

Well-Being, Health, And Quality Of Life

Mental Health

- **Q:** Blue34

The debate centers on whether parents should discourage their children from participating in competitive activities such as sports.

- **Side:** Arguments for Discouraging Participation
- **Topic Sentence:** Competitive activities can lead to excessive stress for children.
- **Developing:** The pressure to win and perform can negatively impact a child's mental health.
- **Rephrase:** The drive to succeed in competitions may overwhelm young participants.
- **Collocations:** mental health, excessive pressure, stress management

- **Q:** Blue130

The debate revolves around whether individuals should prioritize daily exercise routines or engage in physical activity only during their free time.

- **Side:** Daily Exercise Routine
- **Topic Sentence:** Daily exercise can enhance mental well-being.
- **Developing:** Routine physical activity has been shown to reduce stress and improve mood.
- **Rephrase:** Regular workouts contribute positively to mental health.
- **Collocations:** stress relief, mood enhancement, mental clarity

- **Q:** Blue104

The debate centers around whether physical exercise holds greater importance for older individuals compared to younger ones.

- **Side:** Importance for Older People
- **Topic Sentence:** Exercise can improve mental well-being in older individuals.
- **Developing:** Engaging in physical activity has been shown to reduce symptoms of depression and anxiety in seniors.

- **Rephrase:** Staying active positively impacts the mental health of older adults.
 - **Collocations:** mental health improvement, depression reduction, anxiety relief
- **Q:** Blue151
The debate centers around whether having a job that one loves is essential for happiness.
 - **Side:** Importance of Job Satisfaction
 - **Topic Sentence:** A fulfilling job can improve mental health.
 - **Developing:** Engaging in work that one loves can reduce stress and anxiety, leading to better mental health outcomes.
 - **Rephrase:** Enjoyable work can lead to improved mental health.
 - **Collocations:** mental health, stress reduction, anxiety relief
- **Q:** Neo-W35
The debate centers around whether social media causes more harm than good, highlighting both its connectivity benefits and its potential negative impacts.
 - **Side:** Negative Effects of Social Media
 - **Topic Sentence:** Social media contributes significantly to mental health issues.
 - **Developing:** Excessive use of social media can lead to anxiety and depression among users.
 - **Rephrase:** The overuse of social media is linked to increased anxiety and depression.
 - **Collocations:** mental health problems, social media addiction, user anxiety
- **Q:** Blue139
The debate centers on whether jobs involving technology and computers are preferable to those that do not involve such technology.
 - **Side:** Non-Technology Jobs
 - **Topic Sentence:** Working without technology can reduce stress and improve mental health.
 - **Developing:** These jobs often have fewer distractions and allow for a more balanced work-life dynamic.
 - **Rephrase:** Non-technology roles can lead to lower stress levels and better mental well-being.
 - **Collocations:** reduce stress, mental health, work-life balance

- **Q:** Blue174

The debate centers around the preference for daily news consumption versus occasional news consumption.

- **Side:** Occasional News Consumption
- **Topic Sentence:** Occasional news consumption reduces information overload.
- **Developing:** By limiting news intake, individuals can avoid feeling overwhelmed by constant updates and negative news cycles.
- **Rephrase:** Less frequent news viewing helps manage information stress.
- **Collocations:** information overload, news fatigue, mental health

- **Q:** Neo-S19

The debate centers around whether college students should take classes during the summer or take the time off to rest or work.

- **Side:** Taking Time Off
- **Topic Sentence:** Taking the summer off allows students to recharge and avoid burnout.
- **Developing:** Resting during the summer can lead to improved mental health and better performance in future semesters.
- **Rephrase:** A break in summer helps students refresh and enhance their well-being.
- **Collocations:** recharge, avoid burnout, mental health

- **Q:** Neo-W71

The debate centers around which subjects adults should prioritize for lifelong learning, focusing on foreign languages versus the arts.

- **Side:** The Arts
 - **Topic Sentence:** The arts contribute to overall mental well-being and stress relief.
 - **Developing:** This is vital for maintaining productivity and job satisfaction in high-pressure environments.
 - **Rephrase:** Involvement in the arts supports mental health and reduces stress.
 - **Collocations:** mental well-being, stress relief, job satisfaction
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Stress Reduction

- **Q:** Blue92

The debate centers around the preference for an interesting professor with a strict grading policy versus a boring professor with a loose grading policy.

- **Side:** Boring Professor with Loose Grading Policy
- **Topic Sentence:** A loose grading policy can reduce stress for students.
- **Developing:** When grades are not heavily weighted, students may feel more relaxed and willing to learn.
- **Rephrase:** Flexible grading alleviates student pressure.
- **Collocations:** stress reduction, learning comfort, academic pressure

- **Q:** Neo-S72

The question discusses whether limiting the number of student clubs, sports, or organizations a student can join is beneficial for ensuring adequate study time.

- **Side:** Limiting Participation
- **Topic Sentence:** It can reduce stress and prevent burnout among students.
- **Developing:** With fewer obligations, students can manage their time better and maintain a healthier balance.
- **Rephrase:** This approach can help alleviate student stress and avoid exhaustion.
- **Collocations:** stress reduction, healthy balance, time management

- **Q:** Blue148

The debate centers around the preference for writing many short assignments versus a few long assignments during a semester.

- **Side:** Many Short Assignments
- **Topic Sentence:** They reduce stress and improve time management.
- **Developing:** Short assignments can be less overwhelming, allowing students to manage their workload effectively.
- **Rephrase:** Smaller tasks can alleviate pressure and enhance organization.
- **Collocations:** stress reduction, workload management, time allocation

- **Q:** Neo-W83

The debate centers around whether taking breaks from news consumption is beneficial for individuals, considering the psychological effects and societal pressures of constant news exposure.

- **Side:** Psychological Benefits of Breaks

- **Topic Sentence:** Taking breaks from news can enhance mental well-being.
 - **Developing:** Short periods away from news can reduce stress and allow individuals to recharge emotionally.
 - **Rephrase:** Time off from news can improve mental health.
 - **Collocations:** mental well-being, stress reduction, emotional recharge
- **Q:** Blue158
The question explores preferences in decision-making speed, comparing quick decision-making to a more deliberate approach.
 - **Side:** Quick Decision-Making
 - **Topic Sentence:** Quick decisions can reduce stress and anxiety.
 - **Developing:** By not overthinking, individuals can avoid the paralysis that often accompanies prolonged deliberation.
 - **Rephrase:** Fast choices can alleviate pressure.
 - **Collocations:** stress reduction, anxiety management, decisive action
- **Q:** Blue36
The question asks whether students prefer decorated surroundings or simple, undecorated spaces, and why.
 - **Side:** Simple Surroundings
 - **Topic Sentence:** Simple surroundings can lead to less stress and maintenance.
 - **Developing:** Without the need to constantly update or organize decorations, students can experience less stress and have more time for other activities.
 - **Rephrase:** Minimal décor leads to less stress and upkeep.
 - **Collocations:** less stress, less maintenance, minimal décor
- **Q:** Blue172
The question explores preferences for vacation styles: staying in one place for an extended period versus visiting multiple locations briefly.
 - **Side:** Staying in One Place
 - **Topic Sentence:** Longer stays can lead to relaxation and reduced travel stress.
 - **Developing:** Travelers can unwind and enjoy their surroundings without the pressure of constant movement.
 - **Rephrase:** A prolonged visit promotes relaxation and minimizes travel-related anxiety.
 - **Collocations:** stress reduction, relaxation, unwinding

- **Q:** Blue198

The debate centers around the preference for collecting old items, like newspapers, versus discarding items after use.

- **Side:** Throwing Things Away
- **Topic Sentence:** Disposing of items promotes minimalism.
- **Developing:** Living with less can lead to a more organized and stress-free environment.
- **Rephrase:** Embracing minimalism can enhance one's living space.
- **Collocations:** decluttering, simplified living, stress reduction

- **Q:** Neo-S12

The debate centers around whether individuals should listen to music on headphones while traveling or prefer to travel in silence.

- **Side:** Traveling in Silence
 - **Topic Sentence:** Silence can promote relaxation and reduce stress.
 - **Developing:** A quiet journey can be calming and help clear the mind.
 - **Rephrase:** A peaceful travel environment encourages relaxation and mental clarity.
 - **Collocations:** promote relaxation, reduce stress, calming journey
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Stress Management

- **Q:** Neo-W83

The debate centers around whether taking breaks from news consumption is beneficial for individuals, considering the psychological effects and societal pressures of constant news exposure.

- **Side:** Constant News Exposure
- **Topic Sentence:** Constant exposure to news can lead to information overload.
- **Developing:** Being continuously bombarded with news can create anxiety and stress, making it hard to process information.
- **Rephrase:** Frequent news consumption can overwhelm individuals.
- **Collocations:** information overload, anxiety levels, stress management

- **Q:** Blue120

The question analyzes whether taking a part-time job while attending university is a beneficial choice for students.

- **Side:** Drawbacks of Part-Time Jobs

- **Topic Sentence:** Part-time jobs can lead to increased stress and fatigue.
- **Developing:** Juggling work and academic responsibilities may overwhelm students, affecting their performance.
- **Rephrase:** Working while studying can cause stress and exhaustion.
- **Collocations:** stress levels, academic performance, work-life balance
- **Q: Neo-S26**
The debate centers around whether university students should engage in clubs or activities alongside their academic work or focus solely on their studies.
 - **Side:** Focus on Schoolwork
 - **Topic Sentence:** Concentrating on studies reduces stress and time management issues.
 - **Developing:** Students can manage their time more effectively, leading to less anxiety about deadlines and assignments.
 - **Rephrase:** Prioritizing studies minimizes stress and improves time management.
 - **Collocations:** stress reduction, time management, anxiety, deadlines
- **Q: Blue104**
The debate centers around whether physical exercise holds greater importance for older individuals compared to younger ones.
 - **Side:** Importance for Young People
 - **Topic Sentence:** Exercise helps young people manage stress and improve academic performance.
 - **Developing:** Physical activity has been linked to better concentration and reduced stress levels among students.
 - **Rephrase:** Staying active aids in stress management and boosts academic success for youth.
 - **Collocations:** stress management, academic improvement, concentration boost
- **Q: Neo-S45**
The question discusses whether children should be required to assist with household tasks as soon as they are capable.
 - **Side:** Opposition to Household Tasks
 - **Topic Sentence:** Requiring children to do chores can lead to stress.
 - **Developing:** Children already face academic pressures, and adding household responsibilities may overwhelm them and hinder their development.

- **Rephrase:** Mandating chores can increase stress levels in children.
 - **Collocations:** stress, academic pressure, overwhelm
 - **Q: Neo-S63**
The question analyzes whether requiring first-year students to take a library resource and research skills class is beneficial.
 - **Side:** Opposition to the Class Requirement
 - **Topic Sentence:** Mandatory classes can create unnecessary stress for first-year students.
 - **Developing:** Many students already face challenges adjusting to university life, and adding a required class may overwhelm them.
 - **Rephrase:** Compulsory courses can increase stress levels among new students.
 - **Collocations:** unnecessary stress, adjusting challenges, overwhelmed students
 - **Q: Blue46**
The question analyzes whether individuals perform better under stress or pressure, suggesting that stress may enhance motivation towards achieving goals.
 - **Side:** Performance Under Pressure
 - **Topic Sentence:** Stress can enhance focus and drive.
 - **Developing:** When faced with deadlines, individuals often prioritize tasks more effectively, leading to improved performance.
 - **Rephrase:** Pressure can sharpen concentration and determination.
 - **Collocations:** time constraints, goal orientation, increased focus
 - **Q: Blue160**
The debate revolves around whether it is better to focus on one job or project at a time versus multitasking by handling several jobs or projects simultaneously.
 - **Side:** Single-tasking Preference
 - **Topic Sentence:** Single-tasking reduces stress and burnout.
 - **Developing:** By managing one project at a time, individuals can avoid the overwhelming feeling that often accompanies multitasking.
 - **Rephrase:** Handling one task reduces feelings of stress and fatigue.
 - **Collocations:** stress management, burnout prevention, task overload
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Work-Life Balance

- **Q:** Neo-S99

The question analyzes whether limiting the number of hours students can work at university jobs is beneficial for promoting academic success.

- **Side:** Limiting Work Hours
- **Topic Sentence:** Fewer work hours can reduce student stress levels.
- **Developing:** With less time spent working, students can manage their time better, leading to a healthier work-life balance.
- **Rephrase:** Reducing work hours may alleviate student stress.
- **Collocations:** stress levels, work-life balance, time management

- **Q:** Neo-S88

The question analyzes the choice between a high-paying job with long hours and a lower-paying job with regular hours.

- **Side:** Lower Salary Job
- **Topic Sentence:** A balanced work-life schedule promotes overall well-being.
- **Developing:** Having regular hours allows for personal time, reducing stress and improving mental health.
- **Rephrase:** Maintaining a work-life balance enhances personal well-being.
- **Collocations:** work-life balance, mental health, personal time

- **Q:** Blue27

The question analyzes the choice between a high-paying job with long hours and a lower-paying job with regular hours.

- **Side:** Lower Salary Job
- **Topic Sentence:** A balanced work-life schedule promotes overall well-being.
- **Developing:** Having regular hours allows for personal time, reducing stress and improving mental health.
- **Rephrase:** Maintaining a work-life balance enhances personal well-being and reduces stress.
- **Collocations:** work-life balance, mental health, personal time

- **Q:** Blue11

The question examines whether employees should refrain from sending personal texts or emails during work hours.

- **Side:** Opposition to Restriction

- **Topic Sentence:** Personal communication can be essential for work-life balance.
- **Developing:** Allowing personal texts helps employees manage their personal responsibilities without affecting their overall productivity.
- **Rephrase:** Facilitating personal messages supports a healthy work-life balance.
- **Collocations:** work-life balance, personal responsibilities, employee well-being
- **Q: Neo-S17**
The debate centers around the preference for working in an office setting versus working from home.
 - **Side:** Work from Home
 - **Topic Sentence:** Remote work can lead to reduced commuting stress and costs.
 - **Developing:** Eliminating the daily commute saves time and money, enhancing work-life balance.
 - **Rephrase:** Avoiding commutes improves overall well-being and efficiency.
 - **Collocations:** commuting costs, time savings, work-life balance
- **Q: Neo-W17**
The debate focuses on the importance of work-life balance versus prioritizing work for professional success and financial stability.
 - **Side:** Work-Life Balance
 - **Topic Sentence:** Achieving a healthy work-life balance enhances overall well-being.
 - **Developing:** Balancing work and personal life allows for time to nurture personal relationships and pursue hobbies.
 - **Rephrase:** Maintaining a work-life balance improves general well-being.
 - **Collocations:** overall well-being, personal relationships, pursue hobbies
- **Q: Neo-W17**
The debate focuses on the importance of work-life balance versus prioritizing work for professional success and financial stability.
 - **Side:** Work-Life Balance
 - **Topic Sentence:** Work-life balance is crucial for health and reducing stress.

- **Developing:** Overworking can lead to stress-related illnesses, while a balanced lifestyle promotes health.
 - **Rephrase:** Work-life balance is vital for health and stress reduction.
 - **Collocations:** reduce stress, promote health, balanced lifestyle
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Stress Relief

- **Q:** Blue192

The debate centers around whether watching sports programs on television is a valuable use of time or not.

