

Start of the intro

On every list of crucial and essential needs upon which one's very existence is contingent, food ranks near the top; it is needed for growth, body development, and daily activities

Everybody has always been looking for ways to achieve success.

as the technology evolves and creates more and more different and significant job positions, the features which make a person qualified for a job differ

Throughout history, education has played a pivotal role in all societies.

Due to its paramount importance, scholars have tried to elevate the effectiveness of educational systems.

It goes without saying that since the dawn of civilizations, discipline has played a dominant role in man's life. ... have always been a key factor of success/seeking the ways to climb the ladder of success.

Throughout history, human beings have always been seeking happiness.

It is clearly understood that in such a sophisticated world, governments' decisions play a crucial role since they can change the course of history.

There is no doubt that nowadays, most people are eager to spare some time of their hectic lives to allocate it to doing something fun and educational.

In the preceding decades, governments' plans and budget allocation have played a significant role in present and future generations' lives.

Nowadays, due to the complexity of modern life, people are required to have different traits and abilities to help them cope with various situations and problems

History shows that the role of universities in making the world a better place to live has been undeniable. Beyond any doubt, if universities are administered effectively, they can have profound impacts on every aspect of the modern world such as economy, politics, and so on.

Since the beginning of time, human beings have been putting great effort into finding the best approaches to maintain both their physical and mental health.

Due to their paramount importance, efforts for elevating their effectiveness have always been amongst governments' top priorities.

It is critically important for students to work as hard as they can in school.

Throughout history/In the modern era, / Since the dawn of civilization, / In the contemporary world, / It is widely accepted that/generally argued that/ It is no secret that/ Without a shadow of doubt, X has played/plays a prominent role in every individual's life. Throughout history, human being has perpetually been concerned about the ways to success. Such a constant effort has become

even more noticeable in the modern era where competition and hard work function as two key factors of success...

Throughout history, people have been intrigued by the baffling question of whether there is intelligent life elsewhere in the universe.

Topic Restatement

Some possess the conviction that (verb + ing) whereas others hold an alternative perspective and allege that (verb + ing)

Some people may hold the view that ... However, some others may take an opposite viewpoint and believe that ...

An interesting question which arises regarding these new places is what the best way is for getting to know more about a place.

Although some people tend to believe in the latter one, I believe in the former

The controversial question which arises here is **whether**

My Idea

As far as I am concerned,

I firmly believe that...

I subscribe to the idea that.... I adhere to the idea that....

I am of the opinion that.....

..... Although some might find this controversial

There are strong grounds for believing that....

I admit that...

I, nonetheless, contend/concur that.... From my perspective, this idea is false.

I personally contend that the former/latter is more beneficial for.... I firmly contend that its advantages carry more weight.

Its advantages carry more weight

From my vantage point should be regarded as one of the government's top priority

Last of Intro

There are numerous reasons, two of which I will explore in the following paragraphs.

In what follows, three reasons will vindicate my standpoint.

The following paragraphs will elucidate my perspective. •

through three noticeable reasons.

In the following paragraphs, I will delve into/expand on/ elaborate on my viewpoint. I will explicate my viewpoint through the following paragraphs.

The following paragraphs will support my viewpoint

The following paragraphs will illustrate my perspective.

In what follows, I will elaborate on my viewpoint through the most conspicuous reasons and examples.

I will elaborate on my viewpoint and elucidate my stance through three remarkable reasons. In the following paragraphs, I will delve into the most outstanding reasons. I will delve into three reasons to elaborate on my viewpoint.

In the following paragraphs, three reasons will illustrate this perspective.

Reasons

The first noteworthy point regarding the issue is that

The first vital point to bear in mind is that ...

The other equally important reason is that today

First and foremost

Conclusion

To sum up,

All of the aforementioned reasons and examples lead us to the conclusion that ...

To bring everything into conclusion,

To make a long story short

Nevertheless, that was a story in a nutshell. Obviously, there are many details, worth discussing, which are not mentioned here.

Some Useful TEXT

With one sign urging Abramovich to “do the right thing”.

Chelsea **is to** withdraw from...

Their players **were "as shocked as everyone else"**

My father traveled constantly and **uprooted his** family several times

The effective biological controls are considered **years away**.

Who knows **what fate will produce?**

Find **peace of mind**

In the pharmaceutical industry, animal testing **is the matter of choosing between bad and worse** when the other option is jeopardizing human life.

In the pharmaceutical industry, animal testing **is the lesser of two evil:** (because) the alternative for this test **putting human life at stake**.

It reaffirms that our hard work is worth it.

Money still **plays an indispensable part** in our life,

I do believe that public recognition nowadays to some

Public recognition nowadays to **some extent transcends money** in many ways.

The agreement was **a historic breakthrough** in political history.

It is **axiomatic** that ...

Facilities **pave the way** for ...

However, one **cannot play down** ...

University authorities could **take giant steps towards** providing education for students.

Admittedly, (In fact,)

How **blessed** we are...

I want to thank Carey Mulligan not only for **being the most** talented person in the world but the kindest and the funniest.

He **paid tribute** to his daughter, who died during production in a car accident.

I know that one day it won't be unusual or **groundbreaking**, it will just be normal

Derek Chauvin trial and the fraught US climate that sees people of colour still **disproportionately** at risk of police violence.

To what extent competition determines the composition of a community and the density of particular species **has been the source of considerable controversy**.

bursting with potential

The government has thrown a blanket of secrecy over the details.

Nearly one-third of girls who drop out of school.

The overfishing pressure on the cod population was pushing the cod into an evolutionary corner.

They were having a harder time surviving.

