You should spend about 40 minutes on this task.

Write about the following topic:

Traffic congestion is a growing problem in many of the world's major cities.

Explain some possible reasons for this problem, and suggest some solutions.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

The growing traffic jam brings many metropolitan areas around the world to a standstill during peak hours each day. This essay will first explain how the intensive use of automobiles and inadequate public transport are the root causes of this issue, followed by a discussion of how improved public transport systems and better road designs are the most viable solutions.

One compelling reason for traffic congestion in major cities is the widespread use of automobiles. In simple words, traffic congestion is primarily due to the huge number of vehicles, whose ownership has spread massively because of economic development. Many studies support this notion since during peak hours each occupant of a private car brings about 10 times as much congestion as a passenger on a bus. The condition is further aggravated by issues of road design and poor maintenance in the urban areas, a manner of driving that treats other road users with little respect, erroneous information on traffic jams, and inefficient management by the responsible authorities.

The most effective remedy to this problem is to alleviate the condition through steps affecting the supply of public transport such as the quality and availability of the transport infrastructure, vehicles, and their management. This is because it increases the capacity for commuting. Besides, there are several faults in the present city road systems which require to be put right: it is essential to better the design of intersections, mark streets properly as well as equip them with appropriate signs, and correct the operating rotations of traffic lights, for instance.

To conclude, many cities across the globe are struggling with the increasing problem of traffic congestion due to the growing number of private cars combined with faulty road designs and maintenance. However, if governments ensure quality public transports and develop current road systems, the problem can be ameliorated.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people believe that children learn better when they are placed in classes with children of similar academic abilities. Others believe that children learn better when they are in classes with children representing a diverse range of academic abilities.

Discuss both these views and give your opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

No two pupils demonstrate exactly the same academic prowess. This is why, many academics try to overcome these differences in ability by grouping together them according to their skills, yet others prefer mixed ability grouping. This essay will discuss both perspectives, however, in my belief, a fixed method should not be applied to the entire school, and teachers should decide based on the abilities of their students.

In many cases, learning is best achieved if learners are grouped based on their academic abilities. In this approach, individual differences among them are considered. Grouping using this outlook emphasizes the learning styles and speed of students, rather than relying on collective instruction, this, in turn, leads to a conducive learning atmosphere. To put it another way, teachers can prepare more suitable lessons accompanied by the right speed for their pupils. Various studies support this notion as good students may progress faster and from complex lessons while average students can reap the benefits of a slower pace with more explanation of topics.

On the other hand, children who are put in classes with mixed abilities can reap benefits because they are grouped with other pupils who possess a diverse range of academic strengths. This is particularly good for discussion purposes and gaining others' views on things. Mixed ability classes also help learners to understand one another by developing interaction among learners who may not otherwise find the opportunity to interact. In academics, talented pupils can help to push poor pupils further by modelling and inspiring them. This masters higher-level students' competencies in mentoring others and consolidating information. Moreover, lower-level students can also explore some of the higher-level thinking patterns and problem-solving skills they might not able to find if they remain in a low-level group.

In conclusion, both homogenous and heterogeneous classes confer advantages. However, this essay finds that teachers are best placed to make decisions about the teaching approach they apply.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people argue that it is more important to have an enjoyable job than to earn a lot of money. Others disagree and think that a good salary leads to a better life.

Discuss both these views and give your own opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

It is argued by many that job environment and job satisfaction are crucial, while others feel that pursuing a well-paid job ensures a better life. I believe that while a handsome salary helps to live a better life, people ought to put stress on pleasant and satisfying jobs.

On the one hand, an enjoyable job is important because it reaps many benefits. One of the primary benefits is that the work which people submit will eventually be of superior quality. For instance, employees in such organisations love what they do and are ready to take responsibility to go from strength to strength. Another considerable advantage of an enjoyable job is that employees will be eager to shoulder new responsibility and their attitude towards work will be rather positive. Most importantly, a person who derives satisfaction from his job will love his work, and thereby performing all his tasks to the best of his ability.

On the other hand, a better-paid job is also important as it confers considerable advantages too. The most obvious advantage is that it helps promote a better lifestyle. To illustrate, a high salary package often comes with advantages such as better healthcare, and people can also afford healthier food. Besides, a handsome salary eventually translates to better financial security. Thus, overall, people may lead a healthier life than those earning a lower salary.

However, I think money is important but a pleasing job should be the top priority. The reason is that money cannot buy happiness while if one is doing a job that embraces his personal interests, he can grow with his experience to earn enough.

To conclude, although there are good arguments on both sides of enjoyable jobs and high-paying jobs fence, I believe that enjoyable jobs are of paramount importance.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people believe that studying abroad is important because it expands a person's knowledge and understanding of the world. Others feel that it is better to study at home because that is the best way to prepare for a career in the student's own country.

Discuss both these views, and give your opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

It is signified by many that studying overseas is of profound importance because it extends an individual's knowledge and perception of the world, yet others believe that studying in the home country is the best way to prepare for a promising career. This essay will discuss both perspectives, and I believe that the choice should be made based on the personal preference and career choice of a student.

Studying in a foreign country is an effective way to immerse oneself in a new culture, enrich perspective, and thereby constitute an understanding of the world. It allows people to acquire another culture. Cultural differences, however, are more than just differences in appearances, food, festivals, language, and personal habits, for example. A region's culture manifests very profound perceptions, beliefs, and values that influence the collective way of life and the way that the nation views the world, hence the importance of studying abroad is undeniable.

On the contrary, others believe that studying at home is the most effective approach to boost job prospects. They go on arguing that homeland has references and research avenues students understand intrinsically. In consequence, students can enhance their academic performance and increase career prospects as a result. Apart from that, in some sectors, such as medicine, law, and education, studying abroad can actually be a disadvantage to students. With the foreign degree, individuals have to pass an additional examination in order to work as a professional in their home country. This is because these professions are most often based on national requirements, laws, and regulations. Thus, studying in the home country increases job prospects in many sectors.

In conclusion, while studying overseas broadens the horizon of knowledge and perceptions of the world, studying in the home country boosts employability in some domestic sectors. In my opinion, however, both options confer certain advantages and individuals should decide on this matter according to their preferences and choice of career.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people believe that old buildings should be protected by law. Others, however, think that they should be replaced by new buildings.

