

Task 1: Read the essay sample answer below and discuss:

- What is the topic of each main body paragraph?
- What does this student include in their conclusion?

Technology is making us lazy. We should stop using computers, gadgets and apps to do so many things for us, and try to be more physically and mentally active.

The development of technology has been growing rapidly and it has become an important part of people's daily lives. People can access to it through electronic devices like computers and phones every day, bringing them convenience. On the other hand, it may lead to the problem of being physically and mentally inactive. This essay will argue that technology does not make us lose the spirit in doing sports and we should not stop using the electronic devices that help us accomplish things.

The accessibility of technology can help people save time and bring them more free time in doing things we like. Technology allows us to finish our tasks in a faster speed. For example, students can access to information on the internet for our research instead of spending the time finding the right book in the library. Also, employees can contact their clients through emails instead of phone calling them until they pick up, allowing them to finish other works while they are waiting for the reply. (As a result / Therefore...) Technology improves the efficiency in completing the tasks, so they can use the remaining time to do other things like sports, hang around with friends and spending the weekend with their families. (linking back to the question)

Some may say that technology is increasing the amount of lazy people in the society. People tend to stay at home all the time to watch movies from the internet or order takeaway through a click. They can even shop online using the app. There is also a possibility that the frequency of going out to socialise with others will decrease because they can just facetime call or text each other. Potentially, technology may lead to they may also stop using their brains to think and search everything online instead. This could impact in people's physical and mental health like obesity for not doing sports and isolation for not socialising face-to-face.

However, the newly developed applications and devices encourage people to be more active in their lives. Some innovative apps have the function of reminders, sending the users notifications to remind them to go out to the gym. Also, some gadgets are designed as watches so people can wear them to count the number of steps they took throughout the day. This encourages people to reach their targets and goals every day in order to stay healthy. In addition, the variety of information they are able to access to can stimulate their eagerness in finding out more about that specific topic and allow them to think about it independently. Since there is a broad scope of topics, some of the tourist spots or attractive sceneries may provide ideas for friends and families to hangout during the weekends, persuading people to leave their homes and go out to see the world.

In conclusion, although technology may increase people's tendency to stay at home, it brings efficiency and free time to people's daily lives as well as encouraging people to do sports, hangout with friends and think critically. Therefore, there is no need to stop using technology

because it helps people to do many things, including being active in both our bodies and our minds.

Task 2: Read the essay again and highlight the use of:

- Cohesive devices
- Hedging
- Collocations and topic-specific vocabulary