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# Appendix: Pre- and Post-test Results Experimental Group 1

Student 1

Pre-test

Reading has a lot of benefits, so its not only good for your general reading skills but also for a lot of other things. I will sum up a few examples! I think that if you read a lot of books and magazines you can expand your vocabulary list with new words, these are always handy to use when you need to use your English skills in a situation. When reading magazines you also get a lot of new information in a different way then your smartphone, so it doesn’t have anything to do with reading itself but its still very useful, and probably more healthy. Something a little bit deeper is empathy, how can you get more empathy from reading? I think you get it from imagining the story, you get to live in a persons head so you understand what he or she is feeling at that moment, and that way I think it has a positive impact on your empathy, and I think this is one of the only ways you can train your empathy, so it’s definitely worth it. The last benefit I am going to talk about is the general well-being. When reading a book you get very calm and relaxed, and because you are so focused on the book you forget al your problems. (off course the problems don’t disappear, but you just forget them for a bit) Which results in you being happier. So all the benefits combined I think reading is a good thing for u, and considering the benefit its definitely worth it reading a few more times.

Post-test:

What are the benefits of reading?

Reading has a lot of benefits, in the text below we are going to discuss some of the benefits reading comes with.

The first benefit is really simple, you will become a better reader when you read a lot. This is a very handy skill in the daily life because everyday you have to read countless amounts of little texts. When reading a lot your focus will improve to, because when you read a book you need a lot of attention not to get distracted.

Another benefit reading comes with, is empathy. because when you are reading a good book, you can really get into the characters mind and get totally zoned in. so this way you train yourself to understand what others feel, and this way improve your empathy.

You can see examples of these everywhere, people who can read properly good, are in a way better place in society than people who can’t read. Because on the streets there is text everywhere, and you are not getting a job if u can not read. My conclusion is that reading is one of the most important things in life, and that reading itself is a huge benefit. Because without reading you can not do anything in 2024. And not only to have a role in society, but also for yourself. You can train your brain in a way that nothing else can train it besides reading, for example the empathy.

So what are the benefits of reading? first you can function way better in society if you can read, also your focus gets improved. Another benefit was the empathy, you will get a better sense of empathy when reading a lot, and reading is probably the only way you can improve this.

**Rubric for writing assignment**

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11/16

* The post-test essay demonstrates a clear understanding of the benefits of reading and articulates these benefits in a structured and coherent manner.
* There is a noticeable improvement in the organization and presentation of ideas compared to the pre-test essay.
* Continued focus on formal language use, proofreading, and incorporation of specific examples or research would further strengthen your writing.
* Encouraging progress! Keep refining your writing skills, focusing on clarity, structure, and formal language use.

Student 2

Pre-test:

new technology has a big impact on the world in a lot of different ways. It made things like ordering food a lot easier but it also made a lot of interactions impersonal . one of its biggest improvements are making communication a lot faster which means things generally get done faster because there is reduced time loss. Technology also formed al lot of new jobs that weren’t possible without the internet. Influencers are a great example because they are constantly using the internet whilst doing there job. They provide a whole new way of entertaining people but it isn’t always positive. Some people can get addicted to apps like tiktok or youtube .

The internet isn’t the only big impact of technology on the world. Factories get way more efficient and can measure their pollution . technology makes things like learning a lot easier because you can find all the information you want.

It also expanded the places you can travel to because airplanes get better and are travelling to more places. Because a gps you will probably never get lost if you have internet connection .

I think one of the biggest flaws of technology are it making everyone so work focused because even when you get home you still have to do things for your job. It makes everything easier but at the same time less fun and you can feel like you are a robot

Post-test:

Social media has a big impact on the world. There are of lot of benefits but it also has bought a couple of negative things in the world. One of the biggest benefits is improved communication . there are a lot of ways you can text or talk with people from all around the world . before modern technology existed it was almost impossible to communicate with someone from China. You would need to send a letter which could take months to arrive and then you would need to wait for a response. But now you can just send them a message on Instagram and they will be able to respond to it in seconds. Communication isn’t the only benefit of social media. Apps like YouTube , Instagram and Tiktok provide a completely new way of entertainment and have also given a lot of people jobs. For example influencers earn money by posting things on social media, but influencers aren’t the only people who have gotten a job because of social media. It takes a lot of people to make sure these apps can work properly and are safe for everyone to use. But sadly social media has a couple of negative parts sides to like cyber bullying . In general people are a lot ruder and meaner of social media because it doesn’t always feel like you are talking to a real person instead of to a screen. People will say things they normally wouldn’t say in real life. another downside is it making a lot of teenagers insecure and especially about their bodies . most influencers only post the good parts of their life and maybe even photoshop some of their pictures which gives an unrealistic image to teenagers.

Social media can be a very helpful but also dangerous . if you have a strong character and can see thru photoshopped pictures you would have no trouble using it.

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11/16

* The post-test essay demonstrates a clear understanding of the complex impact of social media on society.
* It is well-structured and articulates its points clearly, making a convincing case for the benefits and drawbacks of social media use.
* Great improvement! The essay shows a good grasp of the topic and presents its arguments effectively.

Student 3

Pre-test

A healthy life style is very important. You will need vegetables and fruits to give you good energies and not just get bad energies from sugar. Exercise is also a very important thing to stay healthy and fit, if you don’t do any exercise you will probably get very lazy and in the worst case u can also become fat or even obese. We all know that it’s very difficult to start exercising because we don’t know what to do, but every sort of cardio will help to a healthy lifestyle. The most important thing is: balance, u need to have balance in your diet, exercise and mental health. Balance in your diet means that you can eat unhealthy things sometimes and enjoy it, if u always eat healthy things there will be no balance and that’s not good either. Balance in exercise means that u will also need rest days for your body to recover and that you can also have some fun. If your free Friday night, go to a party or go out to dinner, you need to have some fun and not always be doing exercises. And last but not least, your mental health. In life, not every day will be good but you need those bad days to learn from and become a better person. You will learn from your mistakes and work hard every day to have a better life the next day.

Post-Test:

The benefits of a healthy lifestyle

With a healthy lifestyle, you can improve your mental health, your general health and you will also feel like your doing a great job. But if you don’t have patience to see your progress it can have the opposite effect on you. Living a healthy lifestyle will require much time and motivation but everyone can do it if they really want to.

To life a healthy lifestyle there are some things you will need to do. First of all, you will need to be eating healthy food . You will need vegetables and fruits for healthy sugars and energy, you will also need meat or chicken for your proteins, but the most important thing is balance. Because you cannot always eat vegetables and you will need some unhealthy food to keep a balance in your body.

Secondly, you will need exercise. Most people think it is hard to do exercises and they don’t know where to start but you can always go to a personal trainer or you can look for help on the internet. If you are trying to lose weight, cardio will be your main priority, if you are trying to gain weight, it will be strength training and if you are just trying to be healthy you will need both as your priority.

And last but not least, you will need motivation and a good mindset. If you don’t have the mindset to always keep going, it will be difficult. You will need to have the motivation to always go to your training, always cook your healthy food and eat it.

There are many benefits of a healthy lifestyle but if you take it too seriously, it can have a bad effect on you mental health. But if you do it right it will only have positive effects on your life.

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10/16

* The post-test essay shows a better understanding of a healthy lifestyle and its benefits.
* Improved organization makes the essay easier to follow and understand.
* Continue to work on formal language use and grammar.
* Proofreading is essential to catch and correct errors.

Student 4

Pre-test

Write your essay below:

The benefits of reading; Reading can provide information and learning probability. Staying in touch with the daily news via articles can give you a bigger view of the things that take place in the world. Your knowledge also gets bigger. Magazines can give you valuable tips and tricks on different kinds of topics. They can give you gardening tips, cooking lessons… This way you can simply learn things. It can give you some kind of happiness when you are finally able to do something you wanted to do for a long time, it enhances your well-being and your stress level decreases. Reading books can make you more relaxed and lower your stress level while it can be good for your well-being. While reading books you learn a lot of different emotions and you learn to recognize them, this can be helpful in your daily life. You are more empathetic and can understand the behaviour of others better than non-readers can. If you read it can also improve your grammar, vocabulary, and overall knowledge of English, because books, articles, and magazines include a wide variety of words so you get to know a lot of synonyms of words you already know, and the sentence structure can become longer and more difficult. This way your vocabulary and grammar are enhanced.
Reading can improve your English and extend your vocabulary and grammar while you can relax and learn more about the daily news. Books can make you more empathetic and understanding. If you come in contact with different synonyms, correct grammar, and spelling you will start using it more and more yourself so it will improve your overall English.