Discuss both these views and give your opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

People remain deeply divided on protecting old but important buildings. Many feel that historical buildings ought to be preserved by law, while others believe that new buildings should be built to replace old ones. This essay agrees with the former viewpoint and will show that despite some advantages brought by new buildings, preserving old buildings attach great cultural, economical and environmental value.

There are various reasons why many people want to construct modern buildings to replace ancient ones. Firstly, modern structures incorporate concrete, glass, and steel. These elements offer natural fire resistance. Consequently, homes or buildings with a modern theme are less likely to be susceptible to fire hazards. Secondly, modern architectural constructions allow more natural light. Not only is it aesthetically pleasing, but it also reaps health benefits. For example, natural light provides vitamin D, thus helping to combat seasonal depression. Lastly, modern structures utilize lightweight materials, this, in turn, allows buildings to be tall. In densely populated cities, vertical space is the only option to accommodate the ever-growing need for housing and offices.

On the other hand, there are several cogent arguments for protecting old structures. First and foremost, antique buildings help us understand the historical backdrop and promote deep respect for those who lived in prior times, and different cultures and traditions. In fact, old buildings play a profound role in cultivating the pride of heritage and culture that makes a city in the world. For example, Paris is known for the Eiffel tower, and London is known for Big Ben, while Cairo is known for Pyramids. Second, historical buildings attach a great economic value. In simple words, a building steeped in history attracts tourists, thus creating new jobs in the area. This, in turn, helps bring economic prosperity to the area. Last but not least, protecting old buildings can be considered recycling as it saves energy spent on manufacturing building materials, reduces construction waste, thereby reducing carbon footprint.

To conclude, it is critical to protect antique buildings because of their intangible and tangible value, and I think that necessary laws should be in place to preserve old buildings.

You should spend about 40 minutes on this task.

Write about the following topic:

In many parts of the world, there is continuous coverage of sport on television. Some people believe this discourages the young from taking part in any sport themselves.

Discuss this view and give your own opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Sports events are being screened round the clock on television in many countries. This phenomenon, however, has sparked off a heated debate as to whether it would wane children's interest in taking up a sport. This essay will analyze the impacts of sports telecasts on youngsters followed by an opinion that numerous entertaining TV programmes usually dampen the young's enthusiasm for physical activities while sports programme encourages them to play different sports.

Sports programmes, by and large, play a prominent role in encouraging young adults to participate in sports. When a sporting event is telecasted, the young could see their favourite athletes demonstrating extraordinary skills in a game. This, in turn, motivates them to emulate these techniques in a real sport. Apart from that, young adults could acquaint themselves with many exotic sports. Sepak Takraw, for instance, first appeared in Malaysia and Thailand and has been imported into India of late. As a result, a vast number of individuals get on this bandwagon and this game has fascinated a substantial number of young adults. Thus, this essay finds that the phenomenon encourages young people to participate in sports.

However, the reason why many critics have a firm belief about the drawbacks of sports coverage is that they do not discriminate the effects of sports coverage and other TV programmes in general. Nowadays, not only do TV producers offer viewers with sports telecasts but they also provide various types of programmes such as movies, dramas, and music so as to serve viewers' needs. Therefore, many young people watch television in preference to physical activities. Besides, the decline in the number of athletes comes as no surprise because not all young children are enthusiastic about sports.

To conclude, it seems to me that generally, TV entertaining TV programmes whip up young people's interest in doing sport while sport fosters sports spirits in the younger generation.

You should spend about 40 minutes on this task.

Write about the following topic:

Schools should only offer subjects that are beneficial to students' future career success. Other subjects, such as music and sports, are not important.

### To what extent do you agree or disagree?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

It is often argued that schools ought to excise non-academic subjects like music and sports from their curriculum so that pupils can emphasize their focus on academic subjects which are helpful for their career prospects. While it is true that academic subjects are of vital importance, my opinion is that exclusively emphasizing just on academic subjects is not a good idea.

Firstly, with respect to health, non-academic activities are advantageous not only for students' physical health but equally for their mental health. For example, after sitting long hours in mandatory classes, children should be involved in extracurricular activities such as drawing or playing sports to relieve stress. This, in turn, develops concentration power and improves learning ability. Devoting solely to academic areas is not only detrimental to health but also decreases their capability. Most importantly, non-academic activities, for example, sports, can provide children with transferable skills, making them useful to a future employer.

Secondly, not all children need to be excellent at academic fields to have success in their future careers. There is, for instance, no point in getting grades all A's in science-related subjects if one wants to become an artist or an athlete. By encouraging pupils to participate in non-academic activities, schools can reveal their hidden talents in other areas. Not only will this help the students but also the society as this promotes the diversity of occupation. To give an example, many successful artists, singers, poets, and sportsmen did not have enviable academic results. Yet, the world cherishes their performance and talent.

To conclude, I refute the argument that concentrating wholly on academic subjects is more helpful than non-academic subjects for children in developing their career prospects. Schools should concentrate on bringing out the best in students, not just prepare them to become office executives.

You should spend about 40 minutes on this task.

Write about the following topic:

In the past, shopping was a routine domestic task. Many people nowadays regard it as a hobby.

### To what extent do you think this is a positive trend?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

### **Model Answer:**

For many people, shopping is simply a hobby nowadays rather than domestic routine work as it was in the past. While I accept that this brings some advantages, I strongly believe that it is a negative tendency because it can cause shopping addiction and financial disaster.

Shopping as a hobby sometimes reaps several health benefits – according to many. The most obvious benefit is that it lifts shoppers' moods. That is to say that shopping brings a sense of achievement, thus causing happiness. In fact, the heightened emotions of happiness produce endorphins, this, in turn, helps people refocus their mind on their body movements, boosting their overall mood. Exercise is another distinct advantage. In simple words, shopping from one store to the next while people carry heavy bags proves to be a good workout for the heart. For instance, a recent study reveals that women who spend substantial amounts of time shopping are less likely to get cardiovascular diseases because of physical activity.

