Section 1

#1: Introduction (First Paragraph)

Strengths:

- Your opening sentence immediately grabs attention by presenting technology as both beneficial and problematic, which sets up the debate nicely.
- You provide a clear, relatable example with WhatsApp replacing face-to-face conversations, helping readers understand what you mean.

Incomplete Thesis Statement → Your final question "So, is technology good or bad?" leaves readers uncertain about your actual position. While questions can engage readers, your thesis needs to clearly state your viewpoint. The essay later argues technology is mostly harmful and requires limits, but this isn't clear from your introduction.

Exemplar: *Modern technology offers undeniable conveniences in daily life, yet its negative impacts on physical health, mental wellbeing, and social skills outweigh these benefits, making careful limitation essential.*

#2: Body Paragraph on Social Interactions (Second Paragraph)

Strengths:

- You acknowledge both sides of the argument, showing you understand technology has advantages before explaining the disadvantages.
- Your point about formal events and interviews connects technology use to real-world consequences that matter for students.

Overgeneralised Conclusion → Your statement "Therefore, technology is harmful for people's social aspect of life" is too absolute. You mention one benefit (convenience) but then claim technology is entirely harmful. This doesn't account for people who successfully use technology *alongside* in-person interactions. Your argument would be stronger if you explained that technology becomes harmful when it *replaces* rather than *supplements* face-to-face interaction.

Exemplar: *Therefore, whilst technology offers convenient communication, over-reliance on online platforms can weaken the in-person social skills essential for success in formal settings.*

#3: Body Paragraph on Physical Health (Third Paragraph)

Strengths:

- You provide specific health consequences (becoming overweight/underweight, eye strain, potential blindness), which helps readers understand why this matters.

Weak Logical Connections → Your jump from "travel is unnecessary" to "people no longer want to move even a few hundred metres" is quite large. You haven't explained *why* not travelling to meetings would make someone unwilling to walk short distances around their neighbourhood or home. Similarly, your point about becoming "overly reliant on others" appears suddenly without explanation of how reduced travel creates this dependence.

Exemplar: *When people avoid physical travel for work or social activities, they may develop sedentary habits throughout their day, gradually reducing all forms of physical movement, including walking, outdoor activities, and exercise.*

■ Your piece tackles an important, relevant topic that affects your generation directly. You've organised your essay with a clear structure—introduction, three body paragraphs examining different impacts, and a conclusion—which helps readers follow your argument. However, your ideas need deeper development to be truly convincing. For instance, in your social interactions paragraph, you could strengthen your argument by explaining *how* online communication differs from in-person conversation (missing facial expressions, body language, tone of voice) and *why* these differences matter for developing communication skills. Additionally, your physical health paragraph would benefit from explaining the connection between different ideas more clearly—right now, you move from reducing travel to eye strain quite suddenly. Think about adding sentences that bridge these topics together. Your conclusion paragraph introduces the idea of a "hybrid approach" balancing traditional and technological methods, which is thoughtful, but you haven't discussed this solution anywhere in your body paragraphs. Consider mentioning specific ways to balance technology use when you discuss each impact (perhaps suggesting time limits for screens, or scheduling regular in-person activities). Your writing would also improve if you supported your claims with more specific details—instead of saying

technology makes people check phones "every minute," you could discuss realistic scenarios like checking phones during homework time or family meals.

Overall Score: 42/50

Section 2:

The Impact of Technology: An Analysis of the Heated Debate

#1 ~~Modern technology, one of the most convenient, useful, efficient, and powerful things in everyday life, yet still with its own unique disadvantages.~~ [**Modern technology stands as one of the most convenient, useful, efficient, and powerful forces in everyday life, yet it possesses its own unique disadvantages.**] Items like phones and laptops are dominating the modern world, replacing traditional ways of doing things like meetings with new and potentially even better online ~~ways~~ [**alternatives**]. For example, original face-to-face conversations are now being replaced by online chat platforms like WhatsApp. Despite this, it affects people physically, changes their mental state of mind, and impacts their social skills. So, is technology good or bad?

#2 First and foremost, let's dive into technology's impact on social interactions. On the positive side, technology reduces the need for physically present meetings, resulting in more convenience by using online platforms. However, what most people don't realise is that this makes them less comfortable in face-to-face conversations and events, meaning that it would significantly worsen their communication skills. It could also cause more people to fear large crowds, as they are more used to conversing online. This defines the rest of their life because most formal events happen in person, so they probably won't be able to pass the interview or succeed in the event or test. Therefore, technology is harmful for people's social aspect of life.

~~Second of all~~ [**Secondly**], #3 technology significantly affects people's physical health. ~~While technology lessens the need for traveling to places for meetings in a tiring way, it more severely makes the person lazy due to the fact that travel is unnecessary for most things.~~ [**Whilst technology lessens the need for tiresome travel to meetings, it more severely encourages laziness because travel becomes unnecessary for most activities.**] This could mean that people no longer want to move even a few hundred metres from their house, making people overly reliant on others. This is bad practice because

without exercise, they could eventually become overweight or underweight, depending on their home environment. Plus, technology strains people's eyes because screens emit unnatural light that is harsh for the pupils. This makes their sight get worse and worse and can even lead to complete blindness. So, technology is helpful in some ways physically, but careful control of its use is needed for balanced physical health.

Last but not least, technology undoubtedly has an everlasting result on people's minds. Technology will make people's health better in some ways, as they can now chat with their friends every day without meeting in person. This reduces the worry about what their friends are doing and the anticipation that affects many things about the next day when they're meeting. Although it does do the above, it also makes them check their phones every minute for their friend's message, eager to respond to it as quickly as possible. This could also result in late-night conversations, disrupting their sleep and reducing their concentration the next day. Should we really sacrifice mental health just for communication? Therefore, technology helps people have better communication, but ~~with~~ [**at**] the cost of mental health.

In conclusion, technology is a huge advancement that ~~impacted~~ [**has impacted**] people's lives. ~~While~~ [**Whilst**] it does have positive attributes, some negative ones are too big to ignore. The best approach is a hybrid one, balancing traditional ways and technology-related practices. Therefore, it is advisable to limit one's use of technology.