I went through a depression phase after a big failure in my life

A recent study (published in one of the most prestigious journals) conducted in my country indicates

They know a universally agreed-upon fact: if they fail to adapt themselves to the changes, they are doomed to be surpassed by rivals or replaced by others in their job.

Disagreements should lead to constructive discussions, real learning, and better solutions.

Given the demanding nature of getting familiar with the new culture and studying costumes, people opt for the most straightforward option: following their tradition.

the students had little acquaintance with the language

they are all scrambling for rehearsal space right now

Spectacular views of scenery mountains

amendments have been added to appease local pressure groups

The second pivotal reason is that if students have several teachers in the primary school, they will be able to develop a sense of sociability in an easier way.

Those who are in the movie industry always mention that screenplays are the backbone of movies

Let me illuminate my perspective.

they may disregard the importance of adhering to moral standards and may change the contents to raise the number of readers for economic interests.

Graduate students generally are unemployed, let alone do their dream jobs

It should be taken into account that many government have stopped these projects due to lack of budget

there have been numerous societies which broke apart just because of the lies

surviving through tough spots, hard situations and stressful dilemmas without having

Different fields of science are inextricably intertwined and form linked parts of a chain Increases in population

All in all, it is anticipated that

A prime example of such animals is the Caspian Tiger, which has been on the verge of extinction due to harm caused by human activities

countries will be plagued by high crime rates as well as social and political instability.

The global average fertility rate is just below 2.5 children per woman today. Over the last 50 years the global fertility rate has halved.

As an illustration, take the example of

To put it briefly, if one weighs the merits and demerits of the aforementioned statement, one soon realizes that

It is crucial to keep the blue planet habitable/inhabitable for the descendents

Railroads also propelled the growth of small towns along their routes

It is far-fetched that the vessels which were discovered during railroad constructions in Iraq were used as a means to produce electricity.

Things in this industry are constantly changing at breakneck speed, so it's important to stay up-to-date.

Then, separating would allow these chemicals to be spread by wind, which may pose a threat to people's health.

It is not a prudent course of action for people to do something

That work must be done at any cost!

the financial burden is shifted from all of society to just those people who ...

A sociable person can turn a frustrating and dreadful environment into a more sympathetic and convivial/cordial one where they can enjoy their colleagues' companionship which increases life expectancy. For instance, I could establish a good rapport with my friends!

They are not armed against their failures, and any setback in their life may frustrate them. They also can learn three Cs: cooperation, communication, and coordination.

In consequence, they learn to pay painstaking attention to their actions in a team.

Someone outperformed others

Universities should put more emphasis on consolidating the relation between academia and industry. Internships works very well to bridge the gap between academia and industry

A year of remote learning has spurred an eruption of cheating among students, from grade school to college.

Students who worry a lot about getting a perfect GPA or getting into a good college may resort to cheating

only a health problem would deter/dissuade/discourage him from seeking re-election

Parents live vicariously through their children. A 2013 study was one of the first to provide experimental evidence that parents do indeed attempt to redeem broken dreams through their children

In the past, there were only a limited number of news outlets, which often had deep connections with central government/politicians. Thus, they were extremely hesitant to criticize them.

A powerful tornado wreaked havoc on the small village.

I completed my assignments and presentations quite halfheartedly.

Everyone judges others even though he would have not walked in their shoes and do not know their story.

We judge people on their driving skills, on their parenting, on their clothes, and this list is endless.

She was pressured to give up all of his professional aspirations.

He's just waiting for his big break and getting his foot in the door of the music industry.

A stroke of luck, in contrast, is generally perceived to be a one-time event not over a long period of time.

In many cases religious persecution is the cause of people fleeing their country. A case in point is colonial India. (Also can be written in this way: As a case in point,)

And since we cannot do anything else, we are left with the last option.

the sights were reminiscent of my childhood

Everyone works from dawn to dusk

Thrilled by the beauty of the scene, she had sometimes felt a twinge of envy for the people on board.

In the pursuit of liberty and happiness

In fact, it would be an uphill battle (uphill struggle) to get people to talk freely about death.

Addressing these pollution problems requires cooperation at the scientific and the policy level, including with other countries and regions

the astronomical cost of developing a new spacecraft

From Utah to New Jersey, state-of-the-art facilities are being utilized more than ever to help competitors polish off their skill sets. The venues on this list have allowed American athletes to prepare for their arduous tasks.

When you study economics you gain a toolkit of skills, approaches and ways of thinking that you can apply to a wide range of problems.

everyone is naturally good and vice and error are alien to him/he might be influenced afterward by outside forces

Honesty is the quality of always speaking the truth and being totally authentic, straightforward,

and transparent in our words and actions.

Twenty years ago environmental issues rarely made the news (=were rarely considered important enough to be in the news).

Everything in the news is beyond your circle of influence

Speaking

To put it another way,...

More importantly,...

in his eyes the registration system can only create problems

Something would be more exciting...

That would be skating on thin ice

They all pitched in to help in the time of crisis with the housework

Health/Food-----

My diet consists of generally unhealthy items such as sugary drinks, sweetened breakfast cereals, pastries, cookies, cakes that may have detrimental impacts on human health.

News would have harmful effects on human mental health as well. Every time we experience or hear a traumatic event, we go into stress mode. What an awful world we live in. Then I look at the earth with mournful eyes.

Surgery helps people get rid of/do away with their health problems such as snoring, breathing problems, neck and back aches caused by excessive fat.

Many health issues arise as a result of poor diet and nutrition such as digestive problems, and even depression and acute anxiety.