- **Side:** Against Watching Sports Programs
- **Topic Sentence:** Sports programs can provide entertainment and relaxation.
- **Developing:** Engaging with sports can serve as a healthy escape from daily stressors.
- **Rephrase:** Sports viewing offers a way to unwind.
- **Collocations:** stress relief, entertainment value, leisure activity

- **Q:** Blue150

The question explores preferences for celebrating special occasions, specifically whether to celebrate with friends or alone.

- **Side:** Celebrating Alone
- **Topic Sentence:** Alone time can be more relaxing and stress-free.
- **Developing:** Without the pressure of social interactions, one can enjoy the occasion at their own pace.
- **Rephrase:** Celebrating solo can lead to a more tranquil experience.
- **Collocations:** stress relief, personal enjoyment, calm atmosphere

- **Q:** Neo-S1

The question asks for a preference between watching entertainment TV programs or educational programs and why.

- **Side:** Entertainment Programs
- **Topic Sentence:** Entertainment programs provide a necessary escape from daily stress.
- **Developing:** People often use entertainment TV to relax and unwind after a long day at work or school.
- **Rephrase:** Entertainment TV offers an essential way to relax and de-stress.

- **Collocations:** daily stress, escape from reality, relax and unwind
 - **Q:** Blue96
The debate centers around whether individuals should have fully arranged schedules or leave ample free time in their daily lives.
 - **Side:** Flexible Schedules
 - **Topic Sentence:** Free time is essential for mental well-being.
 - **Developing:** Having time to relax and unwind helps reduce stress and promotes a healthier work-life balance.
 - **Rephrase:** Unscheduled time is vital for maintaining mental health.
 - **Collocations:** stress relief, work-life balance, self-care
 - **Q:** Blue121
The question analyzes the preference between attending a party with friends or a dinner party with parents.
 - **Side:** Party with Friends
 - **Topic Sentence:** Parties provide a relaxed atmosphere for enjoyment.
 - **Developing:** A casual setting allows for fun activities and stress relief.
 - **Rephrase:** Casual gatherings promote relaxation and enjoyment.
 - **Collocations:** casual environment, fun activities, stress relief
 - **Q:** Neo-S66
The statement suggests that students who engage in regular physical activity and exercise are more likely to achieve academic success.
 - **Side:** Support for Physical Activity
 - **Topic Sentence:** Physical activity reduces stress and anxiety.
 - **Developing:** Exercise releases endorphins, which help to alleviate stress, allowing students to focus better on their studies.
 - **Rephrase:** Working out helps manage stress levels.
 - **Collocations:** stress relief, anxiety reduction, mental health
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Health Risks

- **Q:** Blue196
The question explores whether teachers should promote the use of computers among primary school students.
 - **Side:** Concerns About Early Computer Use

- **Topic Sentence:** There are potential health risks associated with prolonged computer use.
 - **Developing:** Extended screen time can lead to issues such as eye strain and poor posture in young children.
 - **Rephrase:** Long hours on computers can pose health risks for children.
 - **Collocations:** health risks, eye strain, poor posture
 - **Q:** Neo-S59
The debate centers around the use of extreme methods, such as surgery, to alter one's appearance in the pursuit of attractiveness.
 - **Side:** Opposition to Appearance Alteration
 - **Topic Sentence:** Extreme methods can lead to health risks.
 - **Developing:** Surgical procedures often come with potential complications and long recovery times.
 - **Rephrase:** Surgery carries inherent health risks.
 - **Collocations:** health risks, surgical complications, recovery time
 - **Q:** Blue65
The debate centers around whether children should be permitted to have pets.
 - **Side:** Opposition to Keeping Pets
 - **Topic Sentence:** Allergies and health issues can arise from pet ownership.
 - **Developing:** Some children may have allergies to pet dander, which can affect their health and well-being.
 - **Rephrase:** Pets can cause health problems for some kids.
 - **Collocations:** allergies, health risks, pet dander
 - **Q:** Blue73
The debate centers around whether elderly individuals should engage in risky and adventurous activities like younger people.
 - **Side:** Risks for Elderly Individuals
 - **Topic Sentence:** Older adults may face greater health risks when participating in adventurous activities.
 - **Developing:** Due to age-related health issues, engaging in risky events can lead to serious injuries or health complications.
 - **Rephrase:** Health concerns make adventure risky for seniors.
 - **Collocations:** health risks, adventurous activities, serious injuries
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Public Health

- **Q:** Neo-W23

The debate centers on whether public transportation should be funded through tax revenue to provide free access to all citizens.

- **Side:** For Free Public Transportation
- **Topic Sentence:** The long-term health benefits and cost savings from reduced pollution justify free public transportation.
- **Developing:** Investing in free public transport could lead to lower healthcare costs due to improved air quality and public health outcomes.
- **Rephrase:** Enhanced public transport access could lead to significant healthcare savings and better health.
- **Collocations:** healthcare savings, public health, long-term benefits

- **Q:** Neo-S74

The debate centers around whether a government should regulate unhealthy food and drinks for the health of its citizens or if individuals should have the freedom to make their own consumption choices.

- **Side:** Government Responsibility
- **Topic Sentence:** Governments have a duty to protect public health.
- **Developing:** By regulating unhealthy food and drinks, they can reduce health risks and promote healthier lifestyles.
- **Rephrase:** It is the government's obligation to safeguard the health of its citizens.
- **Collocations:** public health, health risks, government regulation

- **Q:** Neo-W46

The question analyzes the factors contributing to the increase in life expectancy, focusing on medical technology, public health improvements, and lifestyle changes.

- **Side:** Improvements in Public Health
- **Topic Sentence:** Improvements in public health services have played a crucial role in increasing life expectancy.
- **Developing:** Access to clean water, sanitation, and vaccines has drastically reduced health issues.
- **Rephrase:** Enhanced public health measures have significantly boosted longevity.
- **Collocations:** clean drinking water, sanitation systems, public health campaigns, vaccination access

Convenience

- **Q:** Blue199

The debate centers around the preference between reading paper books and listening to audiobooks.

- **Side:** Audiobooks
- **Topic Sentence:** Audiobooks offer convenience and multitasking opportunities.
- **Developing:** Listeners can enjoy books while commuting, exercising, or doing household chores.
- **Rephrase:** Audiobooks allow for reading on the go.
- **Collocations:** multitasking, convenient listening, time management

- **Q:** Neo-S76

The debate revolves around the preference for shopping at a convenient but expensive store versus a distant but cheaper store.

- **Side:** Convenient Shopping
- **Topic Sentence:** Shopping at a nearby store saves time and effort.
- **Developing:** When a store is close, it allows for quick trips, making it easier to pick up essentials without a significant time commitment.
- **Rephrase:** Proximity to a store enables swift shopping experiences.
- **Collocations:** time-saving, easy access, quick trips, convenience factor

- **Q:** Blue175

The question is asking about the preferred location for consuming fast food, whether it is in a fast-food restaurant or in other types of places.

- **Side:** Fast-Food Restaurants
 - **Topic Sentence:** Having fast food in a fast-food restaurant is more convenient because it allows for quick service and a speedy dining experience.
 - **Developing:** Fast-food restaurants are designed to provide rapid service, making it ideal for individuals with busy schedules.
 - **Rephrase:** Eating at a fast-food restaurant offers a hassle-free experience.
 - **Collocations:** quick service, speedy dining, busy schedules
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Time Management

- **Q:** Blue192

The debate centers around whether watching sports programs on television is a valuable use of time or not.

- **Side:** For Watching Sports Programs
- **Topic Sentence:** Watching sports can be a waste of valuable time.
- **Developing:** Time spent on sports could be better utilized for productive activities or personal development.
- **Rephrase:** Viewing sports may not be the best use of one's time.
- **Collocations:** time management, productivity, personal growth

- **Q:** Blue160

The debate revolves around whether it is better to focus on one job or project at a time versus multitasking by handling several jobs or projects simultaneously.

- **Side:** Multitasking Preference
- **Topic Sentence:** Multitasking allows for greater flexibility in managing time.
- **Developing:** Handling multiple projects enables individuals to adapt their schedules based on priority and deadlines.
- **Rephrase:** Managing several tasks simultaneously provides more scheduling freedom.
- **Collocations:** time management, scheduling flexibility, task prioritization

- **Q:** Neo-W99

The debate centers around whether having too many possessions lowers one's quality of life, considering both the burdens and benefits of ownership.

- **Side:** Positive Management of Possessions
 - **Topic Sentence:** Effective organization can mitigate the downsides of owning many items.
 - **Developing:** When individuals manage their possessions well, they can enjoy the benefits without feeling overwhelmed.
 - **Rephrase:** Proper management allows for the enjoyment of multiple items without stress.
 - **Collocations:** effective organization, time management, benefit maximization
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Relaxation

- **Q:** Blue41

The debate centers around whether a surprise visit from a friend is preferable to an informed visit.

- **Side:** Informed Visits
- **Topic Sentence:** They can lead to a more relaxed and enjoyable atmosphere.
- **Developing:** When you are prepared, you can focus on enjoying the time spent together without stress.
- **Rephrase:** Being informed creates a calm and enjoyable environment.
- **Collocations:** relaxed atmosphere, enjoyable time, stress-free visit

- **Q:** Neo-S25

The debate centers around whether spending a lot of money on a vacation for special experiences is better than opting for a budget-friendly vacation.

- **Side:** Luxury Vacations
- **Topic Sentence:** A lavish vacation can enhance relaxation and enjoyment.
- **Developing:** When people spend more, they often enjoy better services and amenities, leading to a more enjoyable trip.
- **Rephrase:** Higher spending can result in greater relaxation and satisfaction.
- **Collocations:** premium services, enhanced comfort, total relaxation

- **Q:** Blue16

The debate centers around whether individuals prefer to travel during their time off from school or work or to spend that time at home.

- **Side:** Staying Home During Time Off
 - **Topic Sentence:** Staying at home provides a chance to relax and recharge.
 - **Developing:** Home offers a familiar environment where individuals can unwind without the stress of travel.
 - **Rephrase:** Being at home allows for a comfortable and stress-free relaxation time.
 - **Collocations:** relaxation, familiar environment, stress-free
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Physical Fitness

- **Q:** Blue130

The debate revolves around whether individuals should prioritize daily exercise routines or engage in physical activity only during their free time.

- **Side:** Daily Exercise Routine
- **Topic Sentence:** Engaging in daily exercise promotes better physical health.
- **Developing:** Regular physical activity helps maintain a healthy weight and reduces the risk of chronic diseases.
- **Rephrase:** Consistent exercise is essential for optimal physical well-being.
- **Collocations:** physical fitness, chronic disease prevention, healthy lifestyle

- **Q:** Blue104

The debate centers around whether physical exercise holds greater importance for older individuals compared to younger ones.

- **Side:** Importance for Young People
- **Topic Sentence:** Physical exercise is crucial for the development of young people.
- **Developing:** Regular activity supports growth, enhances physical fitness, and builds healthy habits for the future.
- **Rephrase:** Exercise is essential for the physical development of youth.
- **Collocations:** growth support, fitness enhancement, healthy habits

- **Q:** Blue193

The debate revolves around the preference for outdoor activities like basketball versus indoor activities such as yoga, exploring the benefits and drawbacks of each.

- **Side:** Outdoor Activities
 - **Topic Sentence:** Outdoor activities promote physical fitness and teamwork.
 - **Developing:** Engaging in sports like basketball enhances cardiovascular health and fosters social connections.
 - **Rephrase:** Participating in outdoor sports boosts physical health and builds camaraderie.
 - **Collocations:** physical health, team spirit, social interaction, cardiovascular fitness
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Emotional Support

- **Q:** Blue166

The importance of artists and musicians in society is being evaluated, with arguments supporting their significance.

- **Side:** Importance of Artists and Musicians
- **Topic Sentence:** They play a crucial role in emotional well-being.
- **Developing:** Music and art provide comfort and a means of expression during challenging times.
- **Rephrase:** The emotional support provided by artists and musicians is vital for mental health.
- **Collocations:** emotional support, mental health, artistic expression

- **Q:** Neo-S11

The question explores preferences between facing challenges independently or seeking assistance from others during difficult situations.

- **Side:** Seeking Help from Others
- **Topic Sentence:** Having support can reduce stress during difficult times.
- **Developing:** Emotional and practical support from others can alleviate the burden of challenges.
- **Rephrase:** Receiving help can lessen the pressure associated with tough situations.
- **Collocations:** reduce stress, emotional support, practical help

- **Q:** Blue65

The debate centers around whether children should be permitted to have pets.

- **Side:** Support for Keeping Pets
 - **Topic Sentence:** Pets provide emotional support and companionship.
 - **Developing:** Children often form strong bonds with their pets, which can enhance their emotional well-being.
 - **Rephrase:** Pets can be great friends for children.
 - **Collocations:** emotional support, companionship, bonding
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Student Well-Being

- **Q:** Neo-W10

The discussion revolves around determining the most essential duty of a professor at a university, whether it is fostering a friendly learning atmosphere or focusing on teaching facts and ideas.

- **Side:** Building a Friendly Atmosphere
- **Topic Sentence:** A supportive environment can reduce stress and improve student well-being.
- **Developing:** When professors create a friendly atmosphere, students feel more comfortable and less anxious, aiding learning.
- **Rephrase:** A nurturing environment alleviates stress and fosters comfort.
- **Collocations:** supportive environment, reduce stress, student well-being, less anxious

- **Q:** Blue47

The debate centers around the decision to cancel the long summer vacation, requiring students to attend school year-round with shorter breaks.

- **Side:** Opposition to Year-Round Schooling
- **Topic Sentence:** Long summer vacations are essential for student well-being.
- **Developing:** Extended breaks allow students to recharge, pursue hobbies, and reduce burnout.
- **Rephrase:** Summer breaks are crucial for mental health.
- **Collocations:** student well-being, mental health, burnout reduction

- **Q:** Blue142

The debate centers around whether converting a long summer holiday into several short holidays is beneficial for students and the university.

- **Side:** Support for Short Holidays
 - **Topic Sentence:** Short holidays can enhance student well-being.
 - **Developing:** Frequent breaks allow students to recharge, reducing burnout and stress.
 - **Rephrase:** Frequent vacations contribute to improved mental health.
 - **Collocations:** student well-being, mental health, burnout reduction
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Immersive Experience

- **Q:** Neo-W30

The debate centers on whether cinemas will continue to exist in the future given the rise of internet-streaming services for films.

- **Side:** Cinemas Will Persist
- **Topic Sentence:** Cinemas often showcase films in a superior format compared to home viewing.
- **Developing:** The large screens and advanced sound systems in cinemas deliver a more immersive experience than most home setups.
- **Rephrase:** The cinematic environment offers a level of quality that enhances film enjoyment.
- **Collocations:** superior format, immersive experience, advanced sound

- **Q:** Neo-S41

The debate centers around whether it is preferable to remain quiet or to engage in conversation while watching movies and television shows with friends and family.

- **Side:** Quiet Viewing
- **Topic Sentence:** Remaining quiet allows for a more immersive experience.
- **Developing:** When viewers are silent, they can fully engage with the plot and characters without distractions.
- **Rephrase:** Silence enhances the ability to connect deeply with the film.
- **Collocations:** immersive experience, full attention, distraction-free environment

- **Q:** Neo-S56

The debate centers around whether it is preferable to remain quiet or to engage in conversation while watching movies and television shows with friends and family.

