting~~ **[harmful]**. For children, they might experience cyberbullying online when they are chatting. This will result in anxiety and ~~too much~~ **[excessive]** attention on it during school times, making most of the learning ineffective. For adults, they might see an ideal holiday online and try to copy it but instead get tricked because that holiday might be AI-generated and completely unrealistic. They might also see other people's ~~life~~ **[lives]** being better than theirs and ~~get~~ **[become]** jealous or miserable because of it. Therefore, digital devices may contain harmful or inappropriate content ~~on there~~ **[that affects users negatively]**.

In conclusion, I definitely believe that it is vital to lower our usage of digital devices. This is because ~~that~~ **[they]** ~~harms~~ **[harm]** the human ~~eyeball~~ **[eyes]**, ~~is~~ **[are]** unhealthy for people's mental ~~mind~~ **[wellbeing]**, and may contain inappropriate or damaging content. So, why not put down your digital devices now?