Post-test:

The benefits of reading

In our daily lives and the time we spend online, we encounter different texts, articles, news, posters, etc. every day. Sometimes it is hard to know what is true and what is fake news because we get overwhelmed with it. Some people also read to relax. These are more likely less informative books, but you can still learn a lot from them, you can learn more about human emotions and feelings.

Reading can have a positive impact on your person’s knowledge, empathy, and overall well-being however, it can also provide fake news and false information you can read on the internet.

Looking at the positive side first, reading many books can make you understand emotions better so your person’s knowledge, empathy, and overall well-being will increase. While reading, you encounter many different emotions which means it will be easier to recognize emotions in other people. This way you can feel how other people feel and understand them better. Your overall well-being will increase due to the relaxing side of reading. On the other hand, if you read a lot of articles, it can help you gain knowledge, but there is also a lot of fake news on the internet. Sometimes it is unclear what is true and what is false. To make sure the news you read is correct you can read articles and newspapers from trustworthy companies. So, articles can improve your knowledge about different topics and can educate your brain. You only need to check the source and compare it with other websites and articles to make sure the information is correct.

To conclude, reading can make you more empathic, you gain a lot of knowledge about human emotions, and the relaxing aspect can increase your overall well-being. You only need to watch out for fake news, you can find plenty of it online. It can help to only trust trustworthy companies and check the news you find with other websites or articles.

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13/16

* The post-test essay demonstrates a clear understanding of the complex benefits of reading and the importance of critical thinking when encountering information online.
* It is well-structured and articulates its points clearly, making a convincing case for the value of reading in personal development and the need for vigilance against misinformation.
* Excellent improvement! The essay shows a good grasp of the topic and presents its arguments effectively.

Student 5

Pre-test

the importance of technology right now is really big. A lot of people now a days almost couldn’t live without it. Technology is something that you almost can see everywere.

But what are the effects of technology?

There is a lot of positief effect of technology such as searching thing on the web. You can almost find a answer to every question you have. There are also a lot of technology found in work right now there is a lot of machines running and making thinks for us without a human working on it and the best thing is they never get tired. With all this technology we can now not only explore a lot more of the earth but also in space. With all these things we see beautiful parst of the world that we would never see without technology.

But technology does have a lot of negatief effects that’s bad for the communitie. First technology has taking a lot of parts in big companies where there were normally people working in that posistion. So a lot of people lost there job. Another big negatief effect about technology is privecy. They always say: “when you put something on the internet it stays on the interner”. And when you put something on the internet were you get regret from later on there is a chanche that it stays on there for ever.

So the moral of the story is that this world couldn’t live without technology anymore but be really carefull with what you put on there

Post-test:

The impact of technology

The impact of technology on the world today is a big difference from a few years ago. This technology has a lot of positive but also some negative features. Technology is used by a lot of people for a lot of reasons like communication. A world right now without technology is almost not possible anymore. A bad thing about technology is that you have a lot less privacy that before.

All this technology is used in a lot of ways. You can see it everywhere. In a lot of big companies you see it a lot like the new machines that are working or just the printer to print some documents. In a person's life, technology is also used a lot for like communication. Examples of this are calling your grandma through FaceTime or just to text your friends if they want to hang out. Even the reason that you are reading this right now is because of technology. They always say that the world without technology was better and maybe that was true but the world right now without technology wouldn’t be the same.

Because of all this technology, our privacy has decreased a lot. Most parents can see the exact location of one of their kids in a matter of seconds. There is also social media. Anyone around the whole earth can look you up and find a lot of information about u like u day of birth or even the names of your parents. So if you use all this technology look out what you put on it because you might regret later on in life.

The conclusion is that technology changed a lot in this world some things are bad but there are more positive features and the world would be almost nothing without it. But always look out for what you do with it and what the consequences are in your life. Because you might regret your actions later.

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10/16

Student 6

Pre-test

Post-test:

The impact of technology on society.

Technology has had one of the biggest impacts on society, it makes us connect with others trough the internet, but it also comes with a lot of challenges like hacking.

One change technology has brought with it was that it allows us connect with others trough internet. Technology has been the base of a lot of things and one of them is internet. Internet makes us connect with others, which means you can meet new people. With internet you can search information or translate something into another language. Some examples are, ‘I don’t know how to spell a word or how to conjugate a verb’. This shows that internet is a positive thing technology brought with it and therefore Technology has had a big impact on society

The development of technology has also had a negative impact on society, with one of the biggest reasons being, hacking. Hacking causes a lot of trouble in the world especially if you look at private stuff, hackers are always trying to get what they want through a computer. Hacking poses significant threats to individuals, organizations, and society as a whole. It undermines privacy and security, leading to breaches in sensitive data, financial loss, and identity theft. A few examples are trying to disrupt an election by changing the votes or leaking personal information of celebrities. This shows that technology can have a negative impact on society trough hacking, and therefore it has had a big impact on society.

In conclusion technology has had a big impact on society, positive and negative, the positive thing is that it lets you connect with others, but if you look at a negative thing, hacking has caused a lot of problems.

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* You've provided a balanced perspective on the impact of technology on society, effectively discussing both its advantages and disadvantages.
* Consider expanding your discussion to include a wider range of technological impacts beyond the internet and hacking, to provide a more comprehensive analysis.
* Work on refining your language use, paying close attention to spelling, grammar, and sentence structure.
* Proofreading your essay to correct mechanical errors will enhance its overall presentation and effectiveness.
* Continue to develop your argumentation skills, ensuring that your essays offer a deep and nuanced exploration of the topic.

Student 7

Pre-test

There are many reasons to read, you can do it to learn more about the topics you like but also for peace in you’re own mined. Reading books can be for education but also for rest. In Magazines you het a lot of information in a short little book. You also see that many celebrity’s bring out there own book to inspire people like Elon Musk. Elon tells more about how he got so successful but you also got books of people that were dying and survived strangely. Books can also be very handy, if you need to cook but you are a beginner you can go find a cookbook so you can cook nice meals for family, friends and so many people as you like. If you are in a depression there are psychologic books to help find peace in you’re head. If you have baby’s books are mostly used to calm them down just before bed and they are getting read by the parents. There are More than 500 different books for children so they don’t get bored even if they don’t like books they can read graphic Nobels. Professors say that the smartest people often read because it trains you’re brain. Because we have smartphones now we can read books on the phone.

Post-test:

The benefits of reading

There are many benefits of reading. I am going to give some positive and negative things of reading. You can get faster with it and learn about things but also read things that are not true.

Firstly to explain about getting faster with reading. If you read every day you are going to see that it gets easier every day because you learn new words and understand more words. Secondly you can learn more about real things that happened in the world like a book about the war.

There are also negative things about reading. If you like to read magazines you probably can tell that most of the time the news in it is very heavy information. For example it could be that it says that there is going to be a war in Belgium but that is not going to happen but some people believe that is going to happen. If people believe things like that they are going to panic for no reason.

Now we know that reading is not always good. People read things that are not true but believe in it but it also is positive, people can get information they did not know and they get faster with reading every day. Not only that is positive, you also get something to calm you down.

At the end we can say that there are many types of readers, you have somebody that reads gossip but you also have people that read to learn or just for fun. It is good to learn and get faster but not if you believe everything in a magazine.

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7/16

* Your essay presents an interesting perspective on the dual nature of reading, highlighting both its educational benefits and the risk of misinformation.
* To strengthen your argument, consider including examples of how readers can verify the credibility of what they read.
* Work on the organization of your essay to ensure a clear and logical flow of ideas from introduction to conclusion.
* Enhance your language use by employing a more formal tone and expanding your vocabulary to accurately discuss the topic.
* Careful proofreading is essential to correct grammatical and spelling errors, enhancing the overall quality of your writing.