Obesity is alarmingly on the rise, and unhealthy food is the main culprit.

Soup would be a nutritious meal and it is economical especially for a tight budget of students.

Why food at home: 1. When you prepare your own meals, you have more control over the ingredients. By cooking for yourself, you can ensure that you and your family eat fresh, wholesome meals. This can help you to look and feel healthier, boost your energy, stabilize your weight and mood, and improve your sleep and resilience to stress. 2. More cost-effective since the raw materials are much cheaper / you aren't required to pay for preparation, labor costs of chef, waiters, other restaurants staff, and also the brands of restaurants

Why is it easier to eat healthy food than in the past: 1. Decrease in price and become more affordable / consume more fruit, vegetable, meat, and fish / more protein and less carbohydrate and sugar 2. Technological advances in food preservation / pasteurization, refrigerating, canning, freezing, irradiation and so forth / they remain healthy even after a while / one has access to frozen meat for example for several months

Transportation-----

Why not allow cars to downtown areas: Allowing private cars to enter the downtown regions of large cities may contribute to **traffic congestion**. It **increases fuel consumption**, the **cost of travel**, **number of crashes**, and air pollution. / detrimental health problems for people such as respiratory diseases, increase the chance of heart attack, strokes, asthma , and so forth.

My uncle drives an extremely large sport utility to work everyday, even though he **commutes** alone.

Parents-----

Children can **cultivate/foster a sense of responsibility**.

Household chores teach them that society is **a give-and-take relationship**. They need to take responsibility and **fulfill their duties and be committed to them**. Also, **they can be disciplined and serious enough to set goals for their future**.

Children can start doing chores cooperatively and experience the benefits of cooperation. Things such as **setting the table, cleaning up toys, washing the car, unloading the dishwasher, cooking simple meals**.

It is important to **praise children** when **it is due** to cultivate a sense of responsibility.

Parents and grandparents' ideas seem **obsolete and** may fail to help us overcome problems in our everyday lives. **When it comes** to technological advances, their advice would be **impractical**.

I have a close-knit family

Aid them in becoming **financially independent**. They learn how to **efficiently manage their expenses**. And as a result, this helps them to decide **more maturely in future when it comes to financial decisions**

Life is not a **matter of trial and error**. And one should learn from others' mistakes and try not to **commit them**.

Chores: 1. Improving responsibility and self-reliance / Household chores teach them that society is a give-and-take relationship / They need to take responsibility and fulfill their duties and be committed to them / Also, they can be disciplined and serious enough to set goals for their future. 2. Teach them some life skills / that even schools do not teach them / they finally move out and need to live independently 3. It takes moving away from home for most of us to fully appreciate all the hard work our parents did around the house. Our children are likely no different, but assigning them chores may help this insight come a little quicker 4. Helping them to prioritize their work and learn time management / juggling school work deadlines, housework and their social lives helps them learn to set priorities and manage their time, important skills for the working world.

Hard for old people to study: 1. They have a lot of responsibilities and obligations outside their studies / cannot fully focus / demanding courses/ difficult to keep up with others and successfully fulfill the requirements of graduation 2. Their brains are much weaker than youth / function very well / might become fatigued after a couple hours / brain is not capable of learning anything new / you forget anything just after you have learned them / just waste a sheer amount of time

Old people should not risk: 1. Taking risks is very dangerous and hazardous / they might put everything at stake, not only their life but also money and stuff / really hard for them to recover from these damages 2. Prioritize their families and friends / improve their social interactions, get along with them / exercise regularly to stay in a good shape and healthy / enjoy travelling with their families / no need to skate on thin ice and play with fire

Children see their grades: 1. They will see their issues and problems / try to find the best way to improve their flaws and drawbacks on their own / help them feel independent and enhance their self-confidence / which is essential and very important for future 2. Checking children might lead them to stress and anxiety / they don't want their parents see their weaknesses / Parental pressure to excel can increase kids' risk of stress

Children should make mistakes: (See making mistakes in Personal)

Parents Influence: 1. Since they give birth to their children / out life by mixing their genes, children do inherit some features and traits naturally. 2. Most of the time spending together / providing environment that the young and child raised in / influence them by the way they interact with them / develop their personality such as integrity, honesty, fortitude and courage

Parents, why not help: 1. Making their own decisions / they can cultivate a sense of responsibility and independence / crucial for their future in real society 2. Parents live vicariously through their children / and indeed attempt to redeem their broken dreams through their children / might dictate children to do what they want to do / and may ignore children's interests, abilities, dreams / a child who doesn't like physics may be forced to study physics because of his parents

Parents, why help: 1. Parents own more experience / offer valuable suggestions / since they want their children to go in the right direction / never make wrong decisions 2. They give birth and grow them / Know their children best / have a unique insight into their needs, desires, and tendencies / based on their abilities, skills, and instincts

Why childhood is the best: 1. It is the time the character and personality of a child is shaped / the best time to gain knowledge and understand life 2. Everything is interesting for a child / gets excited about everything around him / lots of time to play and have fun with his buddies without having concerns about taking decisions, responsibilities, work, future, and so forth / you are not a breadwinner / 3. You are taken good care of by your parents and grandparents, no worry about how to make a living / you are free of anxiety and stress /

Celebrity-----

Learning about their life can be truly inspiring. They encountered many obstacles and were determined enough to triumph over difficulties to accomplish their lifelong dreams. Young people can understand how persistence and endeavor will bring positive results. More importantly, they do humanitarian activities and try to help homeless, orphaned, or disaster-hit people. People learn philanthropic activities to make the world a better place.