- **Side:** Quiet Viewing
 - **Topic Sentence:** Remaining quiet allows for a more immersive experience.
 - **Developing:** When everyone is silent, viewers can fully engage with the story and appreciate the nuances of the film or show.
 - **Rephrase:** Silence enhances the overall viewing experience.
 - **Collocations:** immersive experience, full attention, story appreciation
-

Nutrition

- **Q:** Neo-W67

The discussion revolves around the most important action a person can take to maintain good health, with differing opinions on diet and preventive doctor visits.

- **Side:** Good Diet
- **Topic Sentence:** Good nutrition supports the immune system and prevents diseases.
- **Developing:** A diet rich in essential nutrients helps the body fight off infections and maintain energy levels.
- **Rephrase:** Proper nutrition boosts immunity and health.
- **Collocations:** immune system, disease prevention, energy levels

- **Q:** Neo-W54

The discussion revolves around identifying significant scientific discoveries or technological inventions from the last two hundred years, excluding computers and cell phones, and their impact on society.

- **Side:** Medical Progress
- **Topic Sentence:** Medical advancements, particularly in nutrition and vitamins, have significantly improved public health.
- **Developing:** The discovery of essential vitamins has led to better dietary practices and reduced disease prevalence.
- **Rephrase:** Advancements in nutrition have greatly enhanced overall health outcomes.
- **Collocations:** nutritional science, public health, disease prevention

- **Q:** Blue69

The university plans to raise the prices of junk food to generate revenue for expanding healthy food options. The question is whether this approach is agreeable or not.

- **Side:** Support for Price Increase
 - **Topic Sentence:** Increasing junk food prices can discourage unhealthy eating habits.
 - **Developing:** By making junk food more expensive, students may opt for healthier alternatives, promoting better nutrition.
 - **Rephrase:** Higher prices on junk food may lead to healthier food choices.
 - **Collocations:** unhealthy eating, healthy alternatives, price increase
-

Self-Esteem

- **Q:** Blue31

The discussion addresses whether individuals should consistently wear fashionable clothes.

- **Side:** Agree
- **Topic Sentence:** Wearing fashionable clothes can boost an individual's confidence.
- **Developing:** Dressing fashionably often leads to positive impressions, which can uplift a person's self-esteem.
- **Rephrase:** Fashionable dressing can enhance self-assurance.
- **Collocations:** fashionable clothes, boost confidence, self-esteem, positive impressions

- **Q:** Neo-S59

The debate centers around the use of extreme methods, such as surgery, to alter one's appearance in the pursuit of attractiveness.

- **Side:** Support for Appearance Alteration
- **Topic Sentence:** Changing one's appearance can boost self-esteem.
- **Developing:** Many individuals feel more confident and happier after undergoing procedures that enhance their looks.
- **Rephrase:** Enhancing appearance can lead to increased self-confidence.
- **Collocations:** self-esteem, personal satisfaction, confidence boost

- **Q:** Blue72

The debate centers around whether individuals should change their appearance through means such as surgery.

- **Side:** Support for Changing Appearance
 - **Topic Sentence:** Changing one's appearance can significantly boost self-esteem.
 - **Developing:** For many, feeling confident in their appearance can lead to improved mental health and overall happiness.
 - **Rephrase:** Altering one's looks can enhance personal confidence.
 - **Collocations:** self-esteem boost, personal satisfaction, mental health improvement
-

Emotional Distress

- **Q:** Neo-S43

The question discusses whether children should be encouraged to engage with news media from a young age.

- **Side:** Caution Against News Exposure
- **Topic Sentence:** Children may be overwhelmed by negative news content.
- **Developing:** Exposure to distressing news can lead to anxiety and fear in young minds.
- **Rephrase:** Negative news can cause emotional distress in children.
- **Collocations:** emotional distress, anxiety, fear exposure

- **Q:** Blue119

The question analyzes the importance of a child spending time away from home to visit relatives and friends.

- **Side:** Challenges of Being Away
- **Topic Sentence:** Being away from home can cause emotional distress in children.
- **Developing:** Separation from parents and familiar surroundings may lead to feelings of anxiety and loneliness.
- **Rephrase:** Distance from home can lead to emotional challenges for children.
- **Collocations:** emotional distress, anxiety, loneliness

- **Q:** Neo-S20

The importance of children spending time away from home visiting relatives or friends for their development.

- **Side:** Potential Emotional Challenges
 - **Topic Sentence:** Living away from home can lead to feelings of anxiety and homesickness in children.
 - **Developing:** Separation from familiar surroundings may cause emotional distress and insecurity.
 - **Rephrase:** Being away from home might trigger anxiety and a longing for familiarity.
 - **Collocations:** emotional distress, homesickness, anxiety levels
-

Mindfulness

- **Q:** Blue145

The debate centers around whether it is better to make detailed plans for the future or to focus on the present without making any plans.

- **Side:** Focusing on the Present
- **Topic Sentence:** Concentrating on the present allows for greater enjoyment of life.
- **Developing:** Living in the moment can lead to more fulfilling experiences and connections with others.
- **Rephrase:** Focusing on the here and now enhances life satisfaction.
- **Collocations:** enjoy life, fulfilling experiences, connections with others

- **Q:** Blue64

The question discusses the differing opinions on whether people should document their travel experiences through diaries or photos.

- **Side:** Not Documenting Experiences
 - **Topic Sentence:** Some people prefer to live in the moment without distractions.
 - **Developing:** Focusing on the experience itself can lead to a deeper appreciation of the surroundings.
 - **Rephrase:** Experiencing travel without documentation can enhance enjoyment.
 - **Collocations:** mindfulness, present moment, immersive experience
-

Life Satisfaction

- **Q:** Blue4

The debate centers around the preference of living in multiple cities versus staying in one city throughout one's life.

- **Side:** Living in One City
- **Topic Sentence:** Stability in one city can lead to a more fulfilling life.
- **Developing:** Establishing roots in a single location can provide emotional security and a sense of belonging.
- **Rephrase:** Living in one place offers emotional stability.
- **Collocations:** emotional security, sense of belonging, life satisfaction

- **Q:** Neo-W86

The debate centers around whether the use of automation, particularly through AI and robots, is a positive development for society and the economy.

- **Side:** Negative Effects of Automation
 - **Topic Sentence:** The psychological impact of reduced work can be detrimental.
 - **Developing:** Many individuals find fulfillment in their work, and losing that can lead to dissatisfaction and a lack of purpose.
 - **Rephrase:** Reduced work opportunities may harm individuals' sense of purpose.
 - **Collocations:** psychological impact, work fulfillment, life satisfaction
-

Time-Saving

- **Q:** Neo-W70

The debate centers on whether shopping at small local stores is more beneficial for consumers than shopping at superstores.

- **Side:** Superstores
- **Topic Sentence:** Shopping at superstores saves time for consumers.
- **Developing:** With many products available under one roof, consumers can complete their shopping quickly and efficiently.
- **Rephrase:** Superstores streamline the shopping process.
- **Collocations:** time-saving, convenient shopping, one-stop shop

- **Q:** Blue140

The debate centers around the preference for washing dishes by hand versus using a dishwasher.

- **Side:** Using a Dishwasher
 - **Topic Sentence:** Using a dishwasher saves time and effort.
 - **Developing:** It allows individuals to multitask while the machine handles the cleaning.
 - **Rephrase:** A dishwasher frees up time for other activities.
 - **Collocations:** time-saving, multitasking, effort reduction
-

Stress-Free

- **Q:** Neo-S65

The question explores preferences between organizing social events and simply attending them.

- **Side:** Attending Events
- **Topic Sentence:** Attending events allows for relaxation and enjoyment without the stress of planning.
- **Developing:** Guests can simply enjoy the festivities and socialize without the responsibilities that come with organizing.
- **Rephrase:** Being a guest offers a stress-free way to enjoy social gatherings.
- **Collocations:** stress-free, enjoyment, socializing

- **Q:** Blue93

The debate centers around whether being an adult is easier than being a child.

- **Side:** Easier to be a Child
 - **Topic Sentence:** Children experience less stress than adults.
 - **Developing:** They are often shielded from the pressures of work and financial concerns.
 - **Rephrase:** Children face lower levels of stress in their daily lives.
 - **Collocations:** stress-free, pressure, mental health
-

Stress Levels

- **Q:** Neo-S49

The debate centers around whether homework is beneficial for younger children or should be reserved for older students.

- **Side:** Homework for Younger Children
- **Topic Sentence:** Homework can overwhelm younger children and hinder their love for learning.
- **Developing:** Excessive homework may lead to stress and burnout, making children less enthusiastic about school.
- **Rephrase:** Too much homework can create stress and reduce children's interest in education.
- **Collocations:** stress levels, love for learning, enthusiasm for school

- **Q:** Neo-S37

The debate centers around whether providing employees with extra free time during the workday can enhance productivity.

- **Side:** Potential Distractions.
 - **Topic Sentence:** Not all employees may benefit equally from extra free time.
 - **Developing:** Some individuals may feel pressured to socialize, which can increase stress rather than alleviate it.
 - **Rephrase:** Extra time might not be advantageous for everyone.
 - **Collocations:** individual differences, stress levels, social pressure
-

Medical Advancements

- **Q:** Neo-W109

The question explores whether people are generally healthier now than in the past, considering advancements in healthcare and ongoing lifestyle challenges.

- **Side:** Healthier Today
- **Topic Sentence:** Advancements in medical care have significantly improved health outcomes.
- **Developing:** New drugs and treatments have enabled us to effectively combat previously fatal diseases.
- **Rephrase:** Medical innovations have greatly enhanced our ability to treat serious illnesses.
- **Collocations:** medical advancements, life expectancy, disease treatment

- **Q:** Neo-S42

The debate centers around whether older doctors possess more knowledge than their younger counterparts.

- **Side:** Younger Doctors
- **Topic Sentence:** Younger doctors are often more up-to-date with the latest medical advancements.
- **Developing:** They have recently completed their education, which includes the newest research and technologies.
- **Rephrase:** Recent graduates are well-versed in contemporary medical innovations.
- **Collocations:** latest research, medical technology, current practices

Study Environment

- **Q:** Blue190

The debate centers around whether listening to music or studying in silence is more effective for concentration and productivity.

- **Side:** Listening to Music
- **Topic Sentence:** Music can create a positive and enjoyable study environment.
- **Developing:** A pleasant soundtrack can elevate mood and reduce stress, making studying more enjoyable.
- **Rephrase:** A good playlist can make studying more enjoyable.
- **Collocations:** positive environment, reduce stress, elevate mood

- **Q:** Blue7

The debate centers around whether the new campus café should be a quiet study area or a social space for conversation and entertainment.

- **Side:** Quiet Study Area
- **Topic Sentence:** A quiet café promotes a conducive environment for studying.
- **Developing:** Students need spaces where they can focus and concentrate on their academic work without distractions.
- **Rephrase:** A serene café setting enhances students' ability to study effectively.
- **Collocations:** study environment, focus on academics, quiet space

Student Stress

- **Q:** Neo-S79

The question analyzes whether requiring all first-year university students to take a writing or composition course is beneficial.

- **Side:** Drawbacks of Mandatory Writing Courses
- **Topic Sentence:** Such requirements can lead to increased stress for students.
- **Developing:** Balancing writing assignments with other coursework can overwhelm first-year students.
- **Rephrase:** Mandatory courses may add unnecessary pressure.

- **Collocations:** increased stress, coursework balance, first-year challenges
 - **Q:** Blue19
The debate centers around whether elementary schools should implement policies that prohibit teachers from assigning homework, requiring all assignments to be completed during school hours.
 - **Side:** Support for No Homework Policies
 - **Topic Sentence:** No homework policies can reduce student stress and anxiety.
 - **Developing:** By eliminating homework, students can enjoy their free time and engage in extracurricular activities, leading to a healthier work-life balance.
 - **Rephrase:** Policies against homework can alleviate pressure on students.
 - **Collocations:** student stress, work-life balance, extracurricular activities
-

Sleep Benefits

- **Q:** Blue74
The dilemma of choosing between studying late with less sleep or studying less and getting a full night's sleep before an exam.
 - **Side:** Get a Full Night's Sleep
 - **Topic Sentence:** A full night's sleep is crucial for optimal cognitive function.
 - **Developing:** Sleep helps consolidate memory and improves focus, which can be beneficial during the exam.
 - **Rephrase:** Adequate sleep enhances mental clarity and performance.
 - **Collocations:** cognitive function, memory consolidation, mental clarity
- **Q:** Blue74
The dilemma of choosing between studying late with less sleep or studying less and getting a full night's sleep before an exam.
 - **Side:** Get a Full Night's Sleep
 - **Topic Sentence:** Rest can reduce anxiety and improve overall well-being.
 - **Developing:** Getting enough sleep can help you feel more relaxed and confident going into the exam.

- **Rephrase:** Resting well can alleviate stress and boost confidence.
 - **Collocations:** anxiety reduction, well-being, exam confidence
-

Green Spaces

- **Q:** Neo-W59
The debate centers around the best use of available urban space, weighing the benefits of green spaces against the necessity of commercial and industrial developments.
 - **Side:** Green Spaces
 - **Topic Sentence:** Parks and green spaces significantly enhance the quality of life in urban areas.
 - **Developing:** They provide essential recreational opportunities and improve mental health for city dwellers.
 - **Rephrase:** Urban parks greatly contribute to residents' well-being.
 - **Collocations:** quality of life, mental health, recreational opportunities
 - **Q:** Blue56
The debate centers around whether building a housing complex on the only green space in a crowded city is a good idea.
 - **Side:** Opposition to Housing Development
 - **Topic Sentence:** The city park is vital for the community's well-being and mental health.
 - **Developing:** Green spaces provide residents with a place to relax, exercise, and connect with nature, which is essential in a crowded environment.
 - **Rephrase:** The park plays a crucial role in promoting health and wellness among city dwellers.
 - **Collocations:** mental health, community well-being, green spaces
-

Physical Health

- **Q:** Blue82
The debate centers on the preference between daily exercise versus exercising only when one has free time.
 - **Side:** Daily Exercise

- **Topic Sentence:** Engaging in daily exercise promotes better physical health.
 - **Developing:** Regular physical activity helps maintain a healthy weight and reduces the risk of chronic diseases.
 - **Rephrase:** Consistent exercise enhances overall wellness.
 - **Collocations:** physical fitness, chronic disease prevention, healthy lifestyle
 - **Q:** Neo-W1
This debate explores whether yoga and meditation or physical activities like sports and exercise have a more positive impact on mental health and overall happiness.
 - **Side:** Physical Activities
 - **Topic Sentence:** Engaging in physical activities improves physical health and enhances mood.
 - **Developing:** Exercise releases endorphins, which elevate mood and boost physical fitness.
 - **Rephrase:** Exercise boosts mood and fitness by releasing endorphins.
 - **Collocations:** physical health, enhanced mood, releases endorphins
-

Health Issues

- **Q:** Blue141
The debate centers around whether children should be allowed to use computers or electronic devices from an early age.
 - **Side:** Con Early Use
 - **Topic Sentence:** Excessive screen time can negatively impact children's health.
 - **Developing:** Prolonged use of electronic devices is linked to issues such as obesity, sleep problems, and eye strain.
 - **Rephrase:** Too much screen time can harm children's well-being.
 - **Collocations:** screen time, health issues, well-being
- **Q:** Neo-W109
The question explores whether people are generally healthier now than in the past, considering advancements in healthcare and ongoing lifestyle challenges.
 - **Side:** Healthier in the Past

- **Topic Sentence:** Lifestyle-related health issues are more prevalent today than in the past.
 - **Developing:** Sedentary lifestyles and poor eating habits have led to an increase in chronic diseases.
 - **Rephrase:** Modern lifestyles contribute to a rise in health problems that were less common before.
 - **Collocations:** sedentary lifestyle, chronic diseases, poor diet
-

Sedentary Behavior

- **Q:** Blue192
The debate centers around whether watching sports programs on television is a valuable use of time or not.
 - **Side:** For Watching Sports Programs
 - **Topic Sentence:** Excessive sports viewing can lead to a sedentary lifestyle.
 - **Developing:** Spending too much time watching sports can contribute to physical inactivity and health issues.
 - **Rephrase:** Overindulgence in sports can harm physical health.
 - **Collocations:** sedentary behavior, health risks, physical inactivity
 - **Q:** Neo-S95
The debate centers around whether watching television is a productive use of time.
 - **Side:** For Watching Television
 - **Topic Sentence:** Television can contribute to a sedentary lifestyle.
 - **Developing:** Long hours of sitting while watching TV can have negative health impacts.
 - **Rephrase:** Prolonged television watching can lead to health problems.
 - **Collocations:** sedentary behavior, health risks, physical inactivity
-

Screen Time

- **Q:** Blue199
The debate centers around the preference between reading paper books and listening to audiobooks.