Student 8

Pre-test

Technology has a big impact on our society, most people today rely on the internet for work, education, entertainment and more. Since the pandemic lots of people now work from home using their own or a work laptop, many will need to have a strong internet connection for videocalls and other work. At school students also need to bring their laptop for several tasks, like this it makes text easier to modify than on a piece of paper and easier for people with a (minor) disability to attend school using several apps. Last year AI begun to evolve a lot and more people started using it to make their lives a little easier and more convenient. Although AI was meant to be a good thing some people exploited AI into doing bad things. Working from home is a great thing because now some people don’t need to ride all the way to work to do their job and the life of a student became a bit more convenient using their laptops. Although some people still don’t trust AI and think that it will take over the world, it still has some good use cases to make anyone’s life a little easier.

Post-test:

The impact of technology on our society

The impact of technology on society has become a big factor in the world we live in but why do we really need it and what are its advantages and disadvantages?

In today’s world we rely on technology a lot for work, education, entertainment and more! Since the pandemic lots of people began to work from home and needed to use their computers to do their work. For school the laptop also made a big difference, now students can follow the lesson from home if they are extremely sick. They can also make tests and tasks on their laptops which a lot of people find easier because of the fact that they can edit their text after they wrote it without needing to erase anything. There are also things like auto correct which can make it easier to write long texts without any mistakes. Besides school, technology is also handy for entertainment, many people can relax while playing a game or watching a video.

For these different tasks most of the time a good internet connection is required, this might have some downsides to it. Some people do not have enough money to pay for a good internet subscription or have any connection at home and even if they can they still need a laptop (if they did not get one from work or school) that can also cost a lot. Some students may also get distracted using their laptops if they get any notifications or have any games installed.

So now that we know why technology has such a big impact in our lives, we can conclude that it can be used for good as an educative tool and for entertainment, but it could also distract students while learning.

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11/16

* The post-test essay effectively captures the nuanced impact of technology on society, presenting a balanced view that considers both the indispensable benefits and potential challenges associated with digital advancements.
* It encourages critical thinking about our reliance on technology and invites readers to consider how it can be leveraged positively while mitigating negative effects.

Student 9

Pre-test

I think that you need to sleep enough, eat enough but not unhealthy and do sport at least once in a week. The first one is enough sleep. You need to sleep enough so you have energy for school. If you go to sleep late on schooldays you will be less concentrated so you need to do more schoolwork at home. This will give you stress and you will sleep later because of the schoolwork. You need at least 7-8 hours of sleep in one night. I personally need 9-10 hours of sleep to have full energy and be concentrated. You also need to eat enough. The most important meal is breakfast. Its always better to eat something in the morning than nothing in my opinion. I also think you have to eat every day at the same times and not to late. If you eat something in the night it is more unhealthy then eating in the day. As a snack you can eat vegetables and fruit instead of cookies or candy. Its also important to do sport at least once a week. If you don’t do a sport you can go running on your own or take a walk with your dog (or alone if you don’t have a dog). But I think that if you do a sport that you don’t like and its bad for you mental health that you can quit and search another sport. The conclusion is that you have to avoid stress by sleeping enough, you have to eat good but not unhealthy and you need to move enough.

Post-test:

Living a healthy life

Most people know that living a healthy life is good, but what are the benefits of a healthy lifestyle? The most important things are regular exercises, a balanced diet and stress management.

First of all, it is important to exercise regularly. It is best to exercise about 2,5 hours a week. This means there is a smaller chance of heart disease, diabetes and dementia. For example you can go running, cycling or take a walk.

A balanced diet is also important. The best is not to eat after 8 p.m. The food will digest less well in the late evening. In the long term, a healthy diet will ensure good brain development and also a reduced risk of disease. Try to eat some fruit and healthy meals instead of cookies, candy or fast food. But it is not necessary to eat healthy all the time. By example you can eat some unhealthy snacks in the weekend. Healthy food is not the only important part, also drinking enough water will lead you to a healthy life.

The last topic is stress management. This ensures that stress does not take control of your life. Stress can also lead to poor sleep, tiredness and depression. People learn to remain calm in stressful situations and this means that they experience less depression.

To restate, it is important that you eat healthy, exercise regularly and keep your stress under control. This will make you less likely to fall into depression or become sick. People will life a happier life an perform better at school or work.

**Rubric for writing assignment**

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11/16

* Your essay does a good job explaining why living a healthy life is important.
* You clearly describe the benefits of exercise, eating well, and managing stress.
* The structure of your essay is good, making it easy to understand your main points.
* You use language well to share your ideas about health and wellness.
* To make your essay even better, try to check for small mistakes by reading it again before finishing.
* Adding real-life examples could make your points stronger and more interesting.
* Keep encouraging readers to make healthy choices in a simple and clear way.
* Great work on highlighting how a healthy lifestyle can make us happier and perform better in daily activities!

Student 10

Pre-test

If you live a healthy life there will be a lot of benefits. Exercising at least once a week helps to improve your muscles and movement. Healthy food is also an important one, if you eat to much sugar or unhealthy fast foods you’ll get fat and have unhealthy organs or diabetes. When you do eat healthy food it will improve your body as it contains more vitamins and those are important for a healthy body. It’s not necessary to eat healthy food all the time. You can have days where you eat fast food. It’s just important to remember to balance and don’t eat more unhealthy then healthy. Healthy food is not everything though, if you don’t have enough sleep it will effect everything in your body. It doesn’t matter if you only eat healthy and exercise everyday cause without sleep your body and mind wont function correctly. A human needs at least around 7-8 hours of sleep to have a good functioning life. It obviously varies from person to person, some need less some need more. Drinking enough water is also an important one. Your body needs it to hydrate and for much more. Average a human needs to drink at least 2 liters of water a day. Don’t drink it all at once cause that is dangerous, spread it over you whole day. A good mental healthy also helps. You can’t have a healthy life if your mind isn’t. It also takes some time, if you start today you can’t expect your body to react tomorrow.

Post-test:

A healthy lifestyle

Everyone knows that if you live healthy you get goof benefits out of it. Eating healthy and having a good sleep schedule is an important base if you want to live a healthy life.

Living a healthy life comes with a lot of benefits, eating healthy is important to have a healthy body. If you eat too much sugar or fast foods, you will get fat and have unhealthy organs or even get diabetes. When you do eat healthy food, it will improve your body as it contains more vitamins, and those are important for a healthy body. It is not necessary to eat healthy food all the time. There are days when you can eat fast food. It is important to balance between the two. Drinking enough water is also an important factor. Your body needs it to hydrate and for many other important functions. On average, a human needs to drink at least 2 Liters of water a day. Do not drink it all at once as it is very dangerous. Healthy food is not everything, though.

If you do not get enough sleep, it will affect your whole body. It does not matter if you only eat healthy and exercise every day because, without sleep, your body and mind will not function properly. A human needs at least around 7-8 hours of sleep to have a good functioning body. It obviously varies from person to person; some need less, some need more.

To restate, eating healthy is good but not everything to have a healthy lifestyle. So, enough sleep along with healthy food is a good starting point for a healthy lifestyle. You do not have to eat healthy all the time, as long as you balance between healthy and unhealthy you are doing great.

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12/16

* Both essays provide valuable insights into the benefits of a healthy lifestyle, but the post-test essay offers a more organized and clearer presentation of ideas.
* The post-test essay could still benefit from deeper exploration of each component of a healthy lifestyle, perhaps by including more specific examples.
* Attention to detail in language use and mechanics can further improve the quality of the essay, making the argument more persuasive and engaging for the reader.
* Continuing to focus on the balance between different aspects of health—physical activity, nutrition, sleep, and mental well-being—will strengthen future essays on this topic.