Not invading celebrities' privacies: 1. People have their own rights similar to others / people need to adhere to moral standards and ethical standards / they should be able to withhold the information they are unwilling to disclose to the public / 2. Intrusion of privacy by paparazzi and fans might harm / and lead them to mental problems such as acute anxiety, deep depression / restricting their freedom

Education-----

Evaluation of professors: 1. Help professors to improve their performances / work on their flaws and weaknesses / e.g. his traditional teaching methods are obsolete and out-dated, needs to find new approaches or modernize the previous principles 2. Aid administration to make tenure decisions if a professor shows the inability to develop himself / e.g. three consecutive negative feedback can help university to

Traditional classes: they could help students fortify their social skills through establishing face-to-face interactions with other students and learn to overcome their fear of social activities/ More willing to take part/participate in class discussion/ more effective learning

Online classes: 1. it is more flexible / everyone can set his own learning pace that fits his schedule. 2. It's more cost-effective / no travel cost, no cost of electricity, gas, and water bill / easier attendance /

Variety of courses: one has better job opportunities after they graduate since most companies tend to hire people with multiple skills such as ...

Laptop in class: ADV: great learning aids and help students through a wide number of applications such as DISADV: distract students from their main goal and divert their mind to something less important such as updating their posts on social media, playing online games.

Studying at university is so demanding and some may fail to keep up with others. It is so time-consuming and might lead to stress or anxiety.

Anyone has its own gift, one should find his talents and try to cultivate and foster them.

Why math or science? 1. Trains our logical thinking / better decision-making 2. Basis of many other fields / prepare ourselves to further study in other academic areas of science / such as physics, engineering and so forth.

Another language: 1. As cultural and economical exchanges among different countries become more frequent, mastering a second language has gone from being an advantage to a must. In the past, job requirements usually did not mention the ability to speak a foreign language; but today, it has become a threshold for most companies. 2. Broaden knowledge by reading other texts and papers 3. Interact with other cultures / finding new friends

Printed Materials: 1. Ability to skim very quickly / understand if it is suitable for your research project / going back and forth in printed versions are much faster 2. Using digital devices such as computers may cause detrimental impacts on our eyes / such as eye strain, eye fatigue / lead to permanent problems 3. Harmful impacts on the environment by cutting trees / too many trees are cut down each year for prep / since a lot of creatures and species rely on trees / we might jeopardize their lives

Online materials: 1. it has the widest coverage of any papers, books, and research materials / you can have access to them by typing keywords / search engines such as google and bing / 2. Other types of material such as short videos which are very instructive 3. Are more up-to-date / since it is much easier to change a web-page than publishing the modified versions of existing books

Cellphone into classrooms: 1. distract students from their main goal and divert their mind to something less important such as updating their posts on social media, playing online games. 2. This often causes the teacher to lose his or her train of thought / lessen the efficiency of the class / since Ringtones and vibrations of cellphones are disturbing

Why small class: 1. Small class sizes lead to more one-on-one attention from the teacher. ... With smaller class sizes, teachers can get to know each student as an individual, working with them to enhance their strengths and improve their weaknesses / optimal feedback / help stay on the right track 2. Small class sizes benefit students because they have more opportunities to ask questions, contribute to group discussions / efficient learning

Why teachers should be kind: 1. The more kind and friendly a teacher is, the more students will participate in class discussions / discussions would make a class immensely interesting, students bring new ideas to the table and express their own views in class / help learning more effectively 2. It helps students have communication not only with their friends but also with the one at the front of the class / easily ask their questions / identify their weaknesses and strength / keep track of class and learn the lessons in-depth

Why full time education: 1. Concentrate and focus on our coursework more intensively / develop an in-depth understanding of our lessons / grasp the lessons and concepts meaningfully / help us with future job prospects 2. Finish our study much faster compared with others / complete our degree requirement in less time / then you can join the job market without having preoccupation of mind about the assignments, tasks and deadlines of university / work more effectively which brings up easier promotion

Staying up very late disrupts the body's natural sleep-wake cycle, which can affect a person's mental functioning and energy levels the next day.

This helps students keep track of class, arouse their interest in the topics and learn the lessons in-depth. They also can identify their weaknesses and strengths due to doing regular assignments.

I agree that schools should foster creativity in students and teach them to think outside the box.

This gives me an opportunity to Cultivate my knowledge

It helps students study throughout the semester and store the information in their long-term memory. Their lessons will not accumulate and they will not be forced to cram before the test.

Students can diagnose their weaknesses and work on them. Teachers will provide them with optimal feedback and help them stay on the right track.

If they are checked regularly, they are incentivized to work on a regular basis and avoid procrastinating. Learning does not happen overnight. They may fail to work on their flaws and grasp the lessons and concepts meaningfully.

Convey my knowledge efficiently to less well-to-do children. They are future citizens of my country and contribute to the future progress of my country

One can jot down the highlights of lessons and maintain concentration. It is a great way to avoid cramming before the test and one will not be overwhelmed since the lessons will not accumulate.

I am a morning person, it is important to concentrate/fully focus on the demanding courses such as biology and physics without fatigue.

Coed education and get to know members of the opposite sex. • It can be a miniature society in which they should learn how to get along with people other than their immediate family members in order to prepare themselves to enter the adult society in which both male and female live and

work together.

Essay type questions: My answers may be more impressive since I can fully show I have comprehended the material and provide thorough explanations and details to support my ideas. Also, I can brush up my writing skills as one of the essential expertise such as how to write organized paragraphs and clarify specific information logically.

Personal-----

Developing an in-depth understanding of a novel is enormously appealing.

You can socialize and get to know people with different perspectives.

