

Technology & SNS:

- **TỐT:** Connect people globally; Access information quickly; Learn new skills online; Work from anywhere; Save time and money; Promote business easily; Find jobs and opportunities
- **XẤU:** Reduce face-to-face communication; Cause phone addiction; Waste too much time; Spread false information; Damage eyesight; Cause sleep problems; Weaken family relationships

Education:

- **TỐT:** Improve critical thinking; Develop practical skills; Offer flexible learning; Increase job opportunities; Build Confidence; Encourage Creativity; Reduce educational costs
- **XẤU:** Focus on rote learning; Create exam pressure; Have overcrowded classrooms; Lack practical experience; Cause student stress; Use outdated teaching methods; Reduce creativity

Health:

- **TỐT:** Do regular exercise; Eat a balanced diet; Get enough sleep; Reduce stress levels; Prevent chronic diseases; Improve mental health; Maintain healthy weight
- **XẤU:** Eat too much fast food; Have a sedentary lifestyle; Suffer from obesity; Experience sleep deprivation; Face work-related stress; Develop chronic illnesses; Lack physical activity

Environment:

- **TỐT:** Use renewable energy; Reduce carbon emissions; Promote recycling programs; Protect natural habitats; Use public transportation; Adopt electric vehicles; Plant more trees
- **XẤU:** Increase air pollution; Produce plastic waste; Cause deforestation; Emit greenhouse gases; Pollute water sources; Contribute to climate change; Waste natural resources

Work & Transport:

- **TỐT:** Offer flexible schedules; Enable remote working; Improve work-life balance; Increase productivity; Save commuting time; Build efficient metro systems; Create dedicated bike lanes
- **XẤU:** Cause work-related stress; Require long working hours; Create social isolation; Create traffic congestion; Increase vehicle emissions; Waste fuel and time; Cause road accidents

Speak – Part 1

If I have to pick the most popular one, I would say it is... I think the main point here is related to...

Speak – Part 2

1. I'm interested in the topic of [...]. There are three main approaches to consider: **1,2,3**. If I were in this situation, I would definitely choose **[1]** because it seems to be the comprehensive choice.
 2. There are two main reasons for my decision. First of all, I believe **[1]** is very practical. It allows...
 3. Additionally, it is also beneficial in the long run. I say this because it...
 4. For these reasons, I agree with this option.
 5. On the other hand, I don't think the other two options are suitable.
 6. Regarding **[2]**, I find it quite inconvenient. The main problem is that it...
 7. As for **[3]**, I'm not really keen on it either. In my perspective, it might...
 8. These are the reasons why I rule out the other suggestions. To sum up, although different people have different views, I firmly believe that **[1]** is the best solution for **S₂**.
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Speak – Part 3

1. Well generally speaking, the topic of [...] is gaining a lot of attention these days.
2. Looking at the mind map, we can see that there are several aspects to discuss, namely **1,2,3**. In my opinion, they all play a significant role.
3. Let's kick off with **[1]**. This is probably the most obvious factor in the diagram. I say this because it has a direct **positive*negative** impact on **S₃** lives. *(Specially, it makes...)*
4. Moving on to **[2]**, which is another point worth nothing. From my perspective, this factor is extremely **beneficial*harmful**. *(To be more specific, if **S₁** focus on this aspect, it will...)*
5. Last but not least, let's take a look at **[3]**. We cannot deny the importance of this point. The main reason is that it tends to **improve*affect + S₃ + [wallet/ health/ future/...]**. *(For instance,...)*
6. To sum up, after analyzing all the factors above, I hold the view that **1,2,3** are the most prominent features of this topic. That brings me to the end of my presentation.

I will answer the three follow-up questions...

Money: (be) cost-effective; Save a significant amount of money; Provide financial security; Provide financial security ☒ Put a financial burden on...; A waste of financial resources; Lead to a life of debt; Only accessible to the wealthy; (be) quite expensive and breaks the bank

Health: Keep fit and stay in shape; Relieve stress/ anxiety/ tension; Enhance [m/p] well-being; Stay optimistic and positive ☒ Make **S₂** feel under the weather; Increase the risk of chronic diseases; Lead to stress and burnout; Negatively affect [m/p] well-being; lead to the sedentary lifestyle

K&S: Make life more convenient; (be) easy to use for most people; Foster creativity and imagination; Improve **S₃** job prospects ☒ Cause distraction & reduce [...ing] quality