

Section 1:

#1 (Opening paragraph: "Imagine walking through our local park...")

Strengths:

- Your opening creates a strong visual picture with details like "crimson canaries" and "golden sunlight spills like honey," helping readers see and feel the scene clearly.
- The contrast between the peaceful park and the harsh phone screens effectively shows the change from natural beauty to digital distraction.

Weak Sentence Structure: → The opening sentence becomes difficult to follow because it tries to include too many descriptive elements at once. The phrase "crimson canaries chirping as golden sunlight spills like honey across creaky floorboards, laughter ringing around you like a soft choir" packs multiple images together without clear connections, making readers work hard to understand how these elements relate to each other in a park setting.

Exemplar: Consider breaking this into shorter sentences: *"Imagine walking through our local park one Wednesday evening. Crimson canaries chirp overhead whilst golden sunlight spills like honey through the trees. Laughter rings around you like a soft choir."*

#2 (Second paragraph: "To understand how much mobile phones can affect...")

Strengths:

- Your paragraph clearly states the main purpose—to show how phones affect our mental state and physical environment.
- The connection between small actions (a simple glance) and larger consequences (transforming shared spaces) helps readers understand how problems grow over time.

Unclear Connection Between Ideas: → The final sentence about "each word from a friend luring you into an unescapable prison" appears suddenly without preparation in the paragraph. The earlier sentences discuss attention and environment, but this prison metaphor introduces a new idea about communication from friends that hasn't been developed, leaving readers confused about how it fits with the previous points.

Exemplar: *"As this pattern repeats, the phone becomes difficult to put down—each notification and message pulling attention away until the screen feels more present than the world itself."*

#3 (Blue light paragraph: "Furthermore, screens emit blue light...")

Strengths:

- Your explanation of how blue light affects sleep is clear and easy to understand, explaining the science behind melatonin disruption.

- The paragraph successfully connects physical health to the earlier discussion about mental wellbeing, strengthening your overall argument.

Missing Development: → Whilst you explain what blue light does to sleep, you don't provide enough detail about why this matters beyond tiredness. The phrase "affect mood, concentration, and overall wellbeing" lists consequences but doesn't help readers understand how poor sleep actually leads to these problems in daily life, or why readers should care about this specific issue compared to other phone-related concerns.

Exemplar: *"When sleep quality drops, students may struggle to focus during lessons, feel irritable with friends, or lack energy for activities they once enjoyed, showing how screen time before bed creates problems that affect the entire next day."*

■ Your piece presents a thoughtful argument about mobile phone use with a clear structure moving from introduction through evidence to conclusion. The writing demonstrates good organisation, particularly in how you present the counterargument before your conclusion. However, your content would benefit from developing your middle paragraphs more fully—each main idea needs more explanation and examples to help readers understand why these issues matter in everyday life. Additionally, work on connecting your ideas more smoothly within paragraphs so each sentence leads naturally to the next. The blue light section, for instance, could include a real-life example of how disrupted sleep affects a student's day, making the problem feel more concrete and important to your readers.

Overall Score: 42/50

Section 2:

#1 Imagine walking through our local park one Wednesday evening, crimson canaries chirping as golden sunlight spills like honey across creaky floorboards, laughter ringing around you like a soft choir. Twilight settles, velvet and gentle, fireflies drifting like tiny lanterns in the warm dusk. But the beauty shatters when the sharp blue glare of mobile phone screens pierces the fading light. One screen becomes many, their harsh glow swallowing the silver trees and lavender sky, turning warmth into something cold and distant. The canaries fall silent, the fireflies dim, and the air thickens with the buzz of notifications instead of voices. Faces drop into pale rectangles, shadows stretching unnaturally behind them as the dream darkens. Your steps echo, your breath tightens, and the once-peaceful evening twists into a nightmarish truth: the very devices meant to connect us can drown the world in their cold, artificial light.

#2 To understand how much mobile phones can affect not only our mental state, but ~~physical~~ [our physical] environment, we must first overview the subtle ways they reshape our attention, our relationships, and even the spaces we move through every day. What begins as a simple glance at a screen can slowly redirect our focus away from the world around us—dimming conversations, interrupting natural rhythms, and transforming shared places into silent zones where human presence is overshadowed by digital noise. Only by examining these shifts can we see how deeply mobile phones influence both our inner wellbeing and the lived world we once engaged with fully. ~~Each word from a friend luring you into an unescapable prison, each notification tightening the bars a little more until the~~

~~world beyond the screen feels distant and blurred.~~ [As this pattern repeats, constant connectivity can feel inescapable—each notification pulling attention away until the world beyond the screen feels distant and blurred.]

#3 Furthermore, screens emit blue light, and prolonged exposure—especially at night—can disrupt the body's natural sleep cycle. This light interferes with melatonin production, the hormone that signals our brain it's time to rest, making it harder to fall asleep and reducing the quality of the sleep we do get. Over time, this disruption doesn't just cause tiredness; it can affect mood, concentration, and overall wellbeing, showing that mobile phones can impact our physical health just as powerfully as our attention and emotions.

Some may argue that mobile phones are essential tools for safety and emergency communication, offering instant access to help in critical situations and keeping families, friends, and communities connected across distances. Indeed, in moments of urgency—a medical crisis, a natural disaster, or simply needing reassurance from a loved one—having a mobile device can be life-saving and provide immeasurable peace of mind. Furthermore, phones allow for quick coordination, sharing of information, and access to resources that were once difficult or impossible to reach on short notice. However, ~~while~~ [whilst] these benefits are undeniable, they do not erase the hidden costs of constant phone usage. The same devices that keep us connected can also distract us from the present moment, fragment our attention, and foster social isolation. Over time, this reliance can cultivate a subtle dependence, where mental focus, emotional resilience, and even physical health—through disrupted sleep patterns or reduced activity—are quietly compromised. Thus, even though mobile phones serve important practical purposes, their advantages must be weighed carefully against the broader, often less visible consequences they impose on daily life.

In conclusion, mobile phones are undeniably powerful tools that have reshaped how we learn, communicate, and navigate the world. They provide instant access to knowledge, enhance safety, and offer connection across distances, yet their pervasive use carries significant consequences for mental focus, social interaction, and physical wellbeing. The blue light they emit, the constant pull of notifications, and the subtle erosion of presence in everyday life reveal that convenience comes at a cost. Responsible use, guided by awareness and moderation, is essential to harness their benefits without succumbing to their pitfalls. Ultimately, mobile phones should not be dismissed or vilified, but neither should their impact be ignored; striking a balance allows us to embrace technology as a tool that enriches life rather than one that quietly diminishes it.