Sample Essays

**( Effects of Social Media on Teenagers )**

(***Hook/Attention Grabber****)* Have you ever wondered how social media is shaping the lives of today’s teenagers? *(****Transition Sentences****)* With the growing use of apps like Instagram, TikTok, and Snapchat, teenagers are more connected than ever, but this connection comes with problems. *(****Thesis Statement****)* The use of social media by teenagers (1) lowers attention span, (2) increases anxiety and depression, and (3) affects their sleep.

*(****Topic Sentence****)* First of all, social media reduces teenagers’ attention span. *(****Supporting Details****)* They spend hours watching short videos, which makes it hard to stay focused on one task. This habit makes studying difficult and leads to poor grades. *(****Concluding Sentence****)* This shows how social media weakens focus and academic performance.

*(****Topic Sentence****)* Secondly, it increases anxiety and depression. *(****Supporting Details****)* Teenagers often compare their lives to others online. If they don’t get enough likes or comments, they feel rejected or unimportant. *(****Concluding Sentence****)* This emotional pressure badly affects their mental health.

*(****Topic Sentence****)* Lastly, social media disturbs sleep. *(****Supporting Details****)* Teens stay up late using their phones, which causes tiredness the next day and affects their studies and mood. *(****Concluding Sentence****)* Lack of sleep becomes a serious issue in their daily life.

*(****Paraphrased Thesis****)* To sum up, social media causes short attention, mental stress, and sleep problems. *(****Transition Sentences****)* Teenagers must learn to use it wisely to protect their health and future. *(****Hook/Closing Thought****)* When used carefully, social media can be a helpful tool—not a harmful one.

**( Word Count: 233 )**

**( Causes and Effects of Academic Stress )**

(**Hook**) Have you ever felt pressure before exams or assignments?  
(**Transition**) This pressure is called academic stress, and it affects almost every student at some point.  
(**Thesis Statement**) Academic stress is caused by (1) high expectations, (2) heavy workload, and (3) poor time management, which lead to mental and physical problems.

(**Topic Sentence**) Firstly, students often face high expectations from parents and teachers.  
(**Supporting Details**) They feel the need to score top marks, win prizes, and never fail. This pressure creates constant fear of failure.  
(**Concluding Sentence**) This expectation becomes a major source of stress.

(**Topic Sentence**) Secondly, the workload in schools and colleges is too much.  
(**Supporting Details**) Assignments, tests, presentations, and exams all pile up, leaving little time to relax or socialize.  
(**Concluding Sentence**) This makes students feel overloaded and exhausted.

(**Topic Sentence**) Lastly, many students struggle with managing their time.  
(**Supporting Details**) They procrastinate and delay work, then panic near deadlines. This bad habit increases stress levels.  
(**Concluding Sentence**) Better planning could reduce stress greatly.

(**Paraphrased Thesis**) In conclusion, academic stress comes from high pressure, too much work, and poor planning.  
(**Transition**) It can harm a student’s health and performance.  
(**Hook/Closing Thought**) With support and better habits, students can beat academic stress and enjoy learning again.

**( Word Count: 245 )**

**( Compare and Contrast Two Favourite Sports** **)**

**Introduction:**  
(**Hook**) Sports play a big role in people’s lives by keeping them active and healthy.  
(**Transition**) Among the many popular sports, cricket and football are two that most people love.  
(**Thesis**) Though both sports involve teamwork and skill, they are different in terms of playing time, equipment, and rules of the game.

**Body Paragraph 1:**  
(**Topic Sentence**) One major difference is the playing time.  
(**Details**) A football match lasts for 90 minutes, while a cricket match can last for hours or even days depending on the format.  
(**Conclusion**) So, football is faster-paced while cricket is slower and more strategic.

**Body Paragraph 2:**  
(**Topic Sentence**) Secondly, both sports use different equipment.  
(**Details**) Football requires just a ball and goalposts, while cricket needs a bat, ball, stumps, pads, and gloves.  
(**Conclusion**) This shows cricket is more gear-based, while football is simpler.

**Body Paragraph 3:**  
(**Topic Sentence**) Lastly, the rules of the games are very different.  
(**Details**) Football is based on scoring goals within 90 minutes, while cricket involves innings, overs, and many specific rules like LBW and no-balls.  
(**Conclusion**) This makes cricket more complex in structure compared to football.

**Conclusion:**  
(**Paraphrased Thesis**) Cricket and football are both loved sports but differ in timing, equipment, and rules.  
(**Transition**) Both games offer excitement and entertainment in their own way.  
(**Closing Hook**) In the end, it's not the sport but the passion behind it that truly matters.

**( Word Count: 236 )**

**( Compare and Contrast Public vs Private Transport )**

**Introduction:**  
Transportation is an important part of daily life. People need it to go to work, school, shopping, or travel between cities. They often choose between public transport and private vehicles based on their needs, budget, and convenience. While both help people travel, they differ in cost, comfort, and flexibility.

**Body Paragraph 1:**  
One major difference is the cost. Public transport like buses, trains, or metros is much cheaper than owning and maintaining a private car or bike. You don’t have to pay for fuel, repairs, or parking when using public transport. This makes it a better choice for students, workers, and people with limited income.

**Body Paragraph 2:**  
Secondly, private transport is more comfortable and convenient. In your own vehicle, you can enjoy privacy, air conditioning, and music of your choice. Public transport can be crowded, noisy, and sometimes unhygienic, especially during rush hours or bad weather.

**Body Paragraph 3:**  
Lastly, flexibility is another key difference. With a private car or bike, you can leave anytime, stop anywhere, and choose your own route. Public transport follows fixed schedules and routes, which can be limiting if you’re in a hurry or live in a remote area.

**Conclusion:**  
Public and private transport both serve different purposes based on cost, comfort, and flexibility. Choosing the right option depends on a person’s lifestyle, needs, and budget. Both have their pros and cons, but smart and responsible use of either can save time, money, and stress.

**Word Count: 236**

**Compare and Contrast College/School Life vs University Life**

**Introduction:**  
(**Hook**) Every student goes through different phases of education.  
(**Transition**) School or college life and university life are both special but quite different.  
(**Thesis**) They differ in terms of freedom, learning style, and social life.

**Body 1:**  
(**Topic Sentence**) Firstly, university life offers more freedom.  
(**Details**) In school or college, students have strict schedules and rules. In university, students manage their own time and decisions.  
(**Conclusion**) This freedom helps students become more responsible.

**Body 2:**  
(**Topic Sentence**) Secondly, the learning style is different.  
(**Details**) School teachers guide students closely, but in university, students are expected to study independently.  
(**Conclusion**) University life requires more self-discipline and research skills.

**Body 3:**  
(**Topic Sentence**) Lastly, the social experience changes.  
(**Details**) In school, students mostly stay in one class. At university, they meet people from different backgrounds, which helps build confidence and communication skills.  
(**Conclusion**) This new environment helps students grow socially.

**Conclusion:**  
(**Paraphrased Thesis**) College or school life and university life differ in freedom, learning, and social interaction.  
(**Transition**) Both are important steps in a student’s journey.  
(**Closing Hook**) School prepares us for life, but university helps us shape our future.

**Word Count: 248**

**Compare and Contrast Urban vs Rural Living**

**Introduction:**  
(**Hook**) Where we live has a big impact on how we live.  
(**Transition**) Urban and rural areas both offer unique lifestyles.  
(**Thesis**) They are different in terms of facilities, environment, and pace of life.

**Body 1:**  
(**Topic Sentence**) Firstly, cities have more facilities.  
(**Details**) Urban areas offer better hospitals, schools, malls, and entertainment options.  
(**Conclusion**) Rural areas may lack modern services but often have close-knit communities.

**Body 2:**  
(**Topic Sentence**) Secondly, the environment is very different.  
(**Details**) Cities are crowded and polluted, while villages have fresh air, greenery, and open spaces.  
(**Conclusion**) Rural areas offer a healthier lifestyle.

**Body 3:**  
(**Topic Sentence**) Lastly, life moves at a different speed in both places.  
(**Details**) City life is fast and busy. People work long hours and have little free time. In villages, life is slower and more peaceful.  
(**Conclusion**) The pace of life affects stress levels and lifestyle choices.

**Conclusion:**  
(**Paraphrased Thesis**) Urban and rural life differ in services, surroundings, and daily rhythm.  
(**Transition**) Each has its own beauty and benefits.  
(**Closing Hook**) Whether in a village or a city, happiness depends on how we live, not just where we live.

**Word Count: 234**

**Compare and Contrast Public vs Private Universities**

**Introduction:**  
(**Hook**) University education plays a big role in shaping a student’s career.  
(**Transition**) Students often choose between public and private universities.  
(**Thesis**) Both offer higher education, but they differ in cost, facilities, and admission standards.

**Body 1:**  
(**Topic Sentence**) Firstly, the cost is a major difference.  
(**Details**) Private universities are usually more expensive than public ones.  
(**Conclusion**) This makes public universities a better option for students with limited budgets.

**Body 2:**  
(**Topic Sentence**) Secondly, private universities often have better facilities.  
(**Details**) They may offer modern classrooms, air-conditioned labs, and well-equipped libraries.  
(**Conclusion**) Public universities may lack resources due to funding problems.

**Body 3:**  
(**Topic Sentence**) Lastly, admission standards also vary.  
(**Details**) Public universities often have higher merit requirements, while private ones are more flexible.  
(**Conclusion**) This makes private universities more accessible but public universities more competitive.

**Conclusion:**  
(**Paraphrased Thesis**) Public and private universities differ in terms of fee, resources, and admission rules.  
(**Transition**) Students should choose based on their academic goals and financial situation.  
(**Closing Hook**) What matters most is how a student uses the opportunity, not just where they study.

**Word Count: 237**

**Causes and Effects of Climate Change/Global Warming**

**Introduction:**  
(**Hook**) Have you noticed how summers are getting hotter and weather is becoming strange?  
(**Transition**) This is because of climate change, which is affecting the whole world.  
(**Thesis Statement**) Climate change is caused by pollution, deforestation, and the burning of fossil fuels, and it leads to rising temperatures, floods, and health issues.

**Body Paragraph 1:**  
(**Topic Sentence**) One cause is pollution from vehicles and factories.  
(**Details**) Burning fossil fuels releases gases like carbon dioxide, which trap heat in the atmosphere.  
(**Conclusion**) This causes the earth to heat up, known as the greenhouse effect.

**Body Paragraph 2:**  
(**Topic Sentence**) Another cause is deforestation.  
(**Details**) Trees absorb carbon dioxide, but when forests are cut, this gas stays in the air.  
(**Conclusion**) Fewer trees mean more pollution and less rain.

**Body Paragraph 3:**  
(**Topic Sentence**) The burning of fossil fuels is also a major cause of climate change.  
(**Details**) Coal, oil, and gas are burned for electricity, transport, and factories. This produces large amounts of greenhouse gases that stay in the atmosphere and increase global warming.  
(**Conclusion**) This makes the earth hotter and causes extreme weather like floods and droughts.

**Conclusion:**  
(**Paraphrased Thesis**) Climate change is caused by human actions and leads to dangerous results.  
(**Transition**) We must reduce pollution, plant more trees, and use clean energy.  
(**Closing Hook**) Our planet is our home, and it’s our duty to protect it.

**Word Count: 247**