Having said that, this hobby of shopping for fun and not for necessity can lead to addiction. Shopping addiction, also known as compulsive buying disorder, is a behaviour that is related to excessive spending and the purchase of items that are not necessary, and it could have harmful consequences on any individual involved in it. Debt is the most adverse consequence of compulsive shopping disorder. That is to say that non-stop shoppers are likely to be dogged by the problems associated with managing their income and they often end up buying on credit to satisfy their insatiable cravings. Apart from that, people with a shopping addiction may resort to borrowing money from friends and family so as to feed their obsession. In fact, a relationship can be ruined because people with compulsive shopping disorder are prone to continually borrow money even if they are on the verge of losing their ability to repay their debt.

In conclusion, although the shopping hobby reaps some benefits, this is a negative development because it can jeopardize one's financial management and also damage relationships.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people think that public health is a responsibility of the government, while others believe that individuals should be responsible for their own health.

Discuss both these views and give your own opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Public health has triggered a heated debate and many believe that public health is an onus of the government, yet others think that citizens ought to take responsibility for maintaining their own health. This essay will discuss both perspectives and argue that both the government and people need collaborative efforts to shape a healthy nation.

On the one hand, people in view that the state should take responsibility for public health consider health as a basic right of every individual. They go on arguing that the success or failure of a government is ultimately measured by the well-being of its subjects and nothing can be more crucial to a nation than its public health. Therefore, the government's prime concern should be the health of its citizens. It is obvious that public health in some wealthy nations has improved to a great extent because their government has taken care of it.

On the other hand, many others think that individuals should be responsible to maintain their own health through self-care. To put it another way, people can keep themselves fit and healthy by intaking appropriate nutrition, doing sufficient physical activity, and avoiding bad lifestyle habits. Governments, in fact, are not in a situation to look after the lifestyle of every citizen. It is solely an individual's responsibility for adopting a healthy lifestyle so that he or she can stay physically and mentally fit. A recent study, for instance, sheds light on the fact that maintaining good health depends largely on a person's eating habits, efforts, and healthy lifestyle as a whole.

However, in my point of view, both governments and individuals need to do their own part so as to improve the public's health. This means that governments should make health care affordable, build enough public parks and health centres, promote a healthy lifestyle while at the same time, people need to take responsibility for their own health.

In conclusion, government responsibility is crucial for maintaining health. Governments alone, however, cannot build a healthy society. People also need to make a real effort in their life to remain healthy and fit.

You should spend about 40 minutes on this task.

Write about the following topic:

More and more young people use the Internet to socialise.

Do you think this is a positive or a negative development?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

An increasing number of young adults nowadays use the internet for social interaction. This essay would argue that this is a negative development because it cannot hold real dialogue and cannot build community as a result.

The internet does not encourage a climate of real dialogue among the youngsters. On social networking sites like Facebook, Twitter, and so on, what young people do can be labelled as superficial. That is to say that young people just listen to what they are willing to hear. Social media, in fact, is like a huge room of mirrors, where they meet people but do not make real interactions.

Moreover, both establishing and erasing contacts on social media is extremely easy. In real life, this is not an easy task as young people need to face up to what they do. On the internet, they do not need to deal with that. There is an exchange of views, but no dialogue. There are different opinions, but no constructive debate. It actually creates an illusion of being connected with others when they are not.

Likewise, social media cannot create community. It invites teenagers to publicise themselves, to show who they are. But they choose only the most presentable sides to show others. Young people build small community groups that they manage at their whim. They are like dictators in the kingdom of their account, and they are the ones who determine who ought to be there and who ought to be not. It does not really matter to them if they unfriend anyone. Thus, the internet fails to build a real community.

In conclusion, it seems evident that socialising using the internet and social networking platforms is a negative phenomenon as these virtual interactions cannot create real dialogue as well as a community.

You should spend about 40 minutes on this task.

Write about the following topic:

In some educational systems, children are required to study one or more foreign languages. In others, foreign language study is not a requirement.

What are the potential benefits of foreign language study? Do you think foreign language study is an important part of education?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Many education systems offer one or more foreign languages, while some do not integrate them into their curriculum. Personally, I assert that learning a second language is a vital part of education because of the advantages it brings.

Foreign language study reaps many advantages of bilingualism. For a start, the second language improves children's skills on SAT and GRE. One recent study has revealed that SAT-verbal scores increase with the duration of time pupils have studied the second language. Besides, a second language study provides a competitive advantage in career choices as it enhances employability. That is to say that, language education is crucial for the workforce of the future and being bilingual or multilingual can open up a horizon of job opportunities. An increasing number of companies than ever are operating business in several regions across the world, but they cannot do it without recruiting employees who can speak at least one foreign language.

In my opinion, foreign language study is an essential part of education in this conflict-stricken world. The reason is that it promotes empathy. Put simply, children in a multilingual atmosphere gain social experiences that offer routine practice in considering the different paradigms of thought, thereby helping them to become broad-minded, sensible, and tolerant individuals. In fact, if people are aware of the fact that human beings are all cultural products of their own environment and can recognize the cultural foundation for their own behaviour and attitudes, they are more likely to accept others in a more favourable light. Consequently, it will avert conflicts between nations. This is why foreign language study proves to be a core part of education.

It seems logical to conclude that foreign language study is a crucial part of an education system. Therefore, every school should create a conducive environment for learning at least one foreign language.

You should spend about 40 minutes on this task.

Write about the following topic:

A growing number of people rely on restaurants and convenience food (frozen food and packaged meals) rather than home-cooked food to supply most of their meals.

What are the advantages and disadvantages of eating this way?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

More and more people are eating out in restaurants and consuming ready-to-eat food. The benefits of this are that individuals can save time and effort. However, this trend could also cause health hazards, and foods served in restaurants or ingredients used in convenience foods are usually of low quality.

The most evident benefit of ready-to-eat food is convenience. In today's hectic lifestyle, there is nothing better than having a ready meal. No matter how much physicians praise the advantages of a home-cooked meal, at the end of a hard day at the office, when individuals return home exhausted and hungry, canned soup or the cake with marshmallows can be a godsend. Besides the time one has to devote to the kitchen, preparing meals at home also requires an individual to make a trip to the local grocery shop to purchase the ingredients for the meal. Furthermore, there is the added time and effort in peeling the vegetables and washing utensils. All this makes eating out in restaurants and consumption of convenience food an increasing and convenient trend.