Student 11

Pre-test

Your topic number of topic choice 1

Write your essay below: Technology has a lot of effects on our daily lives, positive and negative things. You have a smartphone, a laptop, a tv, …. A positive thing is that you can communicate with your friends and family. You can also call them and send them messages. You can facetime them when you are travelling. So if you are in Canada, you still can send a message to your family at the other side of the world. You can read an online newspaper, so you’re up to date and you don’t need an paper newspaper, so it’s better for the planet. You also search information on the internet and do a lot of investigations for data. You can also watch your favourite series or movies on your laptop or tv. Technology helps us for not getting bored, but you have also negative things. You have less social contact in real life and there is also fake news on the social platforms, so not everything is correct what you read online. The consequence is that you also spread fake news in the world. My opinion about technology is that it is very practical. I like that you can communicate with your friends with the smartphone. You can make plans online or you can gossip with your friends. You don’t get bored because you can follow the life of an influencer and you can watch your favourite series or movies. You can search online and you know the answer on your question, but it’s also bad because there is fake news.

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Student 12

Pre-test

People who like to read have a lot more fantasy and are more creative than other people. I think some people who read are smarter because you keep the information you read in your brain and you can use that information another time, in other situations. You can also react better on situations and discussions because maybe you have read that situation in a book before and you can remember how the characters in the book reacted on those things. Also, if you like to read books, you’re not going to be bored very fast. You can always take a book with you for if you have nothing to do. Your screentime on your phone will be less then other people, because if they are bored, they immediately take their phone out. Your sleep will also be much better than people who are used to go on their phone before sleep. They say that it is bad for you and you can’t sleep well if your on your phone an hour before you go to sleep. So if you read before you go to sleep and leave the phone aside, you probably can sleep much better than other people.

Post-test:

How does social media impact our daily lives? Many people use social media. We use it for almost everything: looking things up, school work or just for relaxion. But social media has a bad influence on most people. It causes insecurities and it can make you feel bad about yourself.

There are some positive things about social media like keeping contact with your friends and make more friends online. But how it makes so many people insecure about themselves is one of the most negative things. There are many people who post things on social media. Mostly on TikTok and Instagram. But most people do not post themselves, the way they look in real life. They use filters or they photoshop their bodies. So you almost never get a picture of what real life looks like.

For example, if you are scrolling on Instagram and you see a girl with a thin body and a clear skin. If that’s something that you do not have, you are going to compare yourself with her, you can get jealous and you are going to become insecure about yourself.

Luckily, there are not also negative things about social media. Other then that it can make you insecure, you can stay on touch with your friends and family. If you can’t see your friends every day, or if they are living far away, you can still stay in touch through social media. Also if you have family, who are living far away, you can hold contact.

So my conclusion is that social media has both positive and negative points. You can easily stay in touch with friends but it can also make you feel bad about yourself.

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The essay is well-organized, with a clear introduction that sets up the topic, followed by paragraphs that discuss the positive and negative impacts of social media, and concludes with a summary of these points.

There are some grammatical errors and informal language usage that detract from the essay's professionalism. Attention to detail in spelling, punctuation, and grammar would improve the overall quality.

Student 13

Pre-test

I think that technology has a huge impact on society. The technology we have these days can be very useful. You can search things on the internet or reach each other through a text for example. It can also be very negative. There is a lot of cyber bullying and the internet can be used for the wrong purposes. I don’t think we can live without it anymore. A few years ago when you would go to a restaurant you would talk while you wait for your food but now you see that most people would rather watch a video on their smartphones. In my opinion this isn’t a good change. Technology also impact our knowledge. It’s easier too look things up and to research what curtain things mean. That means we know more in general. We can also learn from each other online or teachers can make learning more fun by being creative and doing a Kahoot for example. Technology can also make us lazy. A lot of people use chat gpt for an assignment in class for example. They won’t put any effort in it witch means they can’t learn anything. I think technology might also be the reason why a lot of people stopped reading. Its easy to replace a book with a YouTube video or a TikTok. This isn’t necessarily bad but not reading books is. Reading stimulates the brain which is why it’s not good that a lot of people stopped reading. I believe that technology has a big impact on society whether it’s good or bad.

Post-test:

The benefits of a healthy lifestyle.

Being healthy is very important because if you are not healthy you might get sick. You can be healthy by having a balanced diet, but you can also be healthy by exercising.

People who do not have a healthy diet will feel the disadvantages of it. If their food is extremely unhealthy they might get obese. This results in blood vessels getting thinner which is very dangerous. That is why it is best to eat healthy. How do you eat healthy? It’s pretty simple. Variation is very important so don’t eat the same thing every single day. Vegetables and fruit is really good for your body. So you might want to consider eating those even if you don’t like them. Meat has lots of protein so include it in your healthy diet. Don’t eat too much meat though because it also has a lot of fat which makes your blood vessels thinner.

Exercising also has a great impact on your life. If you do not move enough and you just sit around in your chair all day you will experience the consequences later on. For example, your muscles will not be strong enough. Your blood pressure might also be weaker. You do not have to exercise every day for hours on end, but a little exercise sure does not hurt. Playing a sport for an hour a week is already enough. You might even like exercising.

To restate, having a healthy diet and exercising once a week does have a great impact on your lifestyle. Sometimes even more than you might realise.

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* Your post-test essay does an excellent job of emphasizing the critical components of a healthy lifestyle.
* It encourages readers to adopt healthier habits by providing practical advice on diet and exercise.
* There are minor grammatical errors and some areas where sentence structure could be improved for clarity.
* Proofreading could help refine these issues, making your essay even stronger.

12/16

Student 14

Pre-test

What are the positive and negative effects from technology on our daily lives. First, I will explain the positive effects. For the parents is it very easy as their children are crying to give them a phone or a computer. So are the parents safely. It is easy for parents and teenagers for the communicate with each other. So can they have contact if they are not together. Then, I will explain the negative effects. The phone or the computer can be a big problem for the teenagers, because they are fast distracted through their phone if they get a message for example. The parents don’t like it because the teenagers don’t listened verry well to them. Then can the score of school results have a problem because the teenagers are fast distracted by technology. For some people they don’t feel them good or brings uncertainty whit them. Some children and teenagers are more one their phone inside then outside with their friends. That is not healthy. The conclusion is that technology had positive and negative effects on our daily lives. But it is for every person different how the person feels about technology and what the person experience is whit technology.

Post-test:

Does social media have impact on our daily live?

Social media used to be not so important in our lives. Now we use social media more and more. The most teenagers grow up with it, but we need social media in our daily live for example for school and work. What are the positive and negative effects on social media?

Firstly, we are going to talk about the positive effects on social media. It is easier for teenagers and parents to communicate with each other. So they can keep each other updated, for example, about what time you come home. It is also good for the social life of teenagers. So they can stay in touch with their friends. It is fun to see on social media how other people live.

Secondly, we are going to talk about the negative effects on social media. It makes teenagers more likely to be insecure about themselves. That is because social media gives a false idea, as result, many teenagers are insecure. Social media keeps teenagers inside, this means that they no longer meet in real life but they stay inside and talk on the phone with each other. That is not good for the health from the teenagers. Thet get worse eyes faster because they are on social media a lot.

So, social media had brought a lot of positive and negative effects on our daily lives. It make it easier for communicate with each other, but it brings also insecure by the teenagers.

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10/12

* Your post-test essay successfully captures the complex relationship we have with social media, recognizing its importance in modern communication while cautioning against its potential to harm self-esteem.
* It encourages readers to critically evaluate their social media use, which is a valuable perspective.
* For future essays, consider incorporating more diverse examples.
* Improving language mechanics will make your arguments more compelling and your writing more professional.

Student 15

Pre-test

First of all, I think a healthy lifestyle in general is the key for living a long life with as less as possible problems physically and mentally. But I also think ‘healthy’ is a very big subject on its own witch everyone can interpreter differently. For some people it’s ‘healthy’ to go to the gym 6 times a week and only eat vegetables and protein, for other people it can mean to just go for a walk once a week and eat an apple a day. On the other hand it’s proven that it is important to have some specific habits to live a healthy lifestyle. It is in fact very important to have some amount of physically activities to be healthy, but this isn’t for everyone the same, also is eating enough vegetables needy to be healthy. Being healthy can give you a lot of advantages in your life, you have less chance to get illnesses and also does it make you mentally a lot stronger. But living healthy is for so what everyone a different way of living because not every body reacts the same to different kinds of food and exercises, so I don’t think there is just one correct way to live when you want to be healthy. I also think that it’s important that there are enough people to help everyone personally with their lifestyle because not everyone is capable of finding this out on their own. It’s also crucial that the government invests more in what is healthier for people and not in big commercial fast food companies.