You can derive a sense of satisfaction.

Know about others: 1. When trying to find out more about a new acquaintance / need to ask a long list of questions / which takes a considerable amount of time / for instance, asking about their favorites, beliefs, and so forth / we need to find the answers of the questions in the long run 2. They might deceive us and show themselves to be better than they really are not / they show integrity, probity, and many other moral principles / however it is easy to understand their are lying and pretending

Think before speaking: 1. Avoid causing trouble in our lives. We are responsible for our words / detrimental impacts on our relationships, career or elsewhere / thinking is the sign of wisdom / so thinking helps us to be more tactful and understand every consequence of our words 2. By listening to others you show your respect for them / they appreciate your gift and this strengthens your relationships / demonstrate that you pay attention to their thoughts, behaviors, and beliefs

Diary: 1. Relieve stress / everyone lives hectic life / under pressure and cope with tension / help dealing with them by freeing our minds 2. Make our mind more organized / we can fully focus and concentrate on our works / such as doing various arduous and demanding tasks / help us work more productively

Photo: 1. You can save your good memory / and can be a good matter of conversation in later gatherings / show your children and grandchildren and interact with them / teach them about the past and history / help them feel good and relieve stress when they have vivid memories of joyful moments in their mind 2. Share on Instagram / the reason you can communicate with others / get alone with them and find new friends / new friends from all over the world

Effect of luck in success: 1. You need to work hard and have a certain level of talent to find lucky opportunities / the harder I work, the luckier I get / You can't discount the role of continuous effort and putting in the hours / they can create lucky events for themselves 2. Putting the blame on fate is a sign of weakness and you are anything but weak / instead of making an excuse, they need to plan for the next try / no challenge is insurmountable

Pressure helps work harder: 1. It forces us to think about the most creative and innovative ideas to solve the problem 2. Our brain secretes some specific hormones that boost our energy / improves cognitive performance and memory / help us to work more effectively and productively / 3. A person in those predicaments plan wisely for his upcoming arduous tasks / does not waste time and work 100% / take the work seriously and give his all to work

Helping others brings up happiness: 1. It helps us build connections with others which are so essential for happiness / we need to be in relationships to find true joy / not being isolated, but

getting involved in the lives of people around us 2. Altruistic behaviors help society grow, thrive and flourish / we might live in better climate, a convivial, sympathetic, and even more safe environment / enjoy living in that

Planning: Make **detailed plans in advance**; more **cost-effective** e.g. travelling and booking a hotel a reasonable price; **unexpected** events e.g. computer crash; getting more things done e.g. visiting more places; saving money: **finding shortcuts** to solve the problems

Long time decisions: **Consult with others** and check all **the ins and outs of a decision** e.g. where to apply and where to visit during a journey • More cost-effective; **no regret**, **hasty/snap** decisions made **in haste** **could cause some consequences like** losing money e.g. investing money/making a purchase (Buyer's remorse) • Saving time; if you make a mistake, you might be forced to **start from scratch and that takes a long while**

Planning for free time: 1. Planning everything ahead of time can help save a lot of money / e.g. booking a plane ticket at the last minute can be quite expensive / but doing at least a month beforehand / getting a discount 2. you are being in control / your mind will be organized / when you know everything you want to do you are more likely to do it / otherwise just sleep for a whole day / wasted time could have been spent on something more meaningful

I wanted to **broaden my awareness**, try something new!

his **extrovert personality** made him the ideal host

It **boosts your self-confidence**.

It is **economical**.

It is **time-saving**.

It **relieves** your stress.

It helps you **socialize with others** or **improve your social skills**.

It will help you **broaden your perspective** (or) **enrich your experience**.

I'd rather **hang out with my friends than stay alone** since I'm an **introverted/sociable** person.

I developed **a positive self-image**, It **raised my self-esteem**

it is **really nostalgic**, it **evokes/brings back fond memories**, etc.

It was **a turning point in my life**. It **revolutionized my life**, **all my efforts paid off/backfired**, It provided me with the opportunity to find a decent job. Studying in such a prestigious university **enabled me** to.....It was a life-altering experience.

It **was my childhood dream** to....., It was like a dream come true. I could **fulfill/realize my dream** of becoming....,

I think that it is **a sheer waste of time**. This is **the golden age** during

Blow somebody away

Facing Difficulties: Everyone needs to **stay resilient in the face of adversity** and **refuse to be discouraged**. When a **major setback occurs**, one shouldn't say "why did this happen to me?". He

has to bounce right back and deal with difficulties in a positive way and not perceive the challenge as insurmountable. Instead one should see a brighter side of everything and stay optimistic. Actually it helps him to tackle the next challenge!

Taking risks: 1. Life is too short, experience whatever one can. / 2. Learn from the failure and be prepared for the future. / 3. Some of them are really profitable such as Steve Jobs.