On the other hand, this trend also confers several disadvantages. One drawback is that most convenience or restaurant foods are often rather unhygienic. That is to say that these foods contain a substantial amount of calories and fats, thus causing various non-communicable diseases such as obesity, diabetes, and so on. Low-quality is another major downside of such foods. Cheap foods especially are being affected by the low-quality ingredients so as to offer the cheapest price possible for consumers.

To conclude, while the growing tendency of eating convenience food saves both time and energy, therefore becoming the answer to a fast pace of life, it is important to pay the attention to the health hazard caused by high calories and low-quality ingredients of such foods.

You should spend about 40 minutes on this task.

Write about the following topic:

For more and more people, wearing fashionable clothes is becoming important.

Is this attitude to wearing clothes positive or negative development?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Today, a growing number of people follows trend when it comes to wearing the dress. However, this essay suggests that this is a positive development because it speaks about the person, impresses at first sight, and fosters self-esteem.

The most evident advantage of wearing trendy clothes is that fashion speaks for a person. In simple words, the dress someone puts on tells who that person is. Even for individuals who do not care about what they dress, their outfits can easily speak a lot about them. In fact, it is crucial to follow fashion trends just because of our own identity. Apart from that, it creates a positive first impression. As we all know first impression matters, we need to be updated on the present sense of vogue- locally and globally and in different walks of life, vis-à-vis official and casual, leisure and party wear, and so on. Thus, dressing up fashionable outfits is very important and impresses others at first sight.

Likewise, this attitude makes individuals stay confident. When one follows the prevailing vogue in society, there is improved boldness in his or her personality while interacting with others. In fact, it helps people to remain a step ahead in the sphere of socialization. A study published by Vogue magazine shines some fascinating light on the fact that the person who follows current trends is confident and stands out in a crowd. In addition to this, it also brings inner delight. When people become confident and perform boldly in society, they feel a sense of great inner pleasure. This, in turn, boosts self-esteem and he or she may even draw the admiration of people around.

Dressing up fashionable attires is of profound importance. This is because that it tells about us, creates a positive impression, makes us confident, and causes inner delight. Therefore, it is reasonable to conclude that the attitude is a positive development.

You should spend about 40 minutes on this task.

Write about the following topic:

The people of the twenty-first century have a better quality of life than the people who lived in the previous centuries.

### To what extend do you agree or disagree?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

The twenty-first century has brought humankind to the realm of unprecedented developments. This is why many argue that living standards in modern days are markedly better than in the past centuries. I completely agree that the standards of living, these days, are far better than those of our ancestors.

Gone are the days when thousands of millions of people lived in conditions of extreme poverty. In 1830 only a few elites could afford higher living standards, while an overwhelming majority of people used to live in conditions of severe poverty. On the contrary, the growing number of world regions today have become industrialized and therefore offer increased productivity. This, in turn, makes it possible to lift more families out of abject poverty. In 1920 two-thirds of the globe were living in grinding poverty; in 1992 it was still 46%. In 2018 the share of the world population in dire poverty has fallen below 8%.

Like eradicating poverty, this century achieves tremendous progress in health care. In this century, medical science has invented many life-saving drugs, thus increasing life expectancy. Take child mortality for example. In 1700 the health conditions were such vulnerable that around 42% of the world's newborn babies died before their fifth birthday, while child mortality in 2018 was down to 4.2%, ten-fold lower than three centuries ago. In fact, prosperity, public health interventions, and improved social life contribute to this achievement. Besides, the improvements in housing and sanitation enhance our chances in the age-old battle against contagious diseases.

To conclude, in contrast to previous centuries, the twenty-first century has made tremendous progress in industrialization, health, and overall social life and thereby alleviating poverty and health conditions substantially in the world. Therefore, I believe that we indeed live a much better life than our ancestors.

You should spend about 40 minutes on this task.

Write about the following topic:

In some parts of the world, the rate of divorce has increased dramatically over the past few decades.

Explain some possible reasons for this problem and suggest some solutions.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

In many countries, divorce has reached epic proportions, and this has caused many social issues. This essay will first discuss how gender equality and domestic violence are the primary causes of this grave problem, followed by a discussion on how conjugal appreciation and understanding are the most effective solution to this problem.

One cause of the rise in the divorce rate is women empowerment. Women today have a strong presence in the workforce, so they no longer depend on their spouses in order for support. This independence encourages them to end an unhappy marriage. As a recent study exposed nations with more women in their labour market, receiving good salaries, the divorce rate is high. Similarly, in households where the woman earns more, divorce is also common. The risk of divorce rises by 37% when wives earn more than husbands and many recent surveys affirm that ego plays a vital role in this. Another reason, which is as strong as women empowerment, is domestic violence. In simple words, when married couples have frequent fights and quarrels, they are prone to lose respect for each other. Such violence tends to end the relationship in the long run.

The best solution to this problem of divorce is to honour and respect the partner. People tend to change over the course of time. Appreciating, understanding, and adapting to those transformations are crucial for any relationship. In fact, people should spend quality time with their partners so that they can understand each other and thereby bridging the gap between them. This, in turn, contributes to the healthiness of the relationship. In addition to this, appreciation is another effective antidote for divorce. A couple that compliments each other on daily basis for small and big things eventually promotes a culture of gratitude within their marriage. This is of incredible importance for a couple to remain happy and their marriage to thrive.

In conclusion, many marital relationships end in separation because of women empowerment and domestic violence. However, if couples devote quality time to understand each other as well as appreciate each other, the issue can be alleviated to a great extent.

You should spend about 40 minutes on this task.

Write about the following topic:

Some families think the best way to take care of their ageing parents is to care for them at home. Others believe that it is better for their parents to live in a special home for the elderly.

Discuss both these views and give your opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Caring for elderly parents is a conundrum many households face today. Some families opt to keep their parents, while others feel that a specialized home for ageing individuals is more suitable. I believe that while old-age homes can provide them with professional assistance and a secure feeling, in-home care is much better because it is inexpensive, and this way elderly can live with their loved ones.