Post-test:

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Student 16

Pre-test

Reading a book can stimulate your brain because it is working to read. You can also learn a lot about a subject when reading about it. Also magazines can help to increase your knowledge. If you are reading a book in another languages you will automatically expand your vocabulary. Reading also has a lot of advantages: it is a lot better than being an you phone, it stimulates your brain, increases your knowledge and expands your vocabulary. When you are reading a book with pictures in it is easier to visualize the house your in are the people that play in the book. I also think that when you read a lot of books you will be better at concentrating in class or in your everyday life. Reading a book can also reduce your stress, when you come home from a long day of work or school you can see that reading takes your stress away and you can just relax. Some people even see reading as a comfort they might recognise themselves in a character or in the position they are in. a book might help them get out of the situation they are in. and at last it supports writers that write the book.

Post-test:

The benefits of reading

Reading a book is very stimulating for you brain, because when you are reading you let your brain work. Reading also helps to increase your knowledge about things you read. It can also help to learn a new language. Reading is very good for you it can decrease your social skills in your daily life but it can increase your knowledge.

Some people like to read book about plants, how to cook, cars or just thinks they like, it can increase your knowledge about the things. When you read a book you use your brain to make a pictures about what is happening. Everybody has a different picture because everybody thinks about things differently. When reading in a different language it can help you learn more about that language.

It also helps you daily concentration, when reading a book you have to be very concerned so it helps you in your daily life. Reading also helps you with stress, when you come home from a long day of work a good book can take away all of your stress. But reading can also decrease your social skill, when you love reading so much it can be that you do not go outside anymore or you do not see your friends anymore.

Reading is very important for your brain and it can help you with lots of things like stress, learning a new language or new things. Reading is very good for you it can decrease your social skills in your daily life but it can increase your knowledge.

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11/16

* The post-test essay provides a good overview of reading's benefits while attempting to offer a balanced perspective by mentioning potential negatives.
* It successfully communicates the importance of reading for personal development but could be strengthened by addressing its points more coherently and polishing the language.

Student 17

Pre-test

To start having a healthy lifestyle sleep is very important. 8 hours sleep is the perfect amount to functionate. Less then 6 is to less. Also food is very necessary if you eat a lot of sugar or salt, you can find those a lot in fast food, you get fat and unhealthy. To interpret that you have to eat vegetables every day and drink lots of water instead of sugary drinks and sodas. I think that it’s also important to talk daily to separate people so you don’t feel lonely or isolated. In my opinion social contacts help with stress management because you can talk with people about it and maybe they feel the same. To stay physical healthy you have to move your body every day. You can do that by walking to your destination or to play actual sports in your free time. As is said before it’s important to drink water instead of drinks with a lot of sugar but actually you have to drink 2-3 Liters a day!

Post-test:

Impact of technology on society.

Over the years technology has an bigger and bigger impact on society. We recognize the impact in our daily lives or work. Social media helps society to learn new cultures and languages. Technology can also have a bad effect on your daily live when we get to used to it.

Firstly, the impact of social media on society has some positive sides. Social media can help with discovering new cultures and languages. It can also help you to meet new people and make friends al around the world. Apps like Snapchat, Instagram and so on, make it possible to look at other people their hobbies and interests. That can also help to discover new thing you might find interesting. For example the app TikTok can learn you about other people there hobbies and the difference from your own country.

Secondly, technology has an bad impact on your daily functioning. We use a lot more technology in our daily live then we actual need. Hundred years ago people barely used any electricity, they also did not need it. Also Wi-Fi is something people cannot miss these days. Also people are lazier then a few decades ago. Now it is normalised to use electricity without thinking about it. To be more specific people use their car faster to go somewhere than their bikes. That is a negative impact of technology on society because it causes the thought that you cannot live without it.

In conclusion, the impact of technology on society can be positive or negative. On the positive side you can learn new thing like languages but we become lazier. We cannot live without it anymore so that is a negative side of technology.

**Rubric for writing assignment**

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13/16

The post-test essay successfully captures the complex relationship we have with technology, recognizing its importance in modern communication while cautioning against its potential to harm physical activity and independence.

Very good organization and transitioning!

Student 18

Pre-test

The benefits of reading

Reading is very important for people. If you read something you make new foundings. By reading a fiction book you have to use you’re own imagination. So you learn to use this imagination. You can fil it in like you want to. You also learn to have a greater view of the world and in these assortment of Words. If you read non fiction you get more knowelege about the theme. You can get more empathy from reading a book, especialy a fiction book, because you mostly follow a story about someone who has a problem. In this case you live into the protagonist.

Post-test:

The Benefits of reading

Reading has many benefits for people. It can make you’re knowledge about something more open. There is only one disadvantage in reading because it takes time to read, young people do not like it.

Firstly, reading make you’re knowledge about a topic bigger. By reading a non-fiction book a person learns something that they later can use in places like school, but also in daily routines. It is also funny to tell something that you read on partys, like christmas. If reading big books is difficult an magazine or article also got some usefull information. Even a fiction can enhance knowledge it makes person’s knowledge about the language more open. They can use more edvanced words.

Secondly, there are not much disadvantages about reading, but there is one that most young people face if they have to read a book. It takes time to read a book and something that do so is not very popular. Young people rather spend there time in things that they think is more relevant, like making homework, and tings they think is more relaxing, like gaming or scrolling on social media. Spending time on reading something other than instagram posts is not that easy.

to conclude, reading makes youre knowledge bigger. But it takes time to do so.

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8/16

The post-test essay provides a good overview of reading's benefits while attempting to offer a balanced perspective by mentioning the time commitment required.

The essay is organized into sections discussing the benefits of reading and its perceived disadvantages. However, the transition between these sections and the conclusion could be smoother.

More varied sentence structures and careful word choice could make the argument more compelling.

Student 19

Pre-test

I think that a healthy lifestyle can benefit in a lot of things in your life, because you have total control over what you want to do in your life. You can have a daily routine to reduce stress in your life and can help you to feel better about yourself and you see yourself in a positive way. A balanced diet doesn’t mean you can’t eat any candy anymore, it means finding something that can help you to life healthy, it is something that no one can helps with and you need to figure out for yourself what works and what doesn’t works for you. I think it’s also important to try to do something that benefits your condition, like go running or go to the gym. I think that’s a great benefit for health and well-being, I think you automatically start eating healthier, it really helps me to eat something healthy that you normally wouldn’t eat, to make it with something you really like so you get a good balance and you learn to eat new things. I also think that you don’t be have to be super sporty to do exercises like running, I think that something like yoga also can help a lot. It helps with stress, you learn breath-exercises, to control your breath and reduce stress, I think it also can help with physical pain and mental pain.

Post-test:

A healthy lifestyle, something good.

A healthy lifestyle is something that comes with 2 things, it is something that you need to work for.

You need to do regular exercises and have a balanced diet. But it can also lead to comparing yourself

to others.

For a healthy lifestyle you need to do regular exercises and have a balanced diet. This means you do

not do it one time a week but several days a week. It is important to also listen to your body and do

not overwork yourself. Exersises are there to make yourself feel healthier, more confident about

yourself. A balanced diet is something that also plays a very big role in becoming a healthy lifestyle.

A diet is there to help to get the food that you really need in your body, it will help with the results.

It is of course important that you feel comfortable with what you are doing. It is when you feel good

about what you are doing that you are going to see results.

But a healthy lifestyle can also lead to comparing yourself to others. Having a healty lifestyle is

something that a lot of people do and they like to share their proces. But that can make some

people feel insecure about themselfs. If other people make a faster progress then you do, it can

make you feel like you did not do it right. It is very imporant to listen to your body because you are

only one that knows what works for you’re body. But you can also get some ideas for exercises or

some healty meals.

