


## National University of Computer and Emerging Sciences, Lahore

	<b>Program:</b>	CS/DS/SE	<b>Semester:</b>	Fall 2023
	<b>Duration:</b>	3 Hours	<b>Total Marks:</b>	100
	<b>Date:</b>	5 <sup>th</sup> January, 2024.	<b>Weightage:</b>	50%
	<b>Section:</b>	All Sections	<b>Name</b>	[REDACTED]
	<b>Exam:</b>	Functional English - Lab Final	<b>Roll #</b>	[REDACTED]
<b>Instructions:</b> Answer all the questions on the answer sheets provided. Attempt all the questions in sequence and on a separate page.				

**Question 1:** Read the given excerpts and write a 5-paragraph 'Expository Essay' on the topic of "The Role of Smartphone Addiction in Mental Health Issues" by following the given guidelines. [25]

Your Essay must include:

- Introductory Paragraph
  - Reader's Hook: Rhetorical Question ✓
  - Lead-in Statement
  - Three-point thesis statement (underline three points)
  - Transitional hooks
- Body Paragraphs
  - Topic sentences
  - 2 Major & 2 Minor
  - Transitional hooks
- Concluding Paragraph

*(Note: Keep the word count within the range of 320-350 words. Use the given excerpt as a source of information only. Do not copy the same information.)*

### Smartphone Addiction and ADHD: Is There a Link?

Alexandra Barley

Find yourself lost in your phone for more hours of the day than you'd like to admit? Worried that your phone use is starting to create problems in other parts of your life? New studies are showing that a link with ADHD could be behind some cases of smartphone addiction. Many of us are never more than an arm's length from our phone. It is the first thing we reach for in the morning, and the last thing we put down at night, connecting us to friends, family and the world around us at a constant, rapid pace. This endless connectivity isn't without its downsides – in fact, excessive smartphone use has been linked to a higher risk of depression and anxiety, and some users have even displayed signs of addiction to their phones. New studies are suggesting that there is also a link between ADHD symptoms and smartphone addiction. If you have noticed that your phone habits are consuming more of your time – and perhaps cutting into your sleep schedule or quality time with loved ones – it is possible an underlying mental health issue could be behind it.

The close proximity of a device that stimulates our brains in the way that smartphones do is one simple factor that can contribute to the potential for misuse and addiction. However, there are also other underlying issues that can drive unhealthy use of our phones, such as: Depression, Stress, Anxiety, Loneliness, Attention Deficit Hyperactivity Disorder (ADHD). People with these conditions have a higher potential to use phones as a way to cope with symptoms and distract themselves from negative feelings. For those with ADHD, the instant gratification and constant stimulation offered by smartphones can feed into the development of an addiction. One study found that people with ADHD were nine times more likely to develop a smartphone addiction than those without it. Symptoms of ADHD may include restlessness, hyperactivity, inattention, impulsiveness, challenges in focusing, difficulty in making or following through on plans and challenges in coping with stress. With all the work we do on our phones, it can be hard to separate a busy online life from a smartphone addiction. Many of us



regularly check for messages, scroll through social media, read the news on our phones, and track or manage various details through selected apps. So, just how much use is too much? It is as if there is a timer in your head set to remind you to check your phone, and the intervals at which it goes off are getting shorter and shorter. You are compelled to have a glance at it at pretty much any time during the day – whenever you feel bored, during a special event, and even while in conversation with someone else. It is causing you to lose time and focus, but somehow you can't seem to stop doing it.

Many people like to "be in the loop," whether it's staying up-to-date on news or social happenings, or being included in a group of friends or families. Smartphones and social media platforms bring a new potential for connectedness – but can also heighten our need for external validation and intensify our comparison of ourselves to others. This can drive increased phone use, and fuel anxiety. In this modern world, there are few of us who don't get sucked down an internet or social media rabbit hole from time to time. However, if you are routinely losing hours to smartphone use, isolating yourself in order to spend more time on your phone, or facing criticism from friends or family about your phone use, these are strong indicators of unhealthy phone habits. Individuals who have developed a psychological dependency on their smartphones often exhibit symptoms of withdrawal when they cease usage. This withdrawal syndrome encompasses various challenges, including heightened irritability and anxiety levels, difficulties in maintaining focus, disruptions in sleep patterns, a general sense of restlessness, and strong cravings for the smartphone. These symptoms collectively highlight the significant impact that smartphone dependency can have on individuals' mental well-being, underscoring the need for a balanced and mindful approach to technology use.

### Reference

Barley, A. (2023, November 9). *Smartphone Addiction and ADHD Is There a Link*. The Dawn Wellness Centre and Rehab Thailand. <https://thedawnrehab.com/blog/smartphone-addiction-and-adhd-is-there-a-link/>

**Question 2:** Imagine the role of a student facing a deadline for a final year project. In crafting an email to your teacher requesting a deadline extension, articulate logical reasons, such as unexpected challenges or the need for additional research time, to enhance the likelihood of your request being approved.

[15]

Rubric:

Format	Content Quality	Language	Total
3	6	6	15

**Question 3:** Critically analyze the given excerpts and write three paragraphs stating Introduction, Analysis and Conclusion.

[20]

Underline tone, style, pattern and purpose (total word count: 320-350)

Rubric:

Introduction	Analysis	Conclusion	Total
3	14	3	20

### A Predictable Tragedy

The eruption of the Israel-Palestinian conflict and war in Gaza was a crisis waiting to happen. The conditions for this tragic turn of events were created by Israel's brutal occupation of Palestine for over seven decades. Israel's forever 'war' on the Palestinians has involved intensifying aggression against the Palestinian people, settler violence, human rights atrocities, desecration of Muslim holy places and the most vicious form of apartheid in modern history.

Palestinians have been forced out of their homeland, deprived of their land and subjected to unceasing repression, arbitrary arrests and collective punishment. They have seen entire neighborhoods demolished and people uprooted to make way for illegal Israeli settlements.

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has inflicted untold suffering on a dispossessed and displaced people. Gaza's over two million inhabitants struggled for 16 years with an Israeli-imposed blockade and cruel restrictions that have wreaked havoc in their lives in a territory described as the world's largest open-air prison. Against this backdrop of historical injustice, it was no surprise for the combustible situation to explode with the Oct 7 military assault on Israel by the Palestinian resistance group, Hamas. Israel's ferocious and indiscriminate retaliation added another grim chapter to Palestine's tragedy.

The UN human rights chief called the siege a contravention of international humanitarian law. The EU's top diplomat Josep Borrell also described Israel's siege of Gaza as illegal. By cutting off electricity, water, food and fuel supplies to Gaza, Israel created a dire situation. Its military also ordered 1.1m people to leave northern Gaza. A humanitarian catastrophe is now unfolding with the UN warning of calamitous consequences.

As this tragedy unfolded the international community did little. Unconcerned by the Palestinian plight, Western countries declared their unconditional support for 'Israel's right to defend itself'. The US, Israel's principal benefactor, announced more military assistance for Tel Aviv, sent an aircraft carrier to the eastern Mediterranean and dispatched "advanced armaments". While no one should condone the killing of innocent civilians by either side, Western governments didn't utter a word about civilian Palestinian casualties, expressing outrage only at the loss of Israeli lives.

The answer to the dispute, the oldest on the UN agenda, has long been spelt out in several resolutions a two-state solution that ensures a viable, independent and contiguous State of Palestine. Inaction on these resolutions is an indictment of those members of the global community who possess the power to change the situation but are unwilling to act because of a blind commitment to Israel and contrary to their claims to respect international law. Also apparent is the lesson of the past several decades no amount of firepower and repression can break an occupied people's will to resist.

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*unemployment and crime rates.*

**Question 4:** Read the given passage and change the pattern of the passage into "Comparison and Contrast", the original pattern of the passage is "Cause and Effect". [15]

Unemployment is an issue of concern in countries around the globe. Unemployment refers to people not being gainfully employed. Unemployment is a social ill that leads to many other social ills. Where unemployment rates are high, there is a greater incidence of activities that disturb and disrupt society. The incidence of murders and rapes increases when there is a high level of unemployment. Similarly, robberies and burglaries are the outcome of high unemployment rates. Addiction to alcohol and drugs also go up, that lead to many other issues that destroy peace and well-being in society. When unemployment is high, people find some means or the other, which may be unlawful or illicit, to be able to get the resources to satisfy their basic necessities.

**Question 5:** Read the given passage and answer the questions that follow. [10]

In the current digital era, the integration of artificial intelligence has revolutionized how we interact with technology. The development and implementation of AI technologies have led to a paradigm shift, enhancing automation and decision-making processes across various industries. Specifically, AI-driven personal assistants, like voice-activated devices, have become ubiquitous, streamlining daily tasks and providing immediate access to information. This technological evolution has not only increased efficiency but has also given rise to ethical considerations surrounding the responsible use and potential consequences of AI. Within this context, ongoing debates center on the ethical implications of AI, questioning issues such as privacy, bias in algorithms, and the societal impact of widespread automation. In navigating this transformative technological landscape, balancing the benefits and ethical considerations of AI becomes imperative for a sustainable and responsible future.

1. Write the *stated main idea* of the paragraph? (2)
2. Write two *major details* from the above paragraph. (2)



3. Identify the author's *tone* in the given passage and provide justification.

4. Which *style* has the author employed? Provide justification.

**Question 6: Read the given dialogue and answer the questions that follow.**

[15]

**Scenario:** In a workplace meeting, team members are discussing a new project. Some individuals are facing listening barriers that hinder effective communication.

**Meeting Dialogue:**

**John:** Let's discuss our marketing strategies for the new product launch.

**Sana:** We should concentrate on social media campaigns for the younger demographics.

**Ahmed:** Sorry, could you repeat that? I missed what was said because the air conditioning is quite loud.

**Rida:** I agree with Sana. Social media could engage our audience well.

**Ahmed:** (to himself) It's hard to catch everything; I wish they'd speak a bit slower. I'm finding it challenging to focus on the conversation when everyone is speaking simultaneously.

**John:** Any thoughts on this strategy?

**Ahmed:** (nodding) It's a good idea, but we should consider traditional advertising methods too. (glancing at the notifications on his phone).

**Ayesha:** (Whispering,) I don't get why Ahmed always brings up old-fashioned ideas.

**Ahmed:** (noticing whispers, feeling excluded) Did I miss something? Is there a concern about the suggestion?

**Ayesha:** Oh, no, sorry. Your idea is fine, but we need to focus on modern approaches.

**Ahmed:** (internally) I wish they'd consider different perspectives rather than assuming newer is always better. It's challenging to express alternative views when there seems to be a preference for modern approaches.

i) Identify two types of listening barriers encountered by the team members and give reasons.

/5+5

ii) Suggest possible solutions to overcome the identified listening barriers in such scenario.

/5

(Note: State your responses in complete sentences.)

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