On the one hand, when children decide to take care of their elderly parents at home, ageing people can stay in their own homes surrounded by their beloved and caring family and it does not incur a lot of expenses. They are not deprived of their social network, their routines, and their familiar surroundings. This, in turn, usually leads to feeling more secure and happier, which in fact is advantageous to both their physical and mental health. Besides, with in-home care, individuals can follow their own schedules. They do not need to maintain the regimented routine of eating, bathing or even sleeping. Having the freedom to decide on their own matter is a valuable facet of anyone's adult life. This setting is less expensive as well.

On the other hand, specialized home for ageing people provides elderly adults with medical professionals around the clock. That is to say that individuals can get help whenever they need it. In fact, the staffs at these homes are well-trained and can carry out both non-medical and medical functions. Another benefit of these special homes is that they are more likely to be quite secure. For example, if a person has dementia and tends to wander, this can help ensure that he or she stays safe.

However, in my opinion, care for ageing parents at home is better. This is because in-home care is far less expensive than old-age homes. Besides, people can also tailor the number of hours that their ageing parents receive care. If they, for instance, simply require help with some domestic tasks and do not require extensive medical care, they may only need to pay for help a handful of hours a week. In addition to this, in-home care allows elderly people to receive the love and affection of their family members which is vital to have a good life in elderly age.

To conclude, while there are various advantages of living in an old age home, in-home care reaps more benefits to ageing parents as it is less expensive, more family-oriented, and comes without making radical changes to their everyday lives. Therefore, ageing parents should be kept at home if possible.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people believe school children should be given multiple short vacations while others believe they should get one long vacation.

Discuss both views and give your opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Some people opine that schools should give students several short vacations, while others feel that one long vacation would reap more benefits to students. This essay discusses both viewpoints. In my opinion, however, multiple short vacations are much better because they avoid the loss of previously learned academic skills and keep students and teachers refreshed on a regular basis.

Many academics argue that students ought to get one long vacation each year. This is because they feel that a long break allows students to work and save some money. These students can derive enormous experience from the opportunity which, in turn, offers them some vital life lessons as well as a taste of independence. A part-time job, for example, teaches pupils the value of money. Apart from that, one long vacation is good for younger students to explore and try new things. A case in point is summer camp. During summer camp, they take part in a pool of group activities, thus developing lifelong skills. For instance, while playing sports like football or basketball, a student can learn how to work as a team member, communicate with others, and solve problems on their own.

Others, on the contrary, think that children should get multiple short vacations round the year, and I concur with this notion. The primary reason is that it helps to avoid the loss of knowledge from previously-learnt academic subjects. In other words, frequent short vacations can augment retention rates. Several studies confirm this notion, as pupils show losses in language and math skills over the long vacation. Moreover, several short vacations offer both teachers and students time to recharge and regroup. Many teachers who teach in year-round schools report that it gives them a break when they need it desperately. Studies support this claim since schools with multiple short holidays have a low turnover of staff.

To conclude, although one long vacation provides students with the opportunity to engage in a parttime job and develop many soft skills, I find that frequent short vacations are better for children. It is expected that schools would use their vacations prudently to benefit both pupils and educators.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people feel that life was better in the past when we had less modern technology because things were simpler and less complicated.

To what extent do you agree or disagree with this opinion?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Advanced technology is ubiquitous these days. However, it is argued by many that life was more content with simple technologies in the past. I believe that while modern invention provides us with every amenity we require to live a comfortable life, in reality, it also makes our lives more complicated in terms of making life stressful.

On the one hand, modern technology has made our life unprecedentedly convenient. The most evident convenience is prompt communication. Put simply, only a few decades ago, the mode of transferring a message or information was long, and people had to wait for days, if not months to receive it. Whereas nowadays, people need to simply tap the email icon on their cell phone and send a message in the blink of an eye with the help of smartphones and the Internet. In fact, cutting-edge devices and applications make it possible to stay connected around the clock, seven days a week. The same goes for household chores. Homemakers receive the full blessing of home appliances. So, no doubt, modern people enjoy the blessing of technology almost in all spheres of life. But it comes with a price.

With the advent of advanced and digital technology, life has also become complicated. It makes individuals rush. People are expected to use productivity apps so that they can carry out more tasks in less time. It seems like individuals are being pushed to become more productive and faster by the way and they often fail to understand their limits, and causes stress as a result. Besides, technology is constantly evolving. Consequently, people need to adapt their approach and skills to the everdeveloping technologies, thus leading to additional stress. To cap it all, connection brings about addiction. Plenty of studies in this field support this notion as engagement with our cell phones and social media releases a chemical called dopamine. It is the same chemical that makes people feel good when they smoke, drink or gamble. In other words, it is highly addictive.

In conclusion, life was much simpler when technology was less advanced. However, although present-day technology makes life stressed, the remedy is simple – use it less.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people believe that students should not be given homework every day. However, few others think that children of all grades should be given homework on a daily basis.

Discuss the advantages and disadvantages of giving homework to students every day and give your opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Regular homework for young learners has sparked off an intense debate among academics. Many think that pupils ought not to be assigned homework daily, whereas others opine that students of all classes should get homework on a regular basis. This essay will first discuss how homework brings advantages and then talk about how it also confers disadvantages, followed by an honest opinion.

To commence with, homework provides students with the opportunity to put what they have learned in the classroom into practice. Very often, the short spell of time they have during class to grasp new concepts is simply not enough. The repetition of classroom concepts at home aids to cement in students' minds the things they learned. For instance, students have most probably discerned the significance of homework when it comes down to mathematics. A new concept introduced in class might seem difficult at first. With recapitulation through homework, however, pupils can reinforce what they were taught in class and it sticks with them.

On the other hand, homework also brings drawbacks. This is because it is the same as being in class even after students get home. Consequently, homework deprives students of recreation and extracurricular activities as well and causes stress as a result. However, in my opinion, only older students should receive a small number of assignments twice a week. According to a recent study, for instance, homework is useful for students who have reached the middle level. So daily homework should be given to such students only.

In the light of the above arguments, a handful of homework is advantageous to the older student only. Teachers, however, need to ensure that students are not burdened with an unreasonable amount of assignments.

You should spend about 40 minutes on this task.

Write about the following topic:

Research shows that many business meetings and training are increasingly taking place online.

### Do the advantages of this outweigh the disadvantages?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Studies show that many companies tend to convene conferences and do training on online platforms. This essay believes that the benefits of this trend outweigh the disadvantages because although lack of personal interaction and technical difficulties can spoil virtual meetings and training, the trend saves time and money while deepening understanding of learning content.

The main disadvantage of virtual official meetings is the lack of personal interaction. Humans are social beings, and face-to-face communication allows a more nuanced discussion in any business conference. Consequently, it is not always easy to understand the magnitude, when conversing online. The same goes for technology as technical issues – be it audio, visual, or internet speed- are the insidious problem when it comes down to online conferencing and training as well. They may cause waste of time, diminish the importance of content, and decrease engagement as a result.

On the contrary, the first benefit of online meetings is that they cut a substantial amount of costs. There may be some initial technological investment and service subscription costs so as to arrange virtual meetings, but after that, both travel and conference venue rent costs can be cut, thus saving a huge amount of money. Besides, it saves time as no commuting on the congested roads are required by the participants. Apart from that, information retention is another evident advantage of online training. In simple words, online courses are conducive to retain and remember information as legible fonts, attractive images, animated descriptions, and videos are provided to clarify concepts better. This means that displaying information in well-crafted fashions translates into better comprehension of learning content more than taking notes with pen and paper.

In conclusion, although online meetings and training programmes lack face-to-face communication and bring about technical difficulties, cheaper arrangement costs coupled with an interesting display of information make it far more beneficial.

You should spend about 40 minutes on this task.

Write about the following topic:

In some places, money earned from tourism has become an important part of the national economy.

What are the advantages and disadvantages of relying on tourism as a major source of national revenue?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Many countries around the world derive a major portion of their gross domestic product from the tourism sector. In this essay, I will expound on the benefits and drawbacks of depending on tourism as a key contributor to national income.

The first advantage of depending on tourism as a main source of the national economy is the huge generation of foreign exchange. When tourists flock to the country, they spend a substantial amount of money on so many things like hotels or resorts, food, transportation, clothing, artefacts, and so forth, thus contributing to the host country's economy. Certain Caribbean states, for instance, have the tourism industry as their key source of foreign exchange earning that contributes the lion's share of national income. Another benefit is that tourism causes infrastructural development in the state. In simple words, as the tourism industry is the main contributor to the national economy, the government feels obligated to improve the infrastructure of the country so as to keep holidaymakers coming and captivate more. Attracting foreign investment is the last benefit investigated in this essay. Many foreigners relishing the business prospect, for example, might end up investing in the nation.

However, reliance on tourism revenue also confers disadvantages. Tourism dependency very often neglects the other forms of income-generation sectors since that money is usually spent on only touristic areas while other industries and places suffer. The same goes for tourism jobs. These jobs are quite seasonal, and hundreds of workers are left without an income with the cessation of the season. Relying solely on tourism, in fact, is fine in good times, but it can leave any society vulnerable to economic ruin in bad times. A case in point is the coronavirus pandemic. According to the UN World Tourism Organization, global tourist arrivals will fall 80% in 2021.

In conclusion, tourism is not always a good sector to depend on; but it is still one of the most effective industries to alleviate poverty as it improves infrastructures and also attracts foreign investment. Thus, the economic reliance on tourism can be the silver bullet for eradicating abject poverty for many nations.

You should spend about 40 minutes on this task.

Write about the following topic:

Zoos are inhumane and should be abolished.

To what extent do you agree or disagree with this opinion?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Many critics argue that zoos should be banned due to the inhumane animal conditions. I think that animals, in general, should not be mistreated, but I agree that zoos should exist for several reasons: entertainment, education and conservation.

According to some, keeping wild animals in zoos is simply cruel. For a start, when animals are kept in an artificial atmosphere with limited space, they lose their intrinsically natural aptitude for fighting or hunting. This, in turn, exerts an adverse impact on animals when they return to wildlife. Many critics go further and maintain that many large mammals confined in zoos- rhinos, elephants, and lions, for instance- are born with diseases or wrong genetic profiles — most probably the consequence of inbreeding. Consequently, these animals could further wane wild populations already struggling to survive when they come back to the wild. Most importantly, animals, like humans, should have the right to enjoy their freedom according to these critics.

However, there are cogent reasons why zoos should continue to exist. First and foremost, zoos are a great place for entertainment. In other words, people take their families to enjoy the beauty of many exotic animals in person that they only get to see on television or in books. In consequence, they promote the local economy by providing job opportunities and income for local people. Second, they also have an educational aspect. Put simply, zoos provide visitors with the opportunities to learn about habitat conservation through activities and programmes. Last but not least, conservation programs also justify a zoo's existence. Breeding projects for animals that are on the brink of extinction are of profound importance. If it was not for zoos, there would be no Przewalski's horse left on the planet, for example.

To conclude, although it is cruel to mistreat wild animals in zoos, they are the best possible place to entertain and educate the public, and protect endangered species. Therefore, zoos ought to be conducted scientifically so that they can reap the best advantages for both humans and animals.

You should spend about 40 minutes on this task.

Write about the following topic:

Cooking at home is waste of time and energy because there are so many convenient outside food options that make life less stressful.

### To what extent do you agree or disagree?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

It is argued by many that cooking meals at home are unnecessary because convenient food options are ubiquitous nowadays. I understand that cooking food at home is time-consuming, but I believe that preparing meals at home has so many benefits that it is not a waste of time and energy.

It goes without saying that the pace of modern life has become overwhelmingly fast. People hardly have free time to cook at home, and they are always consumed by workload. Many convenient food options, on the other hand, are prevalent in western society. Take fast food for an example. It is extremely easy to obtain, people, in most cases, do not even require to leave the comfort of their car to enjoy a meal. Besides, getting a meal from a restaurant is prompt; the food is usually prepared and served in just 10 minutes. These factors are the main contributors to the perspective that cooking at home is a waste of time as well as energy.