So, a healthy lifestyle is something to make yourself feel good about yourself. Doing things that you

make feel healty and confident. Eat meals that are healty but also delicious But do not compare

yourself with other people and do what works for you

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10/16

The essay is well-organized, with a clear introduction setting up the topic, followed by sections dedicated to the positive aspects of a healthy lifestyle and the potential for negative comparisons, and a conclusion summarizing these points.

There are grammatical and spelling errors that need attention. Proofreading and revising could significantly improve the essay's quality.

Your language use demonstrates an understanding of the topic, but there are grammatical errors and awkward phrasings that impact clarity.

Student 20

Pre-test

the number of the topic i choise is number 1.
Technolgy and society as a lot of impact on people. There are a lot of adventages and disadventages. The first adventage is that you can interact whit you friend and family and if you need something you can call them. An second positive thing is that you can use platforms for things that you don’t know and for school. Now negative thing or disadventages. Thechnolgy can have an verry bad inpact on you. It can distract you from school and an consequens is that you have lower grades. An other negative thing from technolgy is that you have less contact whit you’re friend because you’re all day on social media. You don’t interact whit your friends in real life. An other negative thing from technolgy is that you dont know what is real or fake. On sociale media an the internet are there a lot of fake news. Many people spread fake and make money whit it. Sow be alert when you’re on the internet. The last disadventage is that a lot of people use chatgpt or ai for school. Now my own opinion is that technolgy is verry handy but you have to focus when you’re on the internet because there is a lot of fake news.

Post-test:

The impact of technology on society

Is technology good for our community? We are going to find it out now. There are advantages but also disadvantages that I will mention. A negative thing about technology is that people have less social contacts, but it gives us more options for work.

One of the big changes of technology is that people have less social contacts. Nowadays for example we have self-scans. You can also borrow books in libraries without needing staff. This is a shame because it makes it less easy for you as a normal human to come I to contact with other people. Humans are social animals and research has shown that too little social contact is not good for a person.

A great advantage is that people can find work faster. Do you not like working in an office? Thanks to technology, this is no longer necessary. First of all, it is easy to start your own business these days. Are you good at writing? Then you get started as a writer. Do you enjoy selling products? Then you can start an online store. You also have more freedom. You can easily communicate via Skype and that is why you are always working.

A negative thing about technology is that people have less social contacts, but it gives us more options for work. So, this were a few advantages and disadvantages of technology. It can be very handy for work for example, but is also has a big impact on our social skills and lives.

**Rubric for writing assignment**

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11/16

* The post-test essay provides a focused discussion on the impact of technology on society, discussing both the reduction in social contacts and the new opportunities it provides for work.
* The essay is well-organized, with a clear introduction setting up the topic, followed by sections dedicated to the negative and positive impacts of technology, and a conclusion summarizing these points.
* More varied sentence structures and careful word choice could make the argument more compelling.

Student 21

Pre-test

When you are living in a healthy lifestyle, I think that you are becoming a better version of yourself. You see a lot of healthy lifestyles at the beginning of the year, its often a good habit. There are a lot of people that are trying to give it a try in the hope of feeling better. I think that people with a healthy lifestyle need to find a good balance between time and activity. Because living very healthy takes in my opinion a lot of time of you’re daily routine. Its very time consuming, because you often have to cook a lot and do a lot of preparation; like slicing you’re vegetables. I think you can learn more about yourself in an healthy way. You think a lot about life and you’re choices, this a moment were you reflect on your past life and you’re life in the future. I believe that you have more energy when living this type of lifestyle. In my opinion you go on adventures and dates with yourself to really find you’re inner peace. I think that everyone is dreaming on living a healthy life because social media really promotes this lifestyle. I am a picky eater so for me it has to be really hard to find recipes that I would like. For me an healthy lifestyle can be really great but you just need to work it in to you’re schedule and need to find a good balance.

Post-test:

Is a healthy lifestyle really an improvement?

In a healthy lifestyle it can lead to self improvement and it also is very time consuming in the beginning. A healthy lifestyle is really time consuming in the beginning, but when you find a balanced diet and good exercises you can get the benefits of it on a long period of time. You learn more about yourself and about others what can lead to self improvement.

Firstly, to create a healthy lifestyle you need a lot of time, especially in the beginning. You need to do a lot of research on good eating habits, balanced exercises, daily goals that you have to achieve and so on. You have to try different things because not everybody is the same. The benefits when you found you’re balanced diet and good exercises are great for a long period of time. When you find your structure on how to integrate it in you’re lifestyle you will get the benefits out of it.

Secondly, a healthy lifestyle leads to self improvement because you learn more about yourself and about others. You do research on what is best for you, so you learn more about yourself. You need to find a balance between a good diet and food that you like, so to find that you may try some food that you never tried before. You learn more about you’re body and the exercises that you need to feel active. You will learn that nobody is the same and that you’re lifestyle does not have to relate to the lifestyle from others.

In conclusion, a healthy lifestyle is different for everyone, it takes a lot of time to find what is best for you. You may have to do some research and try different things, but after you have gone to this project you have you’re lifestyle.

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12/16

The essay is well-organized, with a clear introduction setting up the topic, followed by sections dedicated to the time commitment required and the self-improvement

Your language use demonstrates an understanding of the topic, but there are grammatical errors and awkward phrasings that impact clarity.

There are grammatical and spelling errors that need attention. Proofreading and revising could significantly improve the essay's quality.

Student 22

Pre-test

Write your essay below: Technology has a big impact on our society. It gave us a bunch of new ways to communicate, but also resulted in the loss of physical contact. We all use different types of social medias now, and they have some pros and cons, but mainly resulted in losing our contacts and trying to show our ‘best’ side with absolutely no flaws. We are constantly looking at others, how they do things, and try to copy this. This resulted in a dent in our self-esteem. There also is allot of controversy about our phones. Many people think kids spent to much time on them or get in contact with them to quickly. This can result in not paying attention or getting bad grades on school.

But it doesn’t always have to be bad. Technology gave us the opportunity to communicate with all sorts of people from around the world. Because of this you’ll have a good vision on what and how other people do things. It also resulted in things like communicating from space. Researchers in space can communicate with our main world, and because of this they can research new species or planets. I mainly think technology mostly gave us good things, but we just have to learn how to use it properly and when.

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Student 23

Pre-test

I will be speaking about the role of education in personal growth.
In my opinion education is the most important thing in the world, without it you’re nothing.
Without education you won’t get a high paying job, and if you get kids and can’t offer them the most, chances are small that they have the same opportunities as people who come from a rich family.
This means a whole cycle and new generation starts with your education, but of course the chances of how well we can do in school and in this world depend on our parents and the generations before them.

Not only is education important for your future children, but for your own good as well.
Let’s say you don’t get your high school diploma.
You won’t be able to get a good/high paying job. If your car breaks down you might have to choose between paying rent that month or fixing your car. These situations make you helpless and create more problems.
Maybe you don’t have enough money to do anything fun?
Not going on trips or going out to eat might not seem important, but these things help you release stress and make your life better.

To say that money makes happiness isn’t necessarily true, but it sure helps.

Overall in my opinion education equals money, education might mean more but in the society we live, money is crucial and you can’t do anything without it.

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Student 24

Pre-test

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Student 25

Pre-test

Technology as positive and negative effects on our daily lives. First I am discussing some positive effects. The first positive effect is the fact that communication is easier and faster these days. We can chat en call with familie and friends around the hole world with our phones. The second positive effect is that we can search information about everything on the internet. This is positive because if we are stuck with a question in our head we can find it on the internet. Now i am going to discuss some negative effects. The first negative effect is about privacy. Everybody take a photo of you and post it on social media without your permission because everybody has a phone. The second effect is that everybody can put information online so not everthing we read or see on the internet is true. This is negative because we don’t know what we need to believe or not.