Making mistakes: 1. Understand how their decisions impact situations / Explore alternatives / develop creativity and efficient thinking about the issue / from a number of angles / enlarge perspectives / make better decisions and solutions 2. Receive optimal feedback from consequences / Identify your strength and weaknesses / work on your flaws to improve yourself /

practical or pleasure spending: 1. Even spending on necessary stuff can bring us an enjoyable and pleasant feeling / such as buying a brand-new technological device / 2. It is substantial to save money for the future / it helps protect us in the event of financial emergency (predicament) 3. By depositing our money in banks we can gain profit by an interest rate / until our money is multiplied (raised) / we can afford more luxurious items 4. Helping others is a necessity / we are all humans and their happiness is ours / build up a stronger community to enjoy leaving together

Why cellphone always with us: Became a necessity for many people throughout the world / 1. Perfect way to stay connected to others / in the event of emergency / help allow others to reach you or you to reach others in the blink of an eye 2. Many useful applications and as a source of entertainment / e.g. it helps one stay up-to-date by surfing the web and reading latest news / or have entertainments by playing games or checking social media / listening to musics on iTunes or Spotify

Why not cellphone always with us: 1. Everybody uses them at least 5 hours a day / people no longer interact with other people / cause poor social relationships 2. Can be really distracting / applications notify you when there are messages, updates, or calls / lessen our efficiency and productivity for instance for study or in times of driving cause an accident 3. Health issues / detrimental impacts on human's health / emitting radiations that cause harmful effects on my brain or its light can cause damage to our eyes. 4. Addiction to social media, games / continue of 2

Power and money is symbol of success: 1: Although money and power can be a good motivation for everyone to become successful / success does not solely rely on power and money / my definition for success is finding tranquility of mind, being content, happy and satisfied / All of us have seen some wealthy and affluent people that are not happy and full of regret 2. Success is not something materialistic / it is only can be found in inside our heart and brain / it has nothing to do with stuff and possessions / for instance a person who helps others and his society / if he is asked whether he is successful

Rich and Poor People-----

Helping charity: if poverty is rife, the crime rate will be alarmingly high, which can affect all people's lives. By helping poor people out, they live in a safer society. Wealthy people owe their riches/affluence/prosperity to poor/impooverished people. By doing philanthropic activities, they can derive a sense of satisfaction.

Friend/Group-----

Communicate and **get along with each other**. If they **run into a problem**, they can talk and solve it. They are **great companions** who help each other out whenever **they are in need**.

One can hold parties and improve his social skills and value differences and respect others' rights.

we have covered biodiversity in the hardwood forest here in the upper peninsula of Michigan **from a number of angles**

It allows me to **enlarge the circle of my friends**

The leader should help his group **promptly** whenever **they run into problems** **by being resourceful and decisive and determined.**

Surprise visit is not good: 1. I can prepare the house and clean it to show my respect to my friends / nobody wants to surprise me when his house is cluttered with magazines, books, and so forth 2. Prepare meals and buy seasonal ripe fruits / provide high standards of catering 3. I'm busy working from dawn to dusk / don't want to be distracted to interrupted / might miss my deadlines

Why honesty: 1. Honesty is the foundation of trust in relationships / trust is necessary for relationships to function and thrive / strengthen your connection / support each other in the event of adversity 2. On the other hand lie can ruin and destroy friendships / no one wants to have a liar friend / he should embrace living alone for the rest of his life

Why spend in group: 1. I am an outgoing person/ talk to each other / get along with each other and find new friends / not in times of happiness but in times of troubles / run into difficulties 2. Cultivate our social skills / need for prosperity in the future / nothing can be done alone / need to make effective communication with others 3. More enjoyable since we can do a lot of different activities / nobody can play basketball or volleyball alone or other team sports

Sharing a house with friends: 1. A student overcomes and eases any potential loneliness, who is away from family and friends, and suffers from homesickness. A friendly roommate will help one be in good spirits and enjoy roommate's company. 2. These bonds might become lifelong / strengthen your relationship / ask for help in the event of adversity 3. You can share cleaning duties / all of us can take care of necessary house cleaning chores / draw up an agreement to split chores / e.g. I cook food, my friend washes its dishes, another friend does the laundry

Environment-----

They pollute the environment, which is a **real eyesore**

However, we **cannot turn a blind eye to the disadvantages** of reusable bags

Different climatic environments one can enjoy **swimming, sunbathing, skiing, and even snowboarding** without traveling to other places. Living in places where the climate is constant may cause depression and **acute anxiety** e.g. very cold weathers!

purify the air. Nowadays my city is **plagued by air pollution which brings about chronic lung diseases, various throat and lung infections, respiratory illnesses and breathing difficulties.**

Past products were often made of **biodegradable** materials, while now they are mostly made of plastic. The island **has been tainted** due to the plastic bags and water bottles.

Protect wildlife: 1. Animals play a significant role in the ecosystems and biospheres that make life

on Earth possible for humans / Since species interact with each other and depend on their associations / every species has a unique place in the food chain / saving our lives not jeopardizing them 2. Ensuring that our future generation can enjoy our natural world and see incredible species / get help from by domesticating them

Concert and films with friends: 1. You can criticize and speak and praise the concert and film afterward / listen to different ideas / communication is exciting / e.g. whether the plot was predictable or characters' actions or film editing or film soundtracks 2. Have dinner outside together / walk around in the street / get rid of stress and anxiety and depression / make extraordinary memories along the way

Job/Technology-----

Such people **have better job prospects**. That work can be a **good transition** to my future career.

You can **count on your colleagues** whenever you run into difficulties.

Seeking opportunities to have promotion/ **higher payment**/ more **satisfaction**/ not a **cushy job**

Like your **job and work environment**/ the **amount of time you spend** in your workplace

Innovative ideas/ **more contributions to your profession**

Develop/**establish better social relationships** with your workmates

A person **wants to pursue his education** and **land a suitable** job.

My company: 1. Flexible hours the first point + more freedom and independence 2. We have more chances to earn more money / I have very creative ideas to make my business lucrative and profitable / otherwise I have only a fixed salary which is not / I benefit from my hard work and perseverance not others.

Flexible working: 1. Allows employees to work around other obligations and responsibilities in their lives outside the job / balance their work-life schedule / reduce their stress / the less stressful the work environment becomes, the more successful the organization will become 2. Money saving / no need to travel and get to work each day and pay cost of transportation / no need to being stuck in bumper to bumper traffic /

Favoritism in the workplace: 1. The hiring process should be transparent / it is unfair to select someone based on others' influence / using different criteria for them might cause conflicts in the workplace and also hinder the company from functioning and working properly 2. Instead they need to have predetermined criteria based on skills, features, abilities and so on to select their employees / by this way they prevent the spread of injustice throughout the society

Video conference is not good: 1. In-person meetings allow attendees to express themselves using facial expressions and body language / which cannot be done using video conferences / they can convey their tunes, emotions, more easily / sometimes it might be misunderstood and brings up conflicts 2. It cements existing relationships and strengthens them / essential for business talks / interacting face-to-face help them to deal with difficulties more effectively 3. Sometimes due to weak and low-speed connections and instability of internet / adversely affect the quality of conversations

Doctor: It has long stressful hours during which they should treat patients who may be **chronically ill**. Also, it is changing at a fast pace, old treatments and drugs may have become obsolete. They

need to keep track of the latest discoveries and treatments which are very demanding.

Why work as soon as possible: 1. The experience they gain during these part-time jobs is negligible because they will not do any serious tasks and would not gain hands-on experience to prepare themselves for their future vocation. 2. They get paid money / become independent sooner than others / help them to be more confident and be more satisfied / train and gain valuable experience for their future career prospects / contributing to promotion and boost their social status

Why one job? 1. Reach the top / get promotion / high-salary / do enjoyable and luxury entertainments and activities that you couldn't do before 2. Gain experience, knowledge and skills about that job to increase your efficiency and productivity and be a better person for your society 3. Not waste of time

Why different jobs? 1. Enrich your horizon and learn about different things. 2. Life is too short, it is shameful if anyone does not experience as much as he can.

How technology helps: 1. It has improved communication / we can have access to each other in the blink of an eye / new revolutionary technology such as video calls makes us overcome loneliness / when we're far away from our friends or family 2. Easier shopping / more convenient to do everything online immediately / we can pay without needing to worry about handing over cash 3. Better information access / search engines such as google just with some clicks / dozens of papers, materials, books / 4. Flexible working / work from home / 42% of american work from home / lessened environmental impacts / 5. Easier health tracking rise in fitness devices / instant recommendations and feedback from our devices / Apple watch / monitors our blood pressure and heartbreaking 6. Online studying more flexible / through their own pace / more time to grasp lessons and concepts

Music/Entertainment/Book-----

It reduces debilitating stress and helps us feel relieved, get rid of pressures and tensions, get the positive vibes to stay focused and work more productively.

Modern lives demand performing daily repetitive tasks. Entertainment enables us to temporarily exit this repetitive cycle of daily life

Spread out our books on the table

Music class: 1. Develop many skills such as concentration, discipline, and even confidence, listening skills and so forth, even IQ scores / helpful in the future 2. Debilitating stress 3. Enjoyable entertainment / apart from strict and demanding courses it would be a hobby for them.

Shopping-----

More cost-effective/ economical: discounts/ lower prices

A wide variety of choice: meet your needs/buy the items on your shopping list depending on various brands and prices/ comparison-shop

Extra services: restaurants/ parking lots/ playgrounds

Save time: find whatever you need in one place

Latest brands: they would be very **costly/astronomical price** and time-consuming to follow the latest fashion. •It might not be comfortable to change one's dressing styles since the person needs to **establish a unique image of himself through his dressing style and it might cause some inconveniences especially in work environments.**

Internet shopping: 1. More convenient / access to dozens of stores in the blink of an eye / however each store has a limited number of stuff / product comparison (price, features) 2. Avoid being stuck to bumper-to-bumper traffic / wasting a sheer amount of time / instead do some more productive activities

TV/News-----

Helps me **develop realistic viewpoints** about life in the society and the world: **making decisions about future**; like where to **apply or invest money**

A great way **to interact with others**; by **being aware of the events**, I will have the ability to have **chit-chats with others on different issues**

The most significant reason is that watching TV **causes irreparable mental and physical health problems in the long run**. Such as eye strain or fatigue.

It is also important to bear in mind that by watching TV, **children might be exposed to inappropriate programs such as aggressive or violent acts.**

Violence: 1. May cause children to become aggressive and anxious / see the world as a scary and unsafe place / go into stress mode / what an awful world we live in / become despondent and pessimistic 2. Violence in media can cause violent behaviors in the older ones as well / they might commit a crime / crime might increase dramatically / the government needs to help keep the society safe

News: 1. News would have harmful effects on human mental health as well. Every time we experience or **hear a traumatic event (catastrophic events such as natural disasters, crime reports)**, we go into stress mode. What **an awful world we live** in. Then I look at the earth with **mournful** eyes. 2. Since bad and terrible news dominates the headlines / they might become despondent about the future and lose their hope and become pessimistic / very bad from early age

Why reading news instead of watching news: 1. Read them anywhere and anytime 24/7 since cellphones and tablets are commonplace / while traveling by bus /don't have to sit in front of TV right at 7 oclock in the evenings / they have predetermined schedule 2. More comprehensive and in-depth understanding of events / most of them cover news in detail and even backgrounds / they don't need to summarize it to fit in a 30 minute TV Program.

Why prohibit junk foods' AD: 1. Could be a small step forward toward protecting the kids who are most susceptible to advertising tricks. / eating too much junk food causes obesity which brings up heart disease, raising blood pressure, diabetes, damaging kidneys and so forth / 2. Advertisements do not tell the truth / they are misleading / e.g. they show some actors or popular models which all are in great shape / and children might think that they build their body by these junk food and candy.