However, the benefits of home-cooked food are definitely worth the time and energy. Preparing a meal at home allows people to choose fresh ingredients and cook in the most hygienic way possible. In fact, home-cooked food consumption helps individuals lead a healthy life, thus saving health care bills. Apart from that, dining at home also boosts a sense of belonging among family members as they can engage in conversations and emotional support. Furthermore, it allows parents to teach their children an important life skill of cooking and inculcate a sense of responsibility towards family members as to when they engage in related chores like preparing and washing before and after meals.

To conclude, although convenience food is readily available almost everywhere and suits our hectic pace of life, I believe that home-cooked meals are worth the dedication we put in due to the advantages it brings.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people think that it is better to be self-employed. Others say that it is better to work for a company or organisation.

Discuss both views and give your opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Opinions are split as to whether self-employment or a salaried job is better. This essay will centre on both perspectives, but I believe that self-employment is a far better choice than doing a job

On the one hand, there are many cogent reasons why self-employment seems better than a paid job in a company. First and foremost, self-employed individuals can enjoy considerable independence. As self-employed persons, they decide what they do, how they do something, and when they do it. Although it sometimes proves to be difficult, and discipline needs to be maintained- but they have the option. Not only does self-employment offer freedom, but also it helps to maintain a better work-life balance. Second, self-employed persons' income potential is higher than those who are traditionally employed. For instance, one study reveals that freelancers in the UK earn three times more than their counterparts. Last but not least, self-employed individuals can utilize their full potential.

On the other hand, a salaried job also confers several benefits. One of the primary advantages of working for an organization or company is greater job security. When commencing a job, employees sign a contract paper with their employer which provides an outline of their employment conditions as well as duties, responsibility, and rights. Apart from that, being employed by someone else means an employee gets certain benefits such as paid sick leave, paid annual leave, and a pension scheme. This provides employees with an extra level of protection in life. Finally, regular income is another obvious advantage. This means that employees get a consistent salary, regardless of profit or loss of the company, thus it makes their financial planning much easier.

To conclude, being self-employed means you are your own boss, and you can plan the business or tasks the way you feel fit. It gives the liberty to design everything the way you love it, and this is why it is a better choice than working 9 to 5 in a company.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people think travelling abroad is a valuable experience for young people. Others think that it is a waste of time and money.

Discuss both views and give your own opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

It is argued that young adults can bring a wealth of experience to them by travelling overseas. Yet, others believe that they are just squandering their time and money by visiting abroad. This essay will expound on both viewpoints, and I think that travelling often cost time and money to youngsters.

There are many reasons why travelling abroad at an early age is crucial. For a start, it is the proper time to make life choices. Put simply, travelling is one of the ways that young adults can transform their lives. As the youngsters travel, they are exposed to experience new things, thus enhancing many essential life skills as well as the ability to adapt to new perspectives. Through this, they can shape their future. But this brings forth only when an individual is still young. The elderly, on the other hand, can seldom transform themselves by travelling. Therefore, the adolescent years are the high time for travelling abroad because it helps young people to mould their future.

Having said that, travelling abroad is a waste of money and time as well. From the moment one embarks on a journey, he needs to keep spending money. He has to pay for transportation, accommodation, meals, tourist destinations, and so forth. In return for all effort, one reaches his destination and visits a tourist attraction which he could also explore virtually by watching a documentary on television. Moreover, tourist spots and things that a young person watches on TV are all free of cost, yet exploring them in person costs money. Likewise, it is also time-consuming. Young people have to spend a substantial amount of time sitting on the plane, on the bus, or waiting at the train station or the airports. Each journey, in fact, takes considerable time. In contrast, any virtual expedition saves them a lot of time.

To conclude, in my opinion, travelling abroad at a young age is vastly overrated. There are many reasonable ways to visit and learn about the destinations without spending much time and money. In lieu of wasting time on planes or buses, young adults can gain almost the same experience by watching documentaries or browsing travel blogs. They can travel virtually but still enjoy it.

You should spend about 40 minutes on this task.

Write about the following topic:

Many stores sell organic fruits and vegetables (produced without the use of chemical fertilizers, pesticides, and herbicides) even though they often cost more than conventional fruits and vegetables.

Why do some people prefer to eat organic food? Do you think organic food is worth the extra cost?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Many grocery shops sell fruits and vegetables that are produced without the use of synthetic fertilizers, pesticides and herbicides, despite the fact that they are often more expensive than conventional fruits and vegetables. This essay will first explain the reasons behind the customer's choice of buying organic food, and then discuss why they are worth the higher price.

There are various reasons why many people show a proclivity to consume organic food. The most apparent reason why they prefer to eat organic food is to avoid pesticides and artificial chemicals. This is because these are detrimental to health. Freshness is another good reason for consuming organic food products. As organic food contains no artificial preservatives, it rots more early than conventional food. Because of this, organic food is sold as soon as possible, making it the fresher choice. Last but not least, individuals decide to purchase organically produced crops for additional nutrients and added health benefits. For instance, one observational study finds that children who eat organic food are far less susceptible to eczema and allergies.

To my way of thinking, organic food is worth the higher price. Although it seems like an expensive item, actually it is not. Put simply, organically grown fruits and vegetables are more nutritious than traditionally farmed produce, thus lowering the risks of many diseases. In other words, it helps people stay healthy to lead a happy and productive life, and thereby decreasing hospital bills. In fact, buying organic fruits and vegetables means investing in their health and a healthy society as a whole. Thus, organic food is worth what it costs.

If someone offers us a plate of pesticides, we would not ingest them. Interestingly enough, that is what we are consuming when we consume conventionally farmed fruits and vegetables that are grown using different pesticides and chemicals. So spending the extra money on organic food is always a better choice even if costs us a bit more.

In conclusion, our health and well-being are directly linked to the food we intake. Since organic fruits and vegetables are chemical and pesticide-free, they are better alternatives even if they are expensive.

You should spend about 40 minutes on this task.

Write about the following topic:

Using a cell phone while driving is dangerous because it causes the driver to become distracted. Therefore, cell phone use by drivers should be made illegal.

### To what extent do you agree or disagree?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

The pervasive use of mobile phones while driving is perilous because it distracts drivers. This is why a section of society calls on the government to ban the use of cell phones while driving. In this case, I completely agree with the view.