- **Side:** Paper Books
 - **Topic Sentence:** Paper books provide a break from screens.
 - **Developing:** In a digital age, reading a physical book can reduce eye strain and promote relaxation.
 - **Rephrase:** Physical books offer a screen-free reading experience.
 - **Collocations:** reduce eye strain, screen time, relaxation techniques
 - **Q:** Neo-W61
The debate centers around whether it is beneficial for very young children to play educational computer games or if it leads to excessive screen time.
 - **Side:** Screen Time Concerns
 - **Topic Sentence:** Excessive screen time can negatively impact young children's development.
 - **Developing:** Spending too much time in front of screens can hinder physical activity and social interactions.
 - **Rephrase:** Too much screen exposure may harm children's growth.
 - **Collocations:** screen time, physical activity, social skills
-

Infrastructure

- **Q:** Blue202
The debate centers around the choice of living in a big, new place that is far from work or university versus a small, old place that is close to work or university.
 - **Side:** Big, New Place
 - **Topic Sentence:** A big, new place often has better infrastructure and facilities.
 - **Developing:** Access to parks, shopping centers, and entertainment options can enrich one's lifestyle.
 - **Rephrase:** Modern areas typically provide superior facilities and services.
 - **Collocations:** better infrastructure, entertainment options, access to services
- **Q:** Neo-W44
The discussion focuses on strategies that city governments should prioritize to enhance the quality of life for residents, with differing views on infrastructure versus social programs.
 - **Side:** Infrastructure Investment

- **Topic Sentence:** Investing in infrastructure is essential for improving residents' quality of life.
 - **Developing:** Well-maintained roads, bridges, and public transport systems facilitate mobility and safety.
 - **Rephrase:** Enhancing infrastructure is crucial for elevating the living standards of citizens.
 - **Collocations:** public transportation, road maintenance, safety improvements
-

Emotional Security

- **Q:** Neo-W73
The discussion revolves around whether it is better to live in one town or city for life or to move frequently between different places.
 - **Side:** Living in One Place
 - **Topic Sentence:** Consistency in living arrangements provides emotional security.
 - **Developing:** People benefit from the familiarity and comfort of a stable environment, which can enhance mental well-being.
 - **Rephrase:** A stable living situation contributes to psychological comfort.
 - **Collocations:** emotional well-being, familiar surroundings, mental health
 - **Q:** Blue191
The question explores preferences between a nomadic lifestyle and settling in one place for life.
 - **Side:** Staying in One Place
 - **Topic Sentence:** Staying in one place provides stability and security.
 - **Developing:** Having a permanent home fosters a sense of belonging and community.
 - **Rephrase:** A fixed residence offers a sense of safety.
 - **Collocations:** community ties, emotional security, stability
-

Green Space

- **Q:** Neo-S32

The debate centers around whether building a new housing complex in the only green space of a crowded city is a good idea.

- **Side:** Opposition to Housing Complex
- **Topic Sentence:** Removing the only green space would negatively impact residents' well-being.
- **Developing:** Access to parks is crucial for mental health and community interaction, especially in crowded areas.
- **Rephrase:** Eliminating the park could harm the community's health and social connections.
- **Collocations:** mental health, community interaction, green space

- **Q:** Neo-S62

The debate centers around whether building a new housing complex on the only green space in a crowded city is a good idea, considering the implications for the community and environment.

- **Side:** Opposition to Housing Complex
 - **Topic Sentence:** Preserving the green space is vital for community well-being.
 - **Developing:** Parks provide essential recreational areas and improve mental health for residents in crowded cities.
 - **Rephrase:** Maintaining green areas is crucial for the health and happiness of the community.
 - **Collocations:** community well-being, mental health, recreational areas
-

Art Appreciation

- **Q:** Neo-S55

The question explores preferences between participating in performances and being an audience member.

- **Side:** Being in the Audience
- **Topic Sentence:** Watching performances allows for relaxation and enjoyment.
- **Developing:** Being an audience member provides a chance to unwind and appreciate the artistry without the pressure of performing.

- **Rephrase:** Enjoying performances offers a stress-free way to experience art.
 - **Collocations:** relaxation, art appreciation, audience experience
-

Classroom Distractions

- **Q:** Blue126

The debate centers around whether students should be allowed to eat and drink during classes.

- **Side:** Opposition to Eating and Drinking
 - **Topic Sentence:** Eating and drinking can lead to distractions in class.
 - **Developing:** Students may focus more on their food than on the lesson, disrupting the learning process.
 - **Rephrase:** Food and drink can divert attention from educational content.
 - **Collocations:** classroom distractions, learning disruption, student focus
-

Basic Needs

- **Q:** Blue166

The importance of artists and musicians in society is being evaluated, with arguments supporting their significance.

- **Side:** Counterarguments to the Importance of Artists and Musicians
 - **Topic Sentence:** Entertainment can be seen as a luxury rather than a necessity.
 - **Developing:** In times of crisis, basic needs take precedence over artistic endeavors.
 - **Rephrase:** During emergencies, essential needs overshadow the value of entertainment.
 - **Collocations:** basic needs, luxury items, essential services
-

Behavior Change

- **Q:** Neo-S46

The debate centers around whether the government should impose fines on individuals who use cellphones while walking across the street.

- **Side:** Support for Fines
 - **Topic Sentence:** Fines can raise awareness about the dangers of distracted walking.
 - **Developing:** When people face financial penalties, they are more likely to reconsider their habits and prioritize their surroundings.
 - **Rephrase:** Financial penalties can promote awareness of walking distractions.
 - **Collocations:** distracted walking, awareness campaigns, behavior change
-

Better Sleep

- **Q:** Neo-W1

This debate explores whether yoga and meditation or physical activities like sports and exercise have a more positive impact on mental health and overall happiness.

- **Side:** Physical Activities
 - **Topic Sentence:** Physical activities can promote better sleep and relaxation.
 - **Developing:** Regular exercise tires the body in a healthy way, aiding in better sleep patterns.
 - **Rephrase:** Consistent exercise promotes healthier sleep.
 - **Collocations:** better sleep, healthy way, exercise aids
-

Burnout

- **Q:** Blue46

The question analyzes whether individuals perform better under stress or pressure, suggesting that stress may enhance motivation towards achieving goals.

- **Side:** Negative Effects of Stress

- **Topic Sentence:** Excessive stress can lead to burnout.
 - **Developing:** When individuals are constantly under pressure, they may experience fatigue and decreased motivation over time.
 - **Rephrase:** Too much stress can result in exhaustion.
 - **Collocations:** burnout, mental fatigue, decreased motivation
-

Child Safety

- **Q:** Neo-S86

The debate centers around whether parents should protect their children from making mistakes or allow them to learn through their own experiences.

- **Side:** Protecting Children
 - **Topic Sentence:** Parents should shield their children from making mistakes to ensure their safety.
 - **Developing:** By preventing errors, parents can protect their children from potential harm and negative consequences.
 - **Rephrase:** Guarding children from errors can help keep them safe.
 - **Collocations:** child safety, prevent mistakes, negative consequences
-

Chronic Disease

- **Q:** Neo-W46

The question analyzes the factors contributing to the increase in life expectancy, focusing on medical technology, public health improvements, and lifestyle changes.

- **Side:** Advances in Medical Technology
 - **Topic Sentence:** Patients can now live fulfilling lives despite chronic diseases.
 - **Developing:** With effective treatments, individuals can manage conditions that were once fatal.
 - **Rephrase:** People can enjoy quality lives even with serious health issues.
 - **Collocations:** quality of life, chronic disease management, effective treatments
-

Emotional Well-Being

- **Q:** Neo-W1

This debate explores whether yoga and meditation or physical activities like sports and exercise have a more positive impact on mental health and overall happiness.

- **Side:** Yoga and Meditation
 - **Topic Sentence:** Yoga and meditation can improve overall happiness and emotional well-being.
 - **Developing:** Regular practice fosters a sense of peace and contentment, promoting long-term happiness.
 - **Rephrase:** Frequent yoga and meditation promote lasting peace and joy.
 - **Collocations:** emotional well-being, overall happiness, regular practice
-

Classroom Dynamics

- **Q:** Blue126

The debate centers around whether students should be allowed to eat and drink during classes.

- **Side:** Support for Eating and Drinking
 - **Topic Sentence:** Eating and drinking can create a more relaxed classroom atmosphere.
 - **Developing:** A casual environment may encourage participation and reduce anxiety among students.
 - **Rephrase:** A relaxed setting can foster better student interaction.
 - **Collocations:** relaxed atmosphere, student participation, classroom dynamics
-

Classroom Hygiene

- **Q:** Blue126

The debate centers around whether students should be allowed to eat and drink during classes.

- **Side:** Opposition to Eating and Drinking

- **Topic Sentence:** Allowing food and drinks can create cleanliness issues.
 - **Developing:** Spills and crumbs can lead to an unclean classroom environment, affecting everyone.
 - **Rephrase:** Food consumption may result in hygiene problems.
 - **Collocations:** cleanliness concerns, classroom hygiene, spill management
-

Cleaning Control

- **Q:** Blue140
The debate centers around the preference for washing dishes by hand versus using a dishwasher.
 - **Side:** Washing Dishes by Hand
 - **Topic Sentence:** Washing dishes by hand allows for greater control over the cleaning process.
 - **Developing:** Individuals can focus on specific areas that need extra attention, ensuring thorough cleanliness.
 - **Rephrase:** Hand washing provides the ability to meticulously clean each dish.
 - **Collocations:** thorough cleaning, specific areas, control over process
-

Employee Satisfaction

- **Q:** Blue138
The debate centers around whether employees should be permitted to listen to music while working.
 - **Side:** Support for Music at Work
 - **Topic Sentence:** Music can improve employee morale.
 - **Developing:** Having the option to listen to music can create a more enjoyable work atmosphere, leading to higher job satisfaction.
 - **Rephrase:** Music contributes to a positive workplace vibe.
 - **Collocations:** employee satisfaction, positive atmosphere, morale boost
-

Mental Rejuvenation

- **Q:** Blue16

The debate centers around whether individuals prefer to travel during their time off from school or work or to spend that time at home.

- **Side:** Traveling During Time Off
 - **Topic Sentence:** Traveling can serve as a valuable break from daily routines.
 - **Developing:** A change of scenery can rejuvenate the mind and body, leading to increased productivity.
 - **Rephrase:** Taking a trip can refresh one's mental state and improve overall well-being.
 - **Collocations:** mental rejuvenation, increased productivity, break from routine
-

Health Maintenance

- **Q:** Blue104

The debate centers around whether physical exercise holds greater importance for older individuals compared to younger ones.

- **Side:** Importance for Older People
 - **Topic Sentence:** Physical exercise significantly enhances the health of older adults.
 - **Developing:** Regular physical activity helps prevent chronic diseases and improves mobility in seniors.
 - **Rephrase:** Exercise plays a crucial role in maintaining health among the elderly.
 - **Collocations:** chronic disease prevention, mobility improvement, health maintenance
-

Healthier Citizens

- **Q:** Blue54

The question discusses whether government funding should be directed towards initiatives that promote healthier lifestyles among citizens.

- **Side:** Support for Government Spending

- **Topic Sentence:** Healthier citizens contribute positively to society.
 - **Developing:** When people lead healthier lives, they are more productive and engaged, benefiting the economy and community.
 - **Rephrase:** Healthy individuals enhance societal productivity.
 - **Collocations:** productive citizens, community engagement, economic contribution
-

Balanced Diet

- **Q:** Neo-W67

The discussion revolves around the most important action a person can take to maintain good health, with differing opinions on diet and preventive doctor visits.

- **Side:** Good Diet
 - **Topic Sentence:** A balanced diet is essential for maintaining good health.
 - **Developing:** Eating nutritious foods, particularly fruits and vegetables, provides the body with necessary vitamins and minerals.
 - **Rephrase:** Healthy eating is crucial for overall well-being.
 - **Collocations:** nutritious foods, balanced diet, healthy lifestyle
-

Distraction

- **Q:** Blue168

The debate centers around whether watching TV is a productive use of time or not.

- **Side:** Against Watching TV.
 - **Topic Sentence:** Television can be a distraction from important tasks.
 - **Developing:** People may prioritize watching shows over completing work or studying, leading to procrastination.
 - **Rephrase:** TV often diverts attention from essential responsibilities.
 - **Collocations:** distraction, procrastination, important tasks
-

Affordable Travel

- **Q:** Blue57

The debate centers around the differing preferences for spending money on vacations, with some individuals favoring lavish expenditures while others opt for more frugal approaches.

- **Side:** Budget-Friendly Vacations
 - **Topic Sentence:** Traveling on a budget can be just as fulfilling.
 - **Developing:** Many affordable destinations offer rich cultural experiences without the high costs.
 - **Rephrase:** Low-cost vacations can provide significant enjoyment.
 - **Collocations:** affordable travel, cultural experiences, budget destinations
-

Emotional Response

- **Q:** Neo-S111

The debate centers around whether individuals should read movie reviews before watching a film or experience the movie without prior opinions from critics.

- **Side:** Watching Without Reviews
 - **Topic Sentence:** Avoiding reviews can lead to a more genuine emotional response.
 - **Developing:** When viewers are not influenced by critics, their reactions to the film's plot twists and emotional moments are more authentic.
 - **Rephrase:** Genuine reactions are more likely without external influences.
 - **Collocations:** emotional response, authentic reactions, plot twists
-

Healthier Lifestyle

- **Q:** Neo-S50

The debate centers around choosing between two apartments: one that is expensive but close to campus, and another that is affordable but farther away.

- **Side:** Affordability
- **Topic Sentence:** Living farther away can encourage a healthier lifestyle.

- **Developing:** The distance may promote walking or biking, contributing to physical fitness and well-being.
 - **Rephrase:** A longer commute can foster a healthier lifestyle.
 - **Collocations:** healthier lifestyle, walking, biking
-

Distractions

- **Q:** Blue163

The question explores whether cell phones have significantly impacted our lives, prompting a discussion on both positive and negative effects.