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# Appendix: Pre- and Post-test Results Experimental Group 2

Student 1

Pre-test

I think that that the impact of technology on society today is only positive , because it is very usefull and it helps us with a lot of things. Like a car , very useful for going somewhere far! And reading is very good because it makes you smarter and it is good if you are stressed because reading a book can make you calm down. Look around you, just good things about the impact ot technology on society. The role of education in personal growth is in my opinion for everyone different, we are all unique,different people. Also a healthy lifestyle if very importnant because if you want to be happy, you need a healthy lifestyle not only for youre mental health but also for youre body , because if you eat bad like fastfood and you are obese, there is a big chanche of you getting diabetes or heart problems. To avoid things like that and much more bad things, you need to have a healthy lifestyle. The doctors says that too! Also online, newspapers,… are saying that a healthy lifestyle is very importnant.

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Student 2

Pre-test

Hello my name is Amber and I am chose the topic the benefits of reading. The reason why I chose this topic is because I love reading and read a lot. Reading whether it is a book, a magazine, or an article it has positive effects. One of the positive effects of reading is that you can learn a language better, when I started reading in English I didn’t know anything about the language so what I did was I translated the description of the story and whit that information I started reading, after a while I could make the connections with the words and what the story is about and that is how I got better in English. Another positive effect of reading is that it can help you to relax after a hard day, for example you had a really busy day that gave you a lot of stress then it can help you to relax if you sit down and read a book. For me it helps to fall asleep every night before I go to sleep I read to calm down and close the day off and fall asleep. A third positive effect of reading you learn new words that you wouldn’t use in a daily conversation of how I like to call them ‘fancy words’, they can help you when you need to write and essay, when you wright a book or you want to impress people and make them think you are really smart. A forth positive effect is that if you read books you can learn something from them for example if you read a book about health that way you learn how to improve your health and you learned something about it. This was my essay about why reading has positive effects on people.

**Rubric for writing assignment**

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Student 3

Pre-test

topic 1 the impact of technology on society

I find that the technology not good is from the society because more and more people lost or job because the robots

“have the job” from the people and the people have no money that’s is negative but the positive thinks are the people have a phone and call other friends but a other negative thinks the machine or other thinks make with raw material and that’s not good for the planet. Technology is nice for games you can play games with a vare brill and a gun and hands with a censor that we real life game. You can play the games with your friends.

Technology is nice but more people have are asocial because we are scroll on tiktok Instagram,… day to day. On ore phones

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Student 4

Pre-test

It’s very important to have a healthy lifestyle because it is very good for your life. There are a lot activities that you can do that can help.

For examples; you can let on your food and drink only water but it doesn’t mean you can’t drink sometimes in the weekends a soda or you can drink water with lemon, strawberry,… there are many options to choose from. The next thing that you can do is sometimes in your free time through every weekend is 2-3 times to gym, there are many options for examples; to cycle, to walk with your pet, to go to the gym, to run in a peacefully location,…

The last thing I know what you can do to make your healthier is to do little things that you can replace to like to take your bike to your school or work, to use in a building the stairs instead the elevator, to stand up sometimes if you work on a laptop or computer and in general too if you sit to long in your couche. But there are also many option, actually for everything and for everyone.

It’s so easy to do, even you are lazy you can do small things to make it better. What I do every day on the evening if I don’t have a lot of school work, is to go to the gym with my friends, it’s healthy and you have company because you can talk to each other or you can go alone and listening to your favourite music artist with your headphone or air pods, you can try it out.

Some people take an another way to make sure that they are healthy and that’s to hold you on a diet. It’s hard but you can also do it. But you need make sure that it doesn’t have a negative effect on your other things in life and your mental health because it is also very important. So you make sure that you not overload to your diet and that you eat enough well. So this are the things that you can do for a healthier lifestyle to keep your healthy. If you have a healthier lifestyle you feel normally a much more better than usually and than you a nice feeling. You have more social contacts and you also have a goal or you create spirit to go in your life. It makes your life a less more stressful and more easier.

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Student 5

Pre-test

Student 6

Pre-test

I’m going to tell you why Reading books is really nice. First of all is when you are bored you can just get a book and start reading, if you once start with reading in your book you think its fun and won’t stop for a while. There are also many genres you can choose from like romantic, fiction, thrillers,… . I always choose to read about romantic stories because I think its interesting. Sometimes I choose to read thrillers because I am very curious about what is going to happen. You can also read magazines there are full off gossip or things you want to know. They are also full with photos and colours so its not boring. Reading articles can also be verry interesting, you are going to know so much more about what is going on in the world.

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Student 7

Pre-test

I think that technology a high impact has on our society. Because we more and more communicate with our phone, and not physical any more. I think that technology a negative impact has on our society because it makes us more individual, and it makes that people less real friends had, and more individuals are, and less account had mat others.

But I think that Technology can has a positive impact on the society to. Technology makes that people can communicate with people over hole the world and technology makes that people faster can communicate with people, technology makes it possible to do more things at the same time, and technology can make work van people more easily, and les dangerous (robots). Technology gives us entertainment to, (streaming of films or music etc)

I think that technology had a bat impact but it has a good impact to on his society, I think that we use to much technology, when we going less use technology we going do more social and we going help more people, but technology is necessary to for making us work easier and less dangerous to. Now with AI computers learn of us and going do more and more on is own, technology changes more and more and going to has in the future a more and more higher impact on us society. Cars has a lot of technology to and makes us roads safer to and us society to.

Dus technology has a lot good impact on us society, but it also has a bad impact on us society to.

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Student 8

Pre-test

Most of the time people read books about something they like or something they want to know more about.

People that are interested in social media can read magazines about it. When you want to cook something and you don’t know how to start, you can always use a cookbook. Some people that are always stressed about everything can read books about yoga or books with instructions on how to get a little bit more relaxed. You also have people that read books to know more about the culture of something, languages or maybe even the food of a country. In the magazines you can find a lot of facts about everything that’s going on. You can read books about languages and they can help you to learn a different language. In articles you can find things about everything that’s going on in Belgium and after reading that you have a better understanding of what’s going on in Belgium.

I think that people who read books are smarter than most of the people because books can teach you a lot more than you think. People that read books are very intelligent. When you’re reading books you’re always in your own world. Sometimes when a book is non fiction, you can easily get sad about it and you can think through about how that the books are a real story. You can find in books a lot of different words that you maybe don’t know about, so when you see the words that you don’t know about you learn something about that.

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Student 9

Pre-test

If you’re living a very healthy lifestyle it has so much options. You always need to be healthy but sometimes you can eat a bit junk food. You can eat it maybe 1 time in two weeks or something. You need to eat very variable, you need to eat much vegetables and fruits. It will not only help to eat healthy for a healthy lifestyle. You also need to do some exercising. You can go to the gym twice a week or go for a run. You can built a run up. If you are going for a run the first time you can run for like 10 minutes and then walk for 2 minutes. If you can do this and it is very easy for you, you can build it up. Then the next time you are going for a run you can run like 30 minutes and walk also 2 minutes. If you can build it up like this you will probably run an hour easy. If you want to go on a diet, you can go to see a doctor and ask him wat would be a perfect diet for you to follow. An healthy lifestyle is very good if you are in school but also if you’re working, because it helps you with stress. It can help to have less stress and live a very relaxed life. Of course you will have a little bit of stress every person has that but it will be less then before that. Also if you are living a healthy lifestyle, you are eating healthy and you are exercising a bit you have less changes that you are going to be sick, eating junk food al week makes you very unhealthy, your body will changes because of that. The changes of being sick is because of junk food then times higher than if you are living a healthy lifestyle. You want to have a healthy lifestyle but you think you can’t do it. Everyone can do it but you have to put you’re mind to it. If you are doing it good it will feel very good after and you will feel very well-being.