Using a mobile phone while driving distracts drivers, thus putting people's lives in grave danger. The reason is that holding a handset takes one hand away from the controls, causing terrible accidents more likely. To put it another way, when a driver is driving and talking on a cell phone, he is dividing his attention between driving and talking, making it growingly difficult to devote attention to driving. In fact, talking or texting on mobile phones vies for our attention while driving, and it adversely impacts our ability to drive safely. Researchers, for instance, in one study explored that mobile phone users were more apt to rear-end collisions and unresponsive driving than people who had had a few drinks.

Besides, conversations on a hands-free phone while driving proves to be as dangerous as holding a handset. In simple words, drivers still remain momentarily distracted, even though they use a handsfree phone. This means that talking on a hands-free device also distracts drivers. Consequently, they take longer to respond to hazards, thus making poor decisions on speed and distance from other vehicles or pedestrians. For example, one study neatly demonstrates that when a driver makes conversation on a hands-free phone, he tends to move his eyes less around the driving scene. He uses car mirrors less frequently and is prone to focus more on the scene directly ahead of him rather than to the sides of the view. He is less aware of what is taking place in his peripheral vision, thus failing to react to hazards in the peripheral vision leads to accidents. So allowing drivers to use mobile phones while they are behind the wheels is like allowing them to get involved in accidents.

In conclusion, talking on the phone while driving is a lethal act, regardless of whether drivers use hands-free or hand-held phones. Therefore, governments should enact laws against phone conversations or texting while driving.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people say that the best way to discourage smoking is to make smoking illegal in public places. Other people say that this is not enough and that other measures are needed.

Discuss both these views, and give your opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Smoking has become a global concern. While some argue that prohibiting smoking in public places is the most effective way to discourage smoking, others opine that it requires more than that to achieve it. Personally, I believe that smoking restrictions in public places can help people reduce smoking to some extent, but more measures are required to dissuade people from smoking.

Smoke-free regulations that prohibit smoking in public spots can go a long way towards overcoming this unhealthy habit. In simple words, smokers cannot light a cigarette in places like restaurants, workplaces, shopping malls, theatres, libraries, bus stations to name a few. This means that they can only smoke in their private places. To put it another way, they can not smoke much of the time, therefore dissuading people from smoking. For example, a growing body of studies shed light on the fact that smoke cessation in public places reduces tobacco use among people.

I, on the contrary, do not think that smoke-free laws are enough. These laws still allow smokers to continue smoking some of the time at their homes or in other private areas. From my point of view, awareness programmes are also important. This could be done in several ways. A case in point is Turkey's comprehensive tobacco control regulations. Radio and television channels require to air 90 minutes of anti-smoking programmes every month, including 30 minutes in prime hours. Turkey has embarked on numerous anti-smoking campaigns, reaching most individuals and driving millions to refrain from smoking.

To conclude, smoking is a grave issue, and we have to do something to prevent it. To my way of thinking, tobacco control laws accompanied by anti-smoking campaigns can effectively prevent people from commencing or continuing this bad habit.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people believe that the best way of learning about life is by listening to the advice of family and friends. Others believe that the best way of learning about life is through personal experience.

Compare the advantages of these two different ways of learning about life.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

Opinions are divided when it comes down to what is the most effective method of learning about life. Many feel that to heed family and friends' advice is the most useful tool of learning about life while others think that personal experience is the best method for that. This essay will compare the benefits of both ways of learning about life.

By acting on family and peers' advice, one can prevent certain issues or discover new opportunities faster. Friends and family very often can recognize one's limitations that people are unable to find in themselves. Sometimes they can help unearth something good in the person, and other times they may be able to help him or her reveal a flaw. Therefore, taking parents' and peers' advice can help people improve themselves. For example, my parents once advised me to live my life in a manner that allows me to look at myself in the mirror and not to be ashamed. This piece of advice helped me to be a man of integrity. Some of their advice also helped me avoid pitfalls in life that could have been disastrous otherwise.

Personal experience, on the other hand, can be the only key to unlock ultimate knowledge; nothing else. Following advice is like believing something is useful because we have been told it is. It does not matter whether we believe it or not because it does not change reality. But when we learn from our experience, we simply know it. However, the problem is that if we act on parents' and peers' advice and believe that is the only way it has to be, we might limit manifold possibilities we could have opened up. Besides, in life, we will have to face unique circumstances, and no advice will come in handy except our previous experience in such situations.

To conclude, advice is crucial but only listening to advice restricts one's possibilities. In contrast, knowledge obtained from personal experience can ignite an individual's true potentials. That is the immensity of personal experience.

You should spend about 40 minutes on this task.

Write about the following topic:

Some people say that physical education classes are an important part of a child's education. Others believe that it is more important to focus on academics during school time.

Discuss both these views, and give your opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### **Model Answer:**

It is argued by many that physical education is vital for children and should be introduced in the academic curriculum, yet others deem that children should put emphasis on academic activities during school time. This essay expounds on both viewpoints before coming up with a logical opinion.

To commence with, introducing physical education into the academic curriculum might be an effective approach not only to augment children's physical activity participation levels but also to improve academic outcomes. On the one hand, physical inactivity causes a range of non-communicable diseases like obesity, diabetes, and cancers. Physical activity, on the other hand, helps to maintain fitness, in turn, increases children's school engagement and thus improving their cognitive and academic performance. A case in point is Australia. The country enhances the physical activity and literacy levels of children in elementary school by integrating physical education into the academic curriculum.

In contrast, others think that children should devote school time to their studies. According to them, physical literacy can be taught at home, whereas school time needs to be dedicated to acquiring academic knowledge. This is because if physical education is integrated with the curriculum, then one or two major subjects would be compromised accordingly. This, in turn, will hamper overall academic activities.

I believe that schools are not an ideal place for physical education. The reason is that once gymnasiums were rare in a community, but today, every community has a gymnasium for physical education. Therefore, there is no ground for adding physical education to the primary school curriculum.

It seems reasonable to conclude that physical education should not be included in the primary school curriculum because it could handicap the academic process while kills valuable time for learning important lessons.