- **Side:** Negative Impact of Cell Phones
 - **Topic Sentence:** Cell phones can lead to distractions and reduced productivity.
 - **Developing:** Constant notifications and the temptation to check devices can interrupt focus and work efficiency.
 - **Rephrase:** Mobile phones may hinder concentration and effectiveness in tasks.
 - **Collocations:** distractions, reduced productivity, work efficiency, focus interruption
-

Dynamic Lifestyle

- **Q:** Blue203

The debate centers around the preference for living in a noisy area with convenient access to shops and public transportation versus a quiet area that is distant from these amenities.

- **Side:** Noisy but Convenient Area
 - **Topic Sentence:** A vibrant environment can lead to a more dynamic lifestyle.
 - **Developing:** The hustle and bustle of a busy area often brings a sense of energy and excitement.
 - **Rephrase:** A lively atmosphere can enrich daily experiences.
 - **Collocations:** vibrant environment, dynamic lifestyle, energy and excitement
-

Eating Habits

- **Q:** Blue69

The university plans to raise the prices of junk food to generate revenue for expanding healthy food options. The question is whether this approach is agreeable or not.

- **Side:** Opposition to Price Increase
 - **Topic Sentence:** This approach may not effectively change eating habits among students.
 - **Developing:** Students may continue to purchase junk food despite higher prices, undermining the intended health benefits.
 - **Rephrase:** Higher prices might not lead to healthier eating behaviors.
 - **Collocations:** eating habits, consumer behavior, price sensitivity
-

Emotional Health

- **Q:** Neo-S84

The debate centers around whether high schools should require students to take music and art classes or not.

- **Side:** Mandatory Music and Art Classes
 - **Topic Sentence:** Music and art classes enhance emotional well-being.
 - **Developing:** Engaging in these activities can reduce stress and improve mental health.
 - **Rephrase:** Participation in these classes boosts students' emotional health.
 - **Collocations:** emotional health, stress relief, mental wellness
-

Emotional Impact

- **Q:** Blue61

The debate centers around whether children should be exposed to news through listening or reading at an early age.

- **Side:** Concerns Against Early Exposure to News
- **Topic Sentence:** Children may be overwhelmed by negative news.
- **Developing:** Exposure to distressing events can lead to anxiety and fear in young minds.

- **Rephrase:** Negative news can cause undue stress for children.
 - **Collocations:** emotional impact, anxiety levels, fear response
-

Cognitive Enhancement

- **Q:** Neo-S66

The statement suggests that students who engage in regular physical activity and exercise are more likely to achieve academic success.

- **Side:** Support for Physical Activity
 - **Topic Sentence:** Regular exercise enhances cognitive function.
 - **Developing:** Physical activity increases blood flow to the brain, which can improve memory and concentration.
 - **Rephrase:** Engaging in exercise boosts brain performance.
 - **Collocations:** cognitive enhancement, memory improvement, concentration boost
-

Adventurous Activities

- **Q:** Blue73

The debate centers around whether elderly individuals should engage in risky and adventurous activities like younger people.

- **Side:** Benefits of Adventure for Elderly Individuals
 - **Topic Sentence:** Engaging in adventurous activities can enhance the quality of life for older adults.
 - **Developing:** Such experiences can boost their confidence and provide a sense of achievement.
 - **Rephrase:** Adventure can improve seniors' life satisfaction.
 - **Collocations:** quality of life, confidence boost, sense of achievement
-

Clutter Reduction

- **Q:** Neo-W99

The debate centers around whether having too many possessions lowers one's quality of life, considering both the burdens and benefits of ownership.

- **Side:** Negative Impact of Excess Possessions
 - **Topic Sentence:** Owning too many possessions can lead to increased stress and clutter.
 - **Developing:** The maintenance and organization of numerous items can overwhelm individuals, detracting from their overall well-being.
 - **Rephrase:** Having an excess of belongings can create chaos and anxiety.
 - **Collocations:** stress management, living space, clutter reduction
-

Employee Productivity

- **Q:** Neo-S37
The debate centers around whether providing employees with extra free time during the workday can enhance productivity.
 - **Side:** Increased Productivity.
 - **Topic Sentence:** Extra free time can lead to improved employee productivity.
 - **Developing:** When employees have time to relax and socialize, they return to work refreshed and more focused.
 - **Rephrase:** Allowing employees downtime can boost their efficiency.
 - **Collocations:** employee productivity, work-life balance, mental well-being
-

Climate Stability

- **Q:** Blue149
The debate centers around the preference for living in stable climates versus those with seasonal changes.
 - **Side:** Stable Climate Preference
 - **Topic Sentence:** Living in a stable climate reduces stress and uncertainty.
 - **Developing:** Consistent weather patterns contribute to a more predictable lifestyle, enhancing comfort and stability.
 - **Rephrase:** A uniform climate leads to lower stress levels.

- **Collocations:** predictable weather, comfortable living, stress-free environment
-

Academic Pressures

- **Q:** Neo-W105

The debate centers around whether students should be assigned homework during long breaks, with arguments for and against the practice.

- **Side:** Opposition to Homework Assignments
 - **Topic Sentence:** Long breaks should be free from academic pressures.
 - **Developing:** Students need time to relax and recharge, which is essential for their overall well-being.
 - **Rephrase:** Students deserve a break from academic stress.
 - **Collocations:** academic pressures, relax and recharge, overall well-being
-

Active Lifestyle

- **Q:** Blue187

The debate centers around the preference for living in older, historic buildings versus modern buildings.

- **Side:** Modern Buildings
 - **Topic Sentence:** Living in modern buildings can promote a more active lifestyle.
 - **Developing:** These structures are often located in urban areas with easy access to public transport, shops, and recreational facilities.
 - **Rephrase:** Modern homes encourage a dynamic and active way of life.
 - **Collocations:** urban lifestyle, accessibility, recreation
-

Advance Planning

- **Q:** Blue38

The topic explores whether it is better to plan social activities with friends in advance or to organize them spontaneously when attending.

- **Side:** Planning in Advance
 - **Topic Sentence:** Advance planning allows people to allocate time and resources effectively.
 - **Developing:** By planning ahead, individuals can carefully manage their schedule and budget, leading to a more enjoyable social experience.
 - **Rephrase:** Planning beforehand aids in managing one's schedule and budget.
 - **Collocations:** allocate time, manage schedule, plan budget
-

Healthier Environment

- **Q:** Blue203

The debate centers around the preference for living in a noisy area with convenient access to shops and public transportation versus a quiet area that is distant from these amenities.

- **Side:** Quiet but Distant Area
 - **Topic Sentence:** A quiet area often has less pollution and noise-related issues.
 - **Developing:** Living away from busy streets can lead to a healthier living environment.
 - **Rephrase:** Less noise and pollution contribute to better health.
 - **Collocations:** less pollution, noise-related issues, healthier environment
-

Health Initiatives

- **Q:** Blue54

The question discusses whether government funding should be directed towards initiatives that promote healthier lifestyles among citizens.

- **Side:** Support for Government Spending
- **Topic Sentence:** Investing in health initiatives can reduce long-term healthcare costs.
- **Developing:** By promoting healthier lifestyles, the government can decrease the prevalence of chronic diseases, leading to lower medical expenses.

- **Rephrase:** Funding health programs can lead to significant savings in healthcare.
 - **Collocations:** healthcare costs, chronic diseases, government funding
-

Healthy Food

- **Q:** Blue69

The university plans to raise the prices of junk food to generate revenue for expanding healthy food options. The question is whether this approach is agreeable or not.

- **Side:** Support for Price Increase
 - **Topic Sentence:** The additional revenue can significantly enhance the variety of healthy food options available.
 - **Developing:** With the funds generated, the university can invest in diverse and appealing healthy food choices for students.
 - **Rephrase:** More funds can lead to a wider selection of nutritious foods.
 - **Collocations:** healthy food options, fund allocation, variety enhancement
-

Healthy Lifestyle

- **Q:** Neo-W68

The debate centers on whether local governments should allocate funding primarily to arts programs or recreational activities, considering their impact on community engagement and well-being.

- **Side:** Recreational Activities
 - **Topic Sentence:** Recreational activities encourage a healthier lifestyle among residents.
 - **Developing:** Access to parks and trails fosters physical activity, which is essential for overall well-being.
 - **Rephrase:** Outdoor spaces promote wellness and fitness.
 - **Collocations:** healthy lifestyle, physical activity, wellness programs
-

Entertainment

- **Q:** Blue21

The debate explores the preference between entertainment and educational television programs.

- **Side:** Entertainment Programs
 - **Topic Sentence:** Entertainment programs offer a crucial escape from everyday stress.
 - **Developing:** Many people find entertainment shows relaxing, allowing them to unwind after a long day.
 - **Rephrase:** These shows provide a necessary relief from daily stressors.
 - **Collocations:** escape from stress, unwind after, entertainment shows
-

Eye Comfort

- **Q:** Blue116

The debate centers around the preference for reading books in electronic format versus traditional printed copies.

- **Side:** Printed Copies
 - **Topic Sentence:** Printed books reduce eye strain compared to screens.
 - **Developing:** Many readers find that reading from paper is easier on the eyes, especially during long reading sessions.
 - **Rephrase:** Paper books are easier on the eyes than screens.
 - **Collocations:** eye comfort, screen fatigue, long reading
-

Eye Health

- **Q:** Neo-W7

The debate centers around the advantages and disadvantages of electronic books compared to traditional books, focusing on aspects like convenience, reading experience, and health implications.

- **Side:** Traditional Books
- **Topic Sentence:** Reading traditional books is less straining on the eyes compared to screens.
- **Developing:** With the rise of digital devices, many people experience eye strain, making physical books a healthier option.

- **Rephrase:** Traditional books are easier on the eyes than electronic screens.
 - **Collocations:** eye strain, healthier option, screen fatigue
-

Eye Strain

- **Q:** Blue188

The debate centers around the preference between reading paper books and electronic books, exploring the advantages and disadvantages of each format.

- **Side:** Paper Books
 - **Topic Sentence:** Reading paper books reduces eye strain.
 - **Developing:** Unlike screens, paper books do not emit blue light, making them easier on the eyes during long reading sessions.
 - **Rephrase:** Paper books are gentler on the eyes compared to screens.
 - **Collocations:** eye strain, blue light, long reading sessions
-

Fair Assessment

- **Q:** Blue197

The debate centers around whether assignments submitted after the deadline should be penalized with a lower score.

- **Side:** Opposition to Lower Scores
 - **Topic Sentence:** Flexibility can accommodate unforeseen circumstances.
 - **Developing:** Students may face unexpected challenges that hinder their ability to submit work on time, and penalizing them may be unfair.
 - **Rephrase:** Unforeseen events can justify late submissions.
 - **Collocations:** unforeseen circumstances, student challenges, fair assessment
-

Family Time

- **Q:** Neo-S88

The question analyzes the choice between a high-paying job with long hours and a lower-paying job with regular hours.

- **Side:** Lower Salary Job
 - **Topic Sentence:** Regular hours provide time for family and personal interests.
 - **Developing:** With a predictable schedule, one can engage in family activities and pursue hobbies, leading to a fulfilling life.
 - **Rephrase:** Consistent hours allow for quality time with loved ones and personal pursuits.
 - **Collocations:** family time, personal interests, fulfilling life
-

Fitness Benefits

- **Q:** Blue34

The debate centers on whether parents should discourage their children from participating in competitive activities such as sports.

- **Side:** Arguments for Encouraging Participation
 - **Topic Sentence:** Participation in sports can enhance physical health and fitness.
 - **Developing:** Regular physical activity through sports promotes a healthy lifestyle.
 - **Rephrase:** Being active in sports contributes to overall well-being.
 - **Collocations:** physical health, healthy lifestyle, fitness benefits
-

Flexible Routine

- **Q:** Blue82

The debate centers on the preference between daily exercise versus exercising only when one has free time.

- **Side:** Exercise When Free
- **Topic Sentence:** Exercising only when free allows for greater flexibility.
- **Developing:** This approach can prevent burnout and make exercise feel less like a chore.

- **Rephrase:** Flexible exercise schedules can enhance enjoyment.
 - **Collocations:** flexible routine, personal choice, enjoyable activities
-

Flexible Schedule

- **Q:** Blue130

The debate revolves around whether individuals should prioritize daily exercise routines or engage in physical activity only during their free time.

- **Side:** Exercise When Free
 - **Topic Sentence:** Exercising during free time allows for flexibility in scheduling.
 - **Developing:** People can choose to work out when they feel most motivated or have the time to commit.
 - **Rephrase:** Flexible exercise schedules can lead to more enjoyable workouts.
 - **Collocations:** flexible schedule, personal motivation, time management
-

Focus Enhancement

- **Q:** Blue36

The question asks whether students prefer decorated surroundings or simple, undecorated spaces, and why.

- **Side:** Simple Surroundings
 - **Topic Sentence:** Keeping surroundings simple can enhance focus and reduce distractions.
 - **Developing:** A minimalist environment can help students concentrate better by eliminating unnecessary visual clutter, which can be distracting.
 - **Rephrase:** Minimalist spaces help maintain focus by reducing distractions.
 - **Collocations:** enhance focus, reduce distractions, eliminate visual clutter
-

Focus Environment

- **Q:** Blue190

The debate centers around whether listening to music or studying in silence is more effective for concentration and productivity.

- **Side:** Studying in Silence
 - **Topic Sentence:** A quiet environment minimizes distractions and enhances concentration.
 - **Developing:** Silence allows for deeper focus on complex tasks without interruptions from music.
 - **Rephrase:** Silence fosters better concentration on tasks.
 - **Collocations:** minimize distractions, enhance concentration, deeper focus
-

Focus Loss

- **Q:** Neo-S30

The question analyzes whether providing employees with extra free time during the workday to socialize or engage in non-work activities can lead to increased productivity.

- **Side:** Opposition to Extra Free Time
 - **Topic Sentence:** Extra free time may lead to distractions and decreased focus.
 - **Developing:** If employees spend too much time socializing, they might struggle to return to their work tasks effectively.
 - **Rephrase:** Too much socializing can divert attention from work.
 - **Collocations:** distraction risk, focus loss, work interruptions
-

Frequent Trips

- **Q:** Neo-S25

The debate centers around whether spending a lot of money on a vacation for special experiences is better than opting for a budget-friendly vacation.

- **Side:** Budget Vacations
- **Topic Sentence:** Spending less on vacations allows for more frequent travel.

- **Developing:** When people save money, they can take more trips throughout the year, enriching their lives with diverse experiences.
 - **Rephrase:** Lower costs enable more travel opportunities.
 - **Collocations:** frequent trips, diverse experiences, travel savings
-

Functional Improvements

- **Q:** Blue72

The debate centers around whether individuals should change their appearance through means such as surgery.

- **Side:** Support for Changing Appearance
 - **Topic Sentence:** Surgery can correct physical issues that impact daily life.
 - **Developing:** For instance, procedures can address congenital defects or injuries that hinder normal functioning.
 - **Rephrase:** Surgical interventions can resolve functional impairments.
 - **Collocations:** physical corrections, functional improvements, health-related surgeries
-

Health Awareness

- **Q:** Neo-W67

The discussion revolves around the most important action a person can take to maintain good health, with differing opinions on diet and preventive doctor visits.

- **Side:** Preventive Doctor Visits
 - **Topic Sentence:** Preventive visits promote overall health awareness.
 - **Developing:** These visits encourage individuals to stay informed about their health and make necessary lifestyle changes.
 - **Rephrase:** Regular doctor visits enhance health consciousness.
 - **Collocations:** health awareness, lifestyle changes, patient education
-

Enjoyable Workouts

- **Q:** Blue82

The debate centers on the preference between daily exercise versus exercising only when one has free time.

- **Side:** Exercise When Free
 - **Topic Sentence:** Exercising when free can lead to more enjoyable activities.
 - **Developing:** People are more likely to engage in exercises they love when not constrained by a schedule.
 - **Rephrase:** Enjoyment in exercise increases with personal choice.
 - **Collocations:** personal preference, enjoyable workouts, active lifestyle
-

Enjoyable Experience

- **Q:** Neo-S27

The debate centers around whether people prefer surprise visits from friends or prefer to be informed in advance before a visit.

- **Side:** Planned Visits
 - **Topic Sentence:** Planned visits allow for better preparation and organization.
 - **Developing:** Knowing in advance gives individuals the chance to tidy up and prepare for their guests, ensuring a more enjoyable experience.
 - **Rephrase:** Advance notice enables better preparation for hosting.
 - **Collocations:** better preparation, enjoyable experience, tidy up
-

Health Education

- **Q:** Neo-W46

The question analyzes the factors contributing to the increase in life expectancy, focusing on medical technology, public health improvements, and lifestyle changes.

- **Side:** Improvements in Public Health
- **Topic Sentence:** Public health education has promoted healthier lifestyle choices.

- **Developing:** Campaigns have raised awareness about exercise, nutrition, and the dangers of smoking.
 - **Rephrase:** Health education initiatives encourage better lifestyle habits.
 - **Collocations:** healthy habits, public health education, exercise promotion, nutrition awareness
-

Luxury Vacations

- **Q:** Blue57

The debate centers around the differing preferences for spending money on vacations, with some individuals favoring lavish expenditures while others opt for more frugal approaches.

- **Side:** Expensive Vacations
 - **Topic Sentence:** Luxury vacations can enhance relaxation and comfort.
 - **Developing:** Spending more can ensure better accommodations and services, leading to a more enjoyable stay.
 - **Rephrase:** High expenditures can improve comfort and relaxation.
 - **Collocations:** high-end hotels, premium services, relaxation benefits
-

Indoor Activities

- **Q:** Blue193

The debate revolves around the preference for outdoor activities like basketball versus indoor activities such as yoga, exploring the benefits and drawbacks of each.

- **Side:** Indoor Activities
 - **Topic Sentence:** Indoor activities offer a controlled environment for practice.
 - **Developing:** Yoga, for example, allows individuals to focus on their mental and physical alignment without external distractions.
 - **Rephrase:** Indoor activities provide a stable setting for concentrated practice.
 - **Collocations:** controlled environment, focus, mental clarity, distraction-free
-

Information Overload

- **Q:** Neo-S87

The question discusses whether individuals should dedicate time daily to reading the news to stay informed about global events.

- **Side:** Challenges of Daily News Reading
 - **Topic Sentence:** Daily news consumption can lead to information overload.
 - **Developing:** With the vast amount of news available, individuals may feel overwhelmed and unable to process information effectively.
 - **Rephrase:** Too much news can overwhelm individuals.
 - **Collocations:** information overload, news fatigue, cognitive burden
-

Learning Engagement

- **Q:** Blue127

The debate centers around whether learning is more effective in the morning or in the afternoon, with individuals having different preferences.

- **Side:** Afternoon Learning
 - **Topic Sentence:** Some individuals feel more energized and creative in the afternoon.
 - **Developing:** This increased energy can enhance engagement and motivation during learning sessions.
 - **Rephrase:** For certain people, the afternoon brings a boost in creativity and enthusiasm.
 - **Collocations:** increased energy, creative thinking, learning engagement
-

Leisure Activities

- **Q:** Neo-W62

The debate centers around whether people will have more leisure time and work less in the future compared to today.

- **Side:** Shorter Work Hours
- **Topic Sentence:** Increased emphasis on quality of life may prioritize leisure time.

- **Developing:** People may value free time more than accumulating wealth, leading to shorter workweeks.
 - **Rephrase:** A focus on well-being could encourage more leisure time.
 - **Collocations:** quality of life, leisure activities, personal fulfillment
-

Leisurely Experience

- **Q:** Blue175

The question is asking about the preferred location for consuming fast food, whether it is in a fast-food restaurant or in other types of places.

- **Side:** Other Kinds of Places
 - **Topic Sentence:** Having fast food in other kinds of places, such as parks or at home, can be more enjoyable and relaxing.
 - **Developing:** Eating in a non-traditional setting can make the experience feel more leisurely and enjoyable.
 - **Rephrase:** Consuming fast food in alternative locations can enhance the overall dining experience.
 - **Collocations:** non-traditional setting, leisurely experience, alternative locations
-

Living Comfort

- **Q:** Blue202

The debate centers around the choice of living in a big, new place that is far from work or university versus a small, old place that is close to work or university.

- **Side:** Big, New Place
 - **Topic Sentence:** Living in a big, new place offers modern amenities and comfort.
 - **Developing:** These features can enhance overall quality of life and provide a more enjoyable living experience.
 - **Rephrase:** A spacious, contemporary home can significantly improve daily living conditions.
 - **Collocations:** modern amenities, living comfort, spacious environment
-

Medical Progress

- **Q:** Neo-W54

The discussion revolves around identifying significant scientific discoveries or technological inventions from the last two hundred years, excluding computers and cell phones, and their impact on society.

- **Side:** Medical Progress
 - **Topic Sentence:** Medical progress has also led to breakthroughs in treatments and disease management.
 - **Developing:** Innovations in medicine have resulted in vaccines and therapies that save millions of lives.
 - **Rephrase:** Innovations in healthcare have led to life-saving treatments and vaccines.
 - **Collocations:** medical innovations, vaccination programs, disease management
-

Employee Well-Being

- **Q:** Neo-S30

The question analyzes whether providing employees with extra free time during the workday to socialize or engage in non-work activities can lead to increased productivity.

- **Side:** Support for Extra Free Time
 - **Topic Sentence:** Extra free time allows employees to recharge and reduce stress.
 - **Developing:** When employees take breaks to socialize or relax, they return to their tasks with renewed energy and focus.
 - **Rephrase:** Having additional time for relaxation helps employees regain their energy.
 - **Collocations:** employee well-being, stress reduction, work-life balance
-

Academic Performance

- **Q:** Blue142

The debate centers around whether converting a long summer holiday into several short holidays is beneficial for students and the university.

- **Side:** Support for Short Holidays
 - **Topic Sentence:** Multiple short holidays foster better academic performance.
 - **Developing:** Students return to their studies refreshed, leading to increased focus and productivity.
 - **Rephrase:** Regular breaks improve concentration and learning outcomes.
 - **Collocations:** academic performance, increased focus, learning outcomes
-

Memorable Trips

- **Q:** Neo-S25
The debate centers around whether spending a lot of money on a vacation for special experiences is better than opting for a budget-friendly vacation.
 - **Side:** Luxury Vacations
 - **Topic Sentence:** Spending more on vacations allows for unique and memorable experiences.
 - **Developing:** High-end vacations often provide exclusive activities and accommodations that create lasting memories.
 - **Rephrase:** Investing in vacations can lead to unforgettable experiences.
 - **Collocations:** luxury travel, exclusive experiences, memorable trips
-

Mental Clarity

- **Q:** Blue127
The debate centers around whether learning is more effective in the morning or in the afternoon, with individuals having different preferences.
 - **Side:** Morning Learning
 - **Topic Sentence:** Many people find that they are more alert and focused in the morning.
 - **Developing:** This heightened alertness can lead to better retention of information and improved comprehension.
 - **Rephrase:** A lot of individuals experience greater mental clarity during the morning hours.

- **Collocations:** mental clarity, information retention, focused learning
-

Mental Recovery

- **Q:** Blue26
Examining whether it is better to stay constantly busy or to have times of doing nothing.
 - **Side:** Doing Nothing
 - **Topic Sentence:** Periods of doing nothing allow for rest and mental recovery.
 - **Developing:** Taking breaks helps to recharge mentally and physically, improving overall well-being.
 - **Rephrase:** Times of inactivity contribute to mental and physical recuperation.
 - **Collocations:** mental recovery, overall well-being, taking breaks
-

Health Outcomes

- **Q:** Neo-S74
The debate centers around whether a government should regulate unhealthy food and drinks for the health of its citizens or if individuals should have the freedom to make their own consumption choices.
 - **Side:** Government Responsibility
 - **Topic Sentence:** Regulation can lead to better health outcomes.
 - **Developing:** When unhealthy options are limited, people are more likely to choose nutritious foods.
 - **Rephrase:** Limiting unhealthy choices can improve overall health.
 - **Collocations:** nutritious foods, health outcomes, choice limitation
-

Daily Routine

- **Q:** Blue96
The debate centers around whether individuals should have fully arranged schedules or leave ample free time in their daily lives.

- **Side:** Structured Schedules
 - **Topic Sentence:** Structured schedules reduce decision fatigue.
 - **Developing:** With a clear plan, individuals spend less time deciding what to do next, allowing them to focus on executing tasks.
 - **Rephrase:** A well-defined schedule minimizes choices and streamlines actions.
 - **Collocations:** mental load, cognitive resources, daily routine
-

Digital Distractions

- **Q:** Blue184
The question examines the significance of the Internet in daily life and whether one agrees or disagrees with its importance.
 - **Side:** Disagree with the Importance of the Internet
 - **Topic Sentence:** The Internet can lead to distractions and reduced productivity.
 - **Developing:** With endless entertainment options available online, individuals may struggle to focus on important tasks.
 - **Rephrase:** The Internet often distracts users from their responsibilities.
 - **Collocations:** digital distractions, reduced focus, entertainment options
-

Routine Consistency

- **Q:** Blue193
The debate revolves around the preference for outdoor activities like basketball versus indoor activities such as yoga, exploring the benefits and drawbacks of each.
 - **Side:** Indoor Activities
 - **Topic Sentence:** Indoor activities can be practiced regardless of weather conditions.
 - **Developing:** Yoga can be done in any season, making it a versatile option for maintaining a routine.
 - **Rephrase:** Indoor activities remain consistent and accessible in all weather.

- **Collocations:** weather independence, routine consistency, versatility, year-round
-

Cycling Safety

- **Q:** Neo-W96

The debate centers around whether suburban governments should remove helmet regulations for cyclists, weighing the benefits of freedom and convenience against safety concerns.

- **Side:** Safety Concerns
 - **Topic Sentence:** Removing helmet laws may lead to a rise in cycling accidents.
 - **Developing:** Without helmets, cyclists are at a greater risk of suffering serious injuries during collisions.
 - **Rephrase:** Eliminating helmet requirements could increase the likelihood of accidents among cyclists.
 - **Collocations:** accident rates, increased risk, serious injuries
-

Study Time

- **Q:** Neo-S99

The question analyzes whether limiting the number of hours students can work at university jobs is beneficial for promoting academic success.

- **Side:** Limiting Work Hours
 - **Topic Sentence:** Limiting work hours can enhance students' academic performance.
 - **Developing:** By reducing work hours, students have more time to focus on their studies, leading to better grades and understanding of the material.
 - **Rephrase:** Restricting work hours may improve students' academic outcomes.
 - **Collocations:** academic performance, study time, better grades
-

Personal Happiness

- **Q:** Blue147

The debate centers on choosing between a high-paying job and one that offers personal satisfaction.

- **Side:** Job Satisfaction
 - **Topic Sentence:** A job that offers personal satisfaction can lead to greater happiness.
 - **Developing:** When individuals enjoy their work, they are more motivated and engaged, leading to a fulfilling life.
 - **Rephrase:** Finding joy in work can enhance overall well-being.
 - **Collocations:** personal happiness, job engagement, fulfilling life
-

Personal Choice

- **Q:** Neo-S74

The debate centers around whether a government should regulate unhealthy food and drinks for the health of its citizens or if individuals should have the freedom to make their own consumption choices.

- **Side:** Individual Freedom
 - **Topic Sentence:** Individuals should have the right to make their own dietary choices.
 - **Developing:** Personal freedom allows people to take responsibility for their own health and lifestyle.
 - **Rephrase:** People should be free to decide what they eat.
 - **Collocations:** personal choice, dietary decisions, individual responsibility
-

Pedestrian Safety

- **Q:** Blue66

The debate centers around whether the government should implement a law imposing fines on individuals who use mobile phones while crossing the street.

- **Side:** Support for the Law
- **Topic Sentence:** Implementing fines can enhance pedestrian safety.

- **Developing:** By discouraging phone use while crossing, the law can reduce accidents and injuries.
 - **Rephrase:** Fines could lead to safer crossings for pedestrians.
 - **Collocations:** pedestrian safety, reduce accidents, mobile phone use
-

Noise Reduction

- **Q:** Neo-S12

The debate centers around whether individuals should listen to music on headphones while traveling or prefer to travel in silence.

- **Side:** Listening to Music
 - **Topic Sentence:** Music can help drown out unpleasant noises.
 - **Developing:** Headphones provide a personal sound environment that reduces distractions.
 - **Rephrase:** Using headphones creates a private auditory space that minimizes disturbances.
 - **Collocations:** drown out noise, personal sound environment, reduce distractions
-

Productivity

- **Q:** Blue138

The debate centers around whether employees should be permitted to listen to music while working.

- **Side:** Support for Music at Work
 - **Topic Sentence:** Listening to music can enhance productivity.
 - **Developing:** Many studies suggest that music can improve focus and efficiency, allowing employees to complete tasks more effectively.
 - **Rephrase:** Music has the potential to boost work performance.
 - **Collocations:** enhanced focus, increased efficiency, task completion
-

Peace And Relaxation

- **Q:** Blue203

The debate centers around the preference for living in a noisy area with convenient access to shops and public transportation versus a quiet area that is distant from these amenities.

- **Side:** Quiet but Distant Area
 - **Topic Sentence:** Living in a quiet area promotes peace and relaxation.
 - **Developing:** A serene environment can reduce stress and improve overall well-being.
 - **Rephrase:** A tranquil setting fosters a calm lifestyle.
 - **Collocations:** peace and relaxation, reduce stress, overall well-being
-

Academic Focus

- **Q:** Neo-S72

The question discusses whether limiting the number of student clubs, sports, or organizations a student can join is beneficial for ensuring adequate study time.

- **Side:** Limiting Participation
 - **Topic Sentence:** Limiting the number of clubs can enhance academic performance.
 - **Developing:** Fewer commitments allow students to focus more on their studies, leading to better grades.
 - **Rephrase:** Restricting club involvement can improve students' academic results.
 - **Collocations:** academic focus, better grades, time management
-

Productivity Loss

- **Q:** Neo-S95

The debate centers around whether watching television is a productive use of time.

- **Side:** For Watching Television
- **Topic Sentence:** Television can be a significant time-waster.
- **Developing:** Excessive viewing can lead to procrastination and decreased productivity.

- **Rephrase:** Watching too much television can hinder effective time management.
 - **Collocations:** time management, productivity loss, distraction
-

Self-Care

- **Q:** Blue39

The question explores whether happiness is derived more from helping others than from self-help.

- **Side:** Helping Yourself
 - **Topic Sentence:** Prioritizing self-care is essential for overall well-being.
 - **Developing:** Taking care of one's own needs allows individuals to recharge and be more effective in helping others.
 - **Rephrase:** Self-care is crucial for maintaining well-being.
 - **Collocations:** self-care, overall well-being, recharge
-

Sleep Patterns

- **Q:** Neo-W112

The debate centers around whether school start times should be delayed for teenagers to accommodate their sleep patterns.

- **Side:** Opposition to Delayed Start Times
 - **Topic Sentence:** Changing school start times may not lead to increased sleep for teenagers.
 - **Developing:** There is no guarantee that teens will go to bed earlier just because school starts later, which could negate the intended benefits.
 - **Rephrase:** Adjusting school hours might not actually result in more sleep for students.
 - **Collocations:** sleep patterns, school schedules, teen behavior
-

Sports Benefits

- **Q:** Blue15

Analyzing whether playing sports as children leads to increased aggression in adulthood.

- **Side:** Disagree
 - **Topic Sentence:** Sports offer a healthy outlet for energy and stress, which can lessen aggressive behaviors.
 - **Developing:** Engagement in physical activities allows for the release of tension and promotes a calmer demeanor.
 - **Rephrase:** Sports serve as a constructive way to release stress, mitigating aggression.
 - **Collocations:** healthy outlet, release of tension, calmer demeanor
-

Stress Impact

- **Q:** Blue46

The question analyzes whether individuals perform better under stress or pressure, suggesting that stress may enhance motivation towards achieving goals.

- **Side:** Negative Effects of Stress
 - **Topic Sentence:** Stress can impair decision-making abilities.
 - **Developing:** Under high pressure, individuals may struggle to think clearly, leading to poor choices.
 - **Rephrase:** Pressure can hinder clear thinking.
 - **Collocations:** poor judgment, cognitive overload, decision-making
-

Student Burnout

- **Q:** Blue209

The debate centers around whether schools should mandate students to complete a reading list during school breaks.

- **Side:** Opposition to Reading Lists
- **Topic Sentence:** Mandatory reading can lead to student burnout.
- **Developing:** Students may feel overwhelmed by additional academic pressure during their breaks.

- **Rephrase:** Compulsory reading may cause fatigue among students.
 - **Collocations:** student burnout, academic pressure, break time
-

Student Focus

- **Q:** Blue126
The debate centers around whether students should be allowed to eat and drink during classes.
 - **Side:** Support for Eating and Drinking
 - **Topic Sentence:** Allowing students to eat and drink can enhance their focus.
 - **Developing:** When students are not hungry or thirsty, they are more likely to concentrate on the lesson.
 - **Rephrase:** Permitting snacks and drinks can improve students' attention.
 - **Collocations:** enhanced focus, student concentration, classroom environment
-

Student Performance

- **Q:** Blue7
The debate centers around whether the new campus café should be a quiet study area or a social space for conversation and entertainment.
 - **Side:** Quiet Study Area
 - **Topic Sentence:** Having a quiet area can improve overall student performance.
 - **Developing:** Access to a peaceful space can lead to better grades and reduced stress levels among students.
 - **Rephrase:** A tranquil café can contribute to higher academic success.
 - **Collocations:** improve performance, reduce stress, academic success
-

Personal Life

- **Q:** Blue151

The debate centers around whether having a job that one loves is essential for happiness.

- **Side:** Value of Financial Stability
 - **Topic Sentence:** Many people find happiness outside of their jobs.
 - **Developing:** Hobbies, relationships, and personal achievements can provide joy that is independent of one's career.
 - **Rephrase:** Personal life can bring happiness separate from job satisfaction.
 - **Collocations:** personal life, hobbies, social relationships
-

Personal Reflection

- **Q:** Neo-W83

The debate centers around whether taking breaks from news consumption is beneficial for individuals, considering the psychological effects and societal pressures of constant news exposure.

- **Side:** Psychological Benefits of Breaks
 - **Topic Sentence:** Limiting news consumption can lead to a more balanced perspective.
 - **Developing:** Stepping back from the news allows individuals to reflect and develop their viewpoints without external pressure.
 - **Rephrase:** Reducing news intake fosters personal reflection.
 - **Collocations:** balanced perspective, personal reflection, critical thinking
-

Negative Influence

- **Q:** Blue91

The debate centers around whether the government should impose restrictions on violence and bad language in television programs.

- **Side:** Support for Restrictions
- **Topic Sentence:** Exposure to violent and inappropriate language can negatively influence behavior.

- **Developing:** Research shows that children and adolescents may mimic aggressive behavior seen on screen.
 - **Rephrase:** Inappropriate content can lead to imitative behavior in youth.
 - **Collocations:** negative influence, behavior mimicry, youth exposure
-

Playtime

- **Q:** Blue162

The question discusses whether children should be required to assist with household tasks as soon as they are capable.

- **Side:** Opposition to Household Tasks
 - **Topic Sentence:** Children should have time for play and education.
 - **Developing:** Focusing too much on chores can take away from valuable time that children need for play, learning, and socializing.
 - **Rephrase:** Excessive chores can limit children's opportunities for play and education.
 - **Collocations:** playtime, education, socializing
-

Physical Stamina

- **Q:** Blue73

The debate centers around whether elderly individuals should engage in risky and adventurous activities like younger people.

- **Side:** Risks for Elderly Individuals
 - **Topic Sentence:** Elderly individuals might lack the physical stamina required for adventurous events.
 - **Developing:** As people age, their physical capabilities often decline, making it harder to keep up with younger participants.
 - **Rephrase:** Physical limitations hinder seniors in adventure sports.
 - **Collocations:** physical stamina, age-related decline, younger participants
-

Planning

- **Q:** Blue145

The debate centers around whether it is better to make detailed plans for the future or to focus on the present without making any plans.

- **Side:** Planning for the Future
 - **Topic Sentence:** Planning reduces uncertainty and anxiety about the future.
 - **Developing:** Having a plan in place can provide a sense of control and preparedness for upcoming challenges.
 - **Rephrase:** A well-structured plan can alleviate worries regarding future uncertainties.
 - **Collocations:** reduce anxiety, sense of control, preparedness for challenges
-

Modern Amenities

- **Q:** Neo-S32

The debate centers around whether building a new housing complex in the only green space of a crowded city is a good idea.

- **Side:** Support for Housing Complex
 - **Topic Sentence:** The new complex could provide modern amenities and improve living conditions.
 - **Developing:** New developments often include updated facilities that enhance the quality of life for residents.
 - **Rephrase:** A new housing project can offer better living standards and conveniences.
 - **Collocations:** modern amenities, quality of life, residential facilities
-

Outdoor Activities

- **Q:** Blue193

The debate revolves around the preference for outdoor activities like basketball versus indoor activities such as yoga, exploring the benefits and drawbacks of each.

- **Side:** Outdoor Activities

- **Topic Sentence:** Outdoor activities provide a refreshing change of environment.
 - **Developing:** Being outdoors allows individuals to enjoy nature, which can improve mental well-being.
 - **Rephrase:** Engaging in outdoor sports offers a revitalizing experience in a natural setting.
 - **Collocations:** nature exposure, mental health, fresh air, environmental change
-

Minimalist Lifestyle

- **Q:** Neo-W99
The debate centers around whether having too many possessions lowers one's quality of life, considering both the burdens and benefits of ownership.
 - **Side:** Negative Impact of Excess Possessions
 - **Topic Sentence:** Fewer possessions can create a more peaceful and organized environment.
 - **Developing:** Simplifying one's belongings often leads to a clearer mind and a more enjoyable living space.
 - **Rephrase:** A minimalist lifestyle can enhance tranquility and order.
 - **Collocations:** minimalist lifestyle, peaceful environment, organized space
-

Music And Travel

- **Q:** Neo-S12
The debate centers around whether individuals should listen to music on headphones while traveling or prefer to travel in silence.
 - **Side:** Listening to Music
 - **Topic Sentence:** Listening to music enhances the travel experience.
 - **Developing:** Music can uplift mood and make journeys more enjoyable.
 - **Rephrase:** Enjoying music can significantly improve the quality of travel.
 - **Collocations:** enhance experience, uplift mood, enjoyable journey
-

Positive News

- **Q:** Neo-S112

The question analyzes whether people are more drawn to negative news stories compared to positive ones.

- **Side:** Interest in Positive News
 - **Topic Sentence:** Positive news helps counterbalance the negativity in daily life.
 - **Developing:** In a world filled with challenges, positive stories provide hope and a sense of normalcy.
 - **Rephrase:** Good news offers a refreshing perspective.
 - **Collocations:** hopeful narratives, balance in news, normalcy in reporting
-

Nutrition Awareness

- **Q:** Neo-W109

The question explores whether people are generally healthier now than in the past, considering advancements in healthcare and ongoing lifestyle challenges.

- **Side:** Healthier Today
 - **Topic Sentence:** Access to better nutrition has contributed to overall health improvements.
 - **Developing:** With a greater variety of food options and awareness of nutrition, people can make healthier choices.
 - **Rephrase:** Improved nutrition has led to better health among the population.
 - **Collocations:** nutritional awareness, healthy choices, food variety
-

Prevent Burnout

- **Q:** Blue130

The debate revolves around whether individuals should prioritize daily exercise routines or engage in physical activity only during their free time.

- **Side:** Exercise When Free
- **Topic Sentence:** Exercising when free can prevent burnout.

- **Developing:** Participating in physical activity only when one has the time can help maintain enthusiasm and prevent fatigue.
 - **Rephrase:** Occasional workouts can sustain interest and energy levels.
 - **Collocations:** prevent burnout, sustain interest, enthusiasm for fitness
-

Preventive Care

- **Q:** Neo-W67

The discussion revolves around the most important action a person can take to maintain good health, with differing opinions on diet and preventive doctor visits.

- **Side:** Preventive Doctor Visits
 - **Topic Sentence:** Regular checkups are vital for early detection of health issues.
 - **Developing:** Annual exams allow doctors to identify potential health problems before they escalate.
 - **Rephrase:** Routine medical visits are crucial for catching health issues early.
 - **Collocations:** preventive care, health screenings, early detection
-

Modern Conveniences

- **Q:** Neo-S97

The decision between living in a new dormitory with modern amenities versus an older, historically significant dormitory.

- **Side:** Modern Dormitory
 - **Topic Sentence:** Living in the new dormitory provides essential modern conveniences.
 - **Developing:** These conveniences, such as high-speed internet and updated facilities, enhance the overall living experience.
 - **Rephrase:** Residing in the new dormitory offers vital contemporary amenities.
 - **Collocations:** modern conveniences, high-speed internet, updated facilities
-

Natural Rhythms

- **Q:** Blue67

The debate centers around the preference for taking classes in the morning versus the afternoon.

- **Side:** Afternoon Classes
 - **Topic Sentence:** Afternoon classes accommodate natural rhythms.
 - **Developing:** Many students feel more awake and engaged later in the day, which can enhance participation.
 - **Rephrase:** Classes in the afternoon align with energy levels.
 - **Collocations:** peak performance, engagement, natural energy
-

Music Benefits

- **Q:** Blue190

The debate centers around whether listening to music or studying in silence is more effective for concentration and productivity.

- **Side:** Listening to Music
 - **Topic Sentence:** Listening to music can enhance focus and motivation.
 - **Developing:** Many people find that music helps them concentrate better and makes tasks feel less tedious.
 - **Rephrase:** Music can boost concentration and drive.
 - **Collocations:** enhance focus, boost motivation, improve productivity
-

Pet Care

- **Q:** Blue65

The debate centers around whether children should be permitted to have pets.

- **Side:** Opposition to Keeping Pets
 - **Topic Sentence:** Pets require significant time and resources.
 - **Developing:** Children may struggle to meet the demands of pet care, leading to neglect or stress.
 - **Rephrase:** Caring for pets can be too much for kids.
 - **Collocations:** time commitment, resource allocation, pet neglect
-

Study Productivity

- **Q:** Blue76

The question discusses the preference between two apartments: one near campus but more expensive, and one farther away but cheaper.

- **Side:** Cost-effectiveness
 - **Topic Sentence:** Living farther from campus can provide a quieter environment.
 - **Developing:** A less central location often means less noise and distractions, which can enhance study productivity.
 - **Rephrase:** A distant apartment may offer a more peaceful living space.
 - **Collocations:** quieter environment, study productivity, less noise
-

Surgery Risks

- **Q:** Blue72

The debate centers around whether individuals should change their appearance through means such as surgery.

- **Side:** Opposition to Changing Appearance
 - **Topic Sentence:** Changing appearance through surgery can lead to unrealistic expectations.
 - **Developing:** Individuals may find themselves dissatisfied with results, leading to a cycle of further procedures.
 - **Rephrase:** Surgical alterations may create unattainable standards.
 - **Collocations:** unrealistic expectations, dissatisfaction with results, surgical cycle
-

Customization Options

- **Q:** Blue175

The question is asking about the preferred location for consuming fast food, whether it is in a fast-food restaurant or in other types of places.

- **Side:** Other Kinds of Places
- **Topic Sentence:** Other kinds of places may offer more options for customization and personalization of fast food.

- **Developing:** When eating at home or in other non-traditional settings, individuals can modify their fast food to suit their tastes.
 - **Rephrase:** Having fast food in alternative locations provides more opportunities for customization.
 - **Collocations:** customization options, personalization, modify to taste
-

Taxation

- **Q:** Neo-W48

The discussion revolves around whether the government should impose taxes on unhealthy products like sugary drinks and junk food to discourage consumption and improve public health.

- **Side:** Support for Taxing Unhealthy Products
 - **Topic Sentence:** Taxing unhealthy products can significantly reduce consumption.
 - **Developing:** By increasing the cost of sugary drinks and junk food, people may be less likely to buy them, leading to better health outcomes.
 - **Rephrase:** Imposing taxes on unhealthy items can lower their consumption rates.
 - **Collocations:** health problems, sugar consumption, government intervention
-

Road Safety

- **Q:** Blue29

The debate centers around whether to lower the age for obtaining a driver's license, weighing the potential benefits against safety concerns.

- **Side:** Opposition to Lowering Age
- **Topic Sentence:** Lowering the driving age may increase road accidents involving young drivers.
- **Developing:** Statistical data shows that younger drivers are more prone to risky behaviors and accidents.
- **Rephrase:** Younger drivers are statistically more likely to be involved in accidents.
- **Collocations:** road accidents, young drivers, risky behavior

Safety Concerns

- **Q:** Neo-S112

The question analyzes whether people are more drawn to negative news stories compared to positive ones.

- **Side:** Interest in Negative News
 - **Topic Sentence:** Negative news often feels more relevant to personal safety.
 - **Developing:** When people hear about crime or health risks, they may feel compelled to stay informed to protect themselves.
 - **Rephrase:** Awareness of risks is heightened by negative news.
 - **Collocations:** safety concerns, risk awareness, crime reports
-

Safety Measures

- **Q:** Neo-W96

The debate centers around whether suburban governments should remove helmet regulations for cyclists, weighing the benefits of freedom and convenience against safety concerns.

- **Side:** Safety Concerns
 - **Topic Sentence:** Helmet regulations are crucial for ensuring cyclist safety.
 - **Developing:** They protect riders from severe head injuries in case of accidents, which can be life-threatening.
 - **Rephrase:** Mandatory helmet laws are essential for safeguarding cyclists' well-being.
 - **Collocations:** cyclist safety, head injury prevention, protective measures
-

Sanitization

- **Q:** Blue140

The debate centers around the preference for washing dishes by hand versus using a dishwasher.

- **Side:** Using a Dishwasher
 - **Topic Sentence:** Dishwashers can sanitize dishes more effectively.
 - **Developing:** The high temperatures used in dishwashers kill more bacteria than hand washing.
 - **Rephrase:** Dishwashers provide superior sanitation for dishes.
 - **Collocations:** sanitization, high temperatures, bacteria elimination
-

Screen Fatigue

- **Q:** Blue204
The debate centers around the university's decision to release textbooks only in an online format instead of traditional paper versions.
 - **Side:** Disadvantages of Online Textbooks
 - **Topic Sentence:** Online textbooks can lead to increased screen fatigue.
 - **Developing:** Prolonged use of screens can cause discomfort and reduce students' ability to focus.
 - **Rephrase:** Digital formats may contribute to eye strain and fatigue.
 - **Collocations:** screen time, eye strain, focus issues
-

Reflective Thinking

- **Q:** Blue174
The debate centers around the preference for daily news consumption versus occasional news consumption.
 - **Side:** Occasional News Consumption
 - **Topic Sentence:** It allows for more focused and meaningful engagement with news.
 - **Developing:** When people consume news less frequently, they can dedicate time to understanding and reflecting on the information they receive.
 - **Rephrase:** Infrequent news consumption enables deeper comprehension.
 - **Collocations:** meaningful engagement, focused analysis, reflective thinking
-

Medical Technology

- **Q:** Neo-W46

The question analyzes the factors contributing to the increase in life expectancy, focusing on medical technology, public health improvements, and lifestyle changes.

- **Side:** Advances in Medical Technology
 - **Topic Sentence:** Recent advances in medical technology have significantly improved life expectancy.
 - **Developing:** Modern medicine allows for better treatment and management of chronic illnesses, leading to longer lives.
 - **Rephrase:** Innovations in healthcare have greatly enhanced longevity.
 - **Collocations:** medical breakthroughs, chronic illness management, cancer treatment, organ transplantation
-

Mental Well-Being

- **Q:** Blue82

The debate centers on the preference between daily exercise versus exercising only when one has free time.

- **Side:** Daily Exercise
 - **Topic Sentence:** Daily exercise fosters mental well-being.
 - **Developing:** Exercise releases endorphins, which can improve mood and reduce stress levels.
 - **Rephrase:** Regular workouts boost mental health.
 - **Collocations:** stress reduction, mood enhancement, mental clarity
-

Clutter-Free

- **Q:** Blue14

The debate centers around whether individuals should keep old items from the past due to emotional attachment or if they should let go of them.

- **Side:** Practicality
- **Topic Sentence:** Letting go of old items can lead to a more organized and clutter-free life.

- **Developing:** Without the burden of unnecessary possessions, individuals can focus on the present.
 - **Rephrase:** A decluttered space allows for greater focus on current priorities.
 - **Collocations:** organized life, clutter-free, focus on the present
-

Comfort

- **Q:** Blue31
The discussion addresses whether individuals should consistently wear fashionable clothes.
 - **Side:** Disagree
 - **Topic Sentence:** Comfort and practicality are often more important than fashion.
 - **Developing:** Many people prioritize wearing clothes that are comfortable and suited to their daily tasks rather than focusing on fashion.
 - **Rephrase:** Comfort often outweighs the need for fashionable attire.
 - **Collocations:** comfort and practicality, important than fashion, daily tasks, prioritize comfort
-

Community Health

- **Q:** Neo-W68
The debate centers on whether local governments should allocate funding primarily to arts programs or recreational activities, considering their impact on community engagement and well-being.
 - **Side:** Recreational Activities
 - **Topic Sentence:** Investing in outdoor trails and parks benefits a larger segment of the community.
 - **Developing:** More residents are likely to utilize recreational spaces, promoting physical health and social interaction.
 - **Rephrase:** Enhancing parks and trails serves a broader audience.
 - **Collocations:** community health, outdoor activities, social engagement
-

Community Safety

- **Q:** Blue173

The debate examines whether children benefit more from growing up in a big city or a small town.

- **Side:** Growing Up in a Small Town
 - **Topic Sentence:** Small towns provide a safer environment for children.
 - **Developing:** Lower crime rates and close-knit communities contribute to a sense of security.
 - **Rephrase:** Children in rural areas often experience greater safety.
 - **Collocations:** community safety, low crime, secure environment
-

Consistent Taste

- **Q:** Blue175

The question is asking about the preferred location for consuming fast food, whether it is in a fast-food restaurant or in other types of places.

- **Side:** Fast-Food Restaurants
 - **Topic Sentence:** Fast-food restaurants often have a consistent taste and quality that customers have grown accustomed to.
 - **Developing:** The standardized preparation methods used in fast-food restaurants ensure that the food tastes the same every time.
 - **Rephrase:** The familiar taste of fast food is a major draw for many customers.
 - **Collocations:** consistent taste, standardized preparation, familiar flavor
-

Consumerism

- **Q:** Neo-W3

The debate revolves around whether consumerism is beneficial for individuals and the economy or if it leads to negative consequences such as overconsumption and waste.

- **Side:** Drawbacks of Consumerism
- **Topic Sentence:** Consumerism promotes materialism at the expense of personal well-being.

- **Developing:** This mindset can result in dissatisfaction and a perpetual cycle of wanting more, rather than appreciating what one has.
 - **Rephrase:** A focus on possessions undermines happiness.
 - **Collocations:** materialism, personal satisfaction, dissatisfaction, consumer culture
-

Corrective Surgery

- **Q:** Neo-S59

The debate centers around the use of extreme methods, such as surgery, to alter one's appearance in the pursuit of attractiveness.

- **Side:** Support for Appearance Alteration
 - **Topic Sentence:** Surgical methods can provide significant physical improvements.
 - **Developing:** For some, these procedures can correct physical features that cause distress or social anxiety.
 - **Rephrase:** Surgery can effectively address physical concerns.
 - **Collocations:** physical enhancement, corrective surgery, social anxiety
-

Retirement Benefits

- **Q:** Blue114

The debate centers on whether individuals should be mandated to retire at the age of 65.

- **Side:** Mandatory Retirement Age
 - **Topic Sentence:** Retirement at 65 promotes better health and well-being for older adults.
 - **Developing:** With more leisure time, retirees can focus on health, hobbies, and family, leading to a higher quality of life.
 - **Rephrase:** Ending work at 65 allows seniors to enhance their health and personal lives.
 - **Collocations:** health benefits, quality of life, personal fulfillment
-

Mental Wellness

- **Q:** Neo-S98

The debate centers around whether playing games or sports for enjoyment or solely for the purpose of winning is a better approach.

- **Side:** Playing for Enjoyment
 - **Topic Sentence:** Enjoyment leads to better mental health.
 - **Developing:** Playing for fun reduces stress and promotes a positive mindset.
 - **Rephrase:** Playing games for enjoyment improves psychological well-being.
 - **Collocations:** stress relief, positive mindset, mental wellness
-

Reduce Stress

- **Q:** Blue12

The topic analyzes whether buyers prefer to negotiate prices or pay fixed prices when purchasing new or used products.

- **Side:** Preference for Fixed Price
 - **Topic Sentence:** Paying a fixed price saves time and reduces stress.
 - **Developing:** With a set price, buyers do not have to spend time haggling or worry about negotiation skills.
 - **Rephrase:** Having a fixed price eliminates the need for time-consuming bargaining.
 - **Collocations:** reduce stress, fixed price, save time
-

Sedentary Lifestyle

- **Q:** Blue168

The debate centers around whether watching TV is a productive use of time or not.

- **Side:** Against Watching TV.
- **Topic Sentence:** Watching TV can lead to a sedentary lifestyle.
- **Developing:** Excessive TV watching often results in reduced physical activity, contributing to health issues.

- **Rephrase:** Television viewing promotes inactivity, which can harm health.
 - **Collocations:** sedentary lifestyle, health issues, physical activity
-

Test Anxiety

- **Q:** Blue176
The debate centers around students' preferences for essay questions versus objective/multiple-choice questions in exams.
 - **Side:** Objective/Multiple-Choice Questions
 - **Topic Sentence:** Multiple-choice questions can reduce test anxiety.
 - **Developing:** Students may feel less pressure when selecting answers rather than writing essays.
 - **Rephrase:** Choosing answers can be less stressful than composing essays.
 - **Collocations:** test anxiety, pressure reduction, answer selection
-

Time Constraints

- **Q:** Neo-S7
The question explores whether people will read less in the future, inviting a discussion on the impact of technology and changing lifestyles on reading habits.
 - **Side:** Increased Technology Usage
 - **Topic Sentence:** People's busy lifestyles contribute to less time available for reading.
 - **Developing:** As work and personal commitments increase, individuals often prioritize other activities over reading.
 - **Rephrase:** A hectic lifestyle often leaves little room for dedicated reading time.
 - **Collocations:** busy lifestyles, time constraints, prioritizing activities
-

Traditional Methods

- **Q:** Neo-S42

The debate centers around whether older doctors possess more knowledge than their younger counterparts.

- **Side:** Older Doctors
 - **Topic Sentence:** They are often more familiar with traditional treatment methods.
 - **Developing:** Older doctors may have a deeper understanding of established practices that have proven effective over time.
 - **Rephrase:** They possess a strong grasp of conventional medical techniques.
 - **Collocations:** traditional methods, effective treatments, medical practices
-

Unique Experience

- **Q:** Neo-S97

The decision between living in a new dormitory with modern amenities versus an older, historically significant dormitory.

- **Side:** Historic Dormitory
 - **Topic Sentence:** The historic dormitory offers a unique living experience with character.
 - **Developing:** Its unique architecture and ambiance create a distinctive atmosphere that modern buildings may lack.
 - **Rephrase:** The historic dormitory provides a one-of-a-kind living experience.
 - **Collocations:** unique experience, distinctive atmosphere, architectural character
-

Unique Experiences

- **Q:** Blue57

The debate centers around the differing preferences for spending money on vacations, with some individuals favoring lavish expenditures while others opt for more frugal approaches.

- **Side:** Expensive Vacations
 - **Topic Sentence:** Spending more on vacations can lead to unique experiences.
 - **Developing:** High-budget trips often offer exclusive activities that create lasting memories.
 - **Rephrase:** Investing in vacations can provide exceptional experiences.
 - **Collocations:** luxury travel, exclusive experiences, memorable trips
-

Sleep Challenges

- **Q:** Neo-W112
The debate centers around whether school start times should be delayed for teenagers to accommodate their sleep patterns.
 - **Side:** Support for Delayed Start Times
 - **Topic Sentence:** Teenagers experience unique sleep challenges that warrant a later start time.
 - **Developing:** Biological changes during adolescence naturally shift sleep patterns, making it difficult for teens to wake up early.
 - **Rephrase:** Adolescent biology justifies a later start for schools.
 - **Collocations:** biological changes, sleep cycles, adolescent needs
-

Public Safety

- **Q:** Neo-S46
The debate centers around whether the government should impose fines on individuals who use cellphones while walking across the street.
 - **Side:** Support for Fines
 - **Topic Sentence:** Enacting fines can enhance public safety.
 - **Developing:** By discouraging cellphone use while walking, the likelihood of accidents can be reduced.
 - **Rephrase:** Imposing fines may lead to safer pedestrian behavior.
 - **Collocations:** public safety, pedestrian accidents, cellphone distractions
-

Reduce Anxiety

- **Q:** Blue207

The debate centers on whether students should take exams in class or at home, with each option presenting distinct advantages and challenges.

- **Side:** At-Home Exams
 - **Topic Sentence:** At-home exams offer flexibility and convenience for students.
 - **Developing:** This format allows students to take exams in a comfortable environment, potentially reducing anxiety and improving performance.
 - **Rephrase:** Taking exams at home provides a more relaxed setting that can enhance student performance.
 - **Collocations:** flexibility, reduce anxiety, improve performance
-

Security Travel

- **Q:** Neo-W5

The debate centers around whether traveling in a group with a tour guide is superior to traveling solo or with a companion.

- **Side:** Traveling with a Tour Guide
 - **Topic Sentence:** Traveling in a group with a tour guide offers enhanced security.
 - **Developing:** Having a knowledgeable guide ensures safety and helps navigate unfamiliar areas.
 - **Rephrase:** Group travel with a guide provides a safer experience.
 - **Collocations:** security in travel, guided tours, safety measures
-

Quality Of Life

- **Q:** Neo-W109

The question explores whether people are generally healthier now than in the past, considering advancements in healthcare and ongoing lifestyle challenges.

- **Side:** Healthier in the Past
- **Topic Sentence:** The quality of life has been compromised by modern habits.

- **Developing:** Stress and lack of physical activity negatively impact overall well-being.
 - **Rephrase:** Contemporary living conditions can detract from our overall health and happiness.
 - **Collocations:** quality of life, stress levels, physical activity
-

Quiet Environment

- **Q:** Neo-S61

This debate analyzes the pros and cons of two apartment options: one that is expensive but close to campus and another that is affordable but farther away.

- **Side:** Affordability of Rent
 - **Topic Sentence:** Living farther away can provide a quieter living environment.
 - **Developing:** Less proximity to campus often means less noise and distractions, which can be beneficial for studying.
 - **Rephrase:** A distant location may offer a more peaceful atmosphere for academic focus.
 - **Collocations:** quiet environment, study concentration, peaceful living
-

Quietness

- **Q:** Neo-S56

The debate centers around whether it is preferable to remain quiet or to engage in conversation while watching movies and television shows with friends and family.

- **Side:** Quiet Viewing
 - **Topic Sentence:** Quietness minimizes distractions.
 - **Developing:** When viewers talk during a movie, it can disrupt the flow and lead to missed plot points or important dialogue.
 - **Rephrase:** Silence helps maintain focus on the content.
 - **Collocations:** minimize distractions, disrupt flow, missed dialogue
-

Reading Experience

- **Q:** Blue116

The debate centers around the preference for reading books in electronic format versus traditional printed copies.

- **Side:** Printed Copies
 - **Topic Sentence:** Reading printed books provides a tactile experience that many find enjoyable.
 - **Developing:** The physical sensation of turning pages and the smell of paper can create a deeper connection to the text.
 - **Rephrase:** Printed books offer a sensory reading experience.
 - **Collocations:** tactile experience, physical book, page turning
-

Recreational Area

- **Q:** Neo-S32

The debate centers around whether building a new housing complex in the only green space of a crowded city is a good idea.

- **Side:** Opposition to Housing Complex
 - **Topic Sentence:** The park serves as a vital recreational area for residents.
 - **Developing:** It provides a space for exercise, relaxation, and social activities, which are essential in urban settings.
 - **Rephrase:** The park is important for recreation and leisure in the city.
 - **Collocations:** recreational area, exercise space, urban leisure
-

Yoga And Meditation

- **Q:** Neo-W1

This debate explores whether yoga and meditation or physical activities like sports and exercise have a more positive impact on mental health and overall happiness.

- **Side:** Yoga and Meditation
- **Topic Sentence:** Yoga and meditation significantly enhance mental focus and reduce stress.

- **Developing:** These practices allow individuals to relax and center themselves, leading to increased focus and calmness.
- **Rephrase:** Practicing yoga and meditation helps people relax and focus better.
- **Collocations:** mental focus, reduce stress, practices allow