Why not prohibit junk food AD: 1.

Book-----

Thanks to **cutting-edge technology**, people can read books **effortlessly**. And have access to a

large collection of ebooks. Past, not everyone had access to books.

Everyone has become aware of the importance of being updated in their professions and lives.

Exercise-----

Taking exercise will build up your strength.

It helps me to be in a good shape, burn extra calories, and maintain my good health. As a person with sedentary jobs, I need some regular workouts.

Bicycle: One can get rid of daily traffic congestion during the rush-hour and avoid being stuck in bumper-to-bumper traffic. My city is plagued by heavy traffic in the afternoon so a bicycle is perfect as a means of transportation.

exercise releases a certain hormone in the body that prevents depression and makes people more energetic and happy.

Competition: 1. Earn critical and essential social skills through interacting with other children / learn three C: communication, coordination, cooperation / prepare for the future 2. Understand how to deal with difficulties and how persistent and endeavor can help them triumph over adversity / e.g. they might lose one game / work harder to win the next match

Culture/Art/Museums/Travel-----

They get to know about the contributions of the past artists and scientists to their lives. Become familiar with the development of art and science throughout history to create a vivid image of the world we live in by looking at tangible and intangible acquisitions sharing authentic cultural and national heritage. They can find some intellectuals, seminars, conferences to heighten their awareness.

•get rid of the hustle and bustle of city life. They can do a variety of activities which are revitalizing and get the good vibes to stay productive in their professional lives.

Unravelling such mysteries can be really thought-provoking.

It provides them with the opportunity to explore the surroundings and learn new things from them without any boundaries.

First, it provides me with a better understanding of the contemporary world, which can help me make better decisions in my life. As we know well, history repeats itself. A lot of events happening now have their roots in the events which took place in the 20th century. Therefore, it can help me delve into the events, understand them better and make wiser decisions in the future.

Travel alone: practice independence/ how to face problems and find solutions whenever run into difficulties/ explore the unknown and go to exotic places without restriction/ gain first-hand experience by establishing local people with different culture

Insights about the historical backgrounds of the country/ more capable of representing his country to foreigners.

Creation art (pottery): 1. As a potter, you communicate through your art. You can create beautiful, sculptural and functional pieces with your own hands. This expression not only makes us happy, but it boosts our self esteem and gives us a feeling of accomplishment. / 2. Relieve stress

Why art and musicians are very important: 1. We are living hectic lives and under huge pressure and tensions / e.g. I listen to music when I encounter adversity to reduce (relieve) the levels of stress and anxiety, it also stimulates feelings of happiness 2. By having art and musicians, a society can communicate with other cultures through their music, art paintings and so forth / since music and art do not have any boundaries are universal languages 3. Expand our imagination / creativity / come up with new ideas and inventions. / help flourish a society

Why art and literature? 1. Broaden our horizon/ no boundary/ learn about other cultures through their artwork or literary works/ such as Ernest Hemingway for the USA or Feodor Dostoevsky for Russia or even Mona Lisa by Leonardo da Vinci / give you a way to experience *life* in a way you would otherwise not be able to 2. Expand our imagination / creativity / come up with new ideas and inventions.

Why learn from the past? 1. History tends to repeat itself / it keeps us from doing the same mistakes we already made before / drive in basketball and didn't protect my ball, my defender stole the ball. I learned that I must speed up my reflexes to reduce my turnovers. Now I do not easily lose my ball during the game as a point guard 2. Learn how they became successful / how endeavor and persistence help them flourish and triumph over their difficulties / we may encounter similar obstacles / we can learn how to deal with them

Government/City-----

The transportation system **has been neglected** by the government and it isn't considered as one of the top priorities for our municipal government.

Large cities include a vast number of academic and cultural facilities, all of which help the **intellectual development of children. Such as art openings, literary festivals, book readings at the local library, and other cultural events.**

Why Big Cities: 1. Better job opportunities / plenty of jobs are awaiting for everybody in the large city compared with rural areas/ the job market is quite demanding for attracting young professionals / one who graduates can easily join the job market 2. Vast entertainment options / from bookstores, art openings to loud clubs / no matter what the preferences are, one finds what appeals to his interests (fit my interests) 3. One can communicate with dozens of people from different cultures and backgrounds / enlarge the circle of our friends / 4. Rural areas don't have the kind of facilities and resources for proper medical care compared with the big cities. They might travel long distances to find a doctor or specialist / while one can visit doctors 24/7 5. Urban cities own better universities and schools to prepare students for the future / one is able to receive a higher quality education

Task 1

I believe something is a far

In my opinion...

I do believe that

I would rather a

I personally find the third choice the most appealing.

I strongly oppose this idea

If I had to choose between team sports and exercising alone, I'd (go with) definitely play a team sport,

To begin with....

More importantly....

Task 2

The announcement/reading/proposal/letter states that (10-15)....

First...

Besides that...

In contrast, But on the other hand,...

The man is (not) in favor of the plan/ The man finds the idea (rational/irrational).../ The man/women is skeptical about the idea

He/She believes that...

First of all....

More importantly...

That's why he/she thinks the idea does (not) make sense

Task 3

How to start speaking:

The reading defines(TITLE) as.....(10-15 seconds)

The lecturer brings up/provides/makes 1/2 example(s) to illustrate this.

He states that

In the second example,(IF THERE ARE TWO EXAMPLES)

>>DO NOT FORGET THE CLIMAX! A short conclusion may help!

Task 4

Repeat the Title!

First of all...

The example of this is that

Besides That....

For instance....