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Student 10

Pre-test

Reading is an important thing with a lot of benefits. We learn to read in first grade end from then on, our life becomes easier. You understand the text in ads, you can read subtitles in films, you can read mails. But not only that is a great thing about reading. Reading also makes you smarter. You can learn new words and use those words in your daily life. By reading you also learn how words are written. So you make less mistakes on the spelling of words. An other benefit of reading is communication with others. Reading makes it easier. You don’t always get the chance to meet people in person. So you write an e-mail or a message or even a letter and for that to work, you need to read. Reading gives you an opportunity to bult friendships and gives you a fast way to communicate with others, like if you have a question to your teacher. You mail the teacher instead of waiting till the next day. You can’t do that if you can’t read. Reading a book can also be a fun thing to do, knowing the story of how other people live (even is the people don’t exist in real life). Or reading to escape reality, just so your mind is at peace for a time. It can also help you sleep. Instead of being on your phone, you can read a book. It’s better for your eyes and your head rest more than when you scroll on your phone. So reading has a lot of benefits. It makes life so match easier.

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# Appendix: Pre- and Post-test Results Control Group

Student 1

Pre-test

Today I’m writing about ‘The benefits of a healthy lifestyle’. Everybody knows they should have a healthy lifestyle, yet lots of people don’t follow that. Having a healthy lifestyle is quite simple. Eat healthy, do activities/sports and try to be happy. If u follow this lifestyle, it’s guaranteed u will feel better then before. Also hormones such as testosterone will be higher and you will feel more energetic. Instead of soda, try to drink more water. Just start adapting small things in your life and try to stick to it.

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Student 2

Pre-test

The following subject is something that is discussed a lot in the modern day. And today I will take you trough the positives and negatives of technology in our daily lives. Technology is helping mankind in great manner such as for medical procedures and science… But there are some bad forms of technology like social media.

Social media has made us a slave to our phone constantly wanting to see wat other people are doing has made us addicted. One of the worst social media is tik tok. You can scroll trough short clips of video’s and it maybe sounds fun and it can be funny but it also makes your patience go to zero. Because of tik tok now when you watch a longer video like maybe a film your brain will be so unstimulated that you will become bored. Also when your making homework you will full of adrenaline cause your brain can’t focus properly anymore. But there are some good sides to technology for example things like google or even some social media can be good for example if you quickly want to now something you can just look it up. As you see there are a lot of forms of technology but mainly it just matters who is using it. For example you have good content on youtube and tik tok that will help you learn more stuff are make you smile. But sometimes things can seem innocent but can have a huge impact on your life especially when your young and your brain isn’t fully developed yet. Also if your maybe vulnerable at the moment are sad and you watch the wrong form of content it can change your views on things immediately. You can almost look at it as a cult but they have a range of the entire world who can manipulate them trough just a screen. That’s why I would never let my children use it till their old enough to have a mind on their own cause who knows what they will come across. Because people spend more time on their phone our generation is lacking social skills they don’t talk in real live anymore they use social media because sometimes it can give them an escape from reality. But again this is used in bad way like child predators pretending to be an 12 year old girl or boy to try and meet up with a child. The point is technology has helped mankind and it will continue to do so only people can ruin it and turn it into weapons and ruin other people lives.

Technology isn’t bad on it’s own it’s the people who ruin it.

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Student 3

Pre-test

I am going to tell you about ‘the benefits of reading’.
I choose this topic because I do not look at books are something, I hate it ass well..
What I do when I have time is watching a serie or maybe a movie or I am going outside whit friends of family
 The benefits, why reading books is you learn a few new words, it’s better for you to learn Englisch or another languish with reading new things or something. When you read a book and there is a word that you don’t know, you search it on the internet, the internet tells you what is means and then you learn about it. I do is ass well.
It’s the same as a magazine, but magazines are difficult to learn a few new words I think, because they are more for the fun, more difficult because you are so in the magazine and it’s zo funny or something you don’t have the time for searching the words.
Articles are different, there writing by a person that do it as a job, they do it with better words I think, because they learn how to write the articles with more passion and energy. And I think that is more difficult for who are going to look it. So that’s what I think about articles.
So I think that reading more books, magazines, articles… can enhance a person’s knowledge, empathy.
That’s it, thank you for reading this I hope you understand my benefits.

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Student 4

Pre-test

Hello everyone,

Today I am going to talk about the benefits of an healthy lifestyle, how you accomplish this and the benefits of an healthy lifestyle. First I am going to start with how you live an healthy lifestyle. My personal opinion about how you live healthy is actually very easy, you do sports about 3-4 times in a week, you eat enough vegetables and you don’t smoke or drink. You also have high testosterone, that’s the male hormone and if its at a high level it will only benefit you. An healthy lifestyle will also only benefit you, you wont get tired easily, you will be more energetic and you will be motivated to do things, like getting out of bed, going to the gym etc… This will maybe sound a bit stupid but living an healthy lifestyle is actually not that hard, it is only hard in the first 1-2 weeks but after that period it will get easier because your body will get used to it and will also adapt to that lifestyle.

Thank you for reading

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Student 5

Pre-test

Student 6

Pre-test

There are a lots of benefits of reading. If you want to know the news in the world or just in Belgium you can read it on a news site or in a newspaper. You also need it in school. For studying, making tasks. You have to know what you are writing. You can’t writing real words if you can’t read. If there are people who can really good reading, than they are going to come over very smart and intelligent. Like for an solicitation with your future boss, on your work. When you wanted to check your e-mails you also have to read it. For signing a contract you also have to read the contract before signing it because there can stand in other things like: an other value or an other quantity. The maker of the contract can’t take a benefit if your can read. Also just to watch to an poster or something like that. Than you know what is standing on the poster. You can go to an invite also if you get it for going to a party. So there are a lot of benefits of reading.

**Rubric for writing assignment**

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Student 7

Pre-test

**The benefits of reading**

Today I will tell you all what the benefits of reading are.

The first important thing is to choose what you want to read, you need to be interested in the topic so you can enjoy it too when reading. Even if you read 1 page a day it is good for you, you can get relaxed by it and it could give you peace. I also recommend reading in your bed before going to sleep.

Reading can also expand your knowledge about certain things. Lets say you have a history test and you read history books, this could help you a lot. Reading does not have a bad influence on you, it could help you a lot in certain situations. Reading can also calm you down and personally I sleep better when reading a book for example before going to bed. It helps me relax so then I sleep better.

Reading magazines, books etc can also help you achieve something in your life. For example there are books that teach you things, like getting rich or starting a business.

Overall, reading is good and it does not have a negative thing.

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Student 8

Pre-test

: The impact of technology on society

Is now the thing we have a phone Wi-Fi or Bluetooth that’s is all technology. Technology has a very big impact on people and on the world we have the world wide web www, that you can search on google safari of edge all of them have a lot of information. People are addicted to phone , games and social media. That is because the technology is addicted you can unlimited things do in games you get always new things on social media that’s because the company’s made it addicted for you that you not stop whit that thing and so that the company made money. Technology can also by useful because it can help people with dangerous things of can make thing cheaper than people. It can help people with cleaning it can bring your breakfast and a lot more. But technology has to learn form people that because it make it smarter. Now you have ai artificial intelligent it can do all things for you make a PowerPoint make a Canva edit a video and it is very smart how more people it use how better ai works. Technology has a long way to go to work without people it can always better and smarter. Over 5 years you have cars at the road that can by self drive without a human but at the moment it is not on point for Europe that’s because in Europe are many rules in America can it al. Technology have a long way to go.

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Student 9

Pre-test

There are a lot of benefits and I’m going to explain some of those benefits for starters when you’re younger and its bedtime your mom or dad probably read a bedtime story which is a good experience and this makes you want to listen more to those story’s and eventually learn how to read.

The younger you start reading and the more you read the easier it will be also later in school you will need to read a lot and its important that this goes easy without any struggle. There are 2 big categories of books: fiction and non-fiction. Fiction is mostly a made-up story and you read this to relax but not to learn something while non-fiction are “real” story’s where you can learn something from like a book about the ocean or biology…

Reading also stimulates the brain but there is a difference between reading on paper and reading online on your computer while reading on your computer may be nicer and less paper waste some studies say that when you read something on paper that its easier to remember and study.

You can also try to make reading more fun to go sit a place cosy and warm because not everyone likes reading but it is important and also something you do everyday.

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Student 10

Pre-test

Leading a healthy lifestyle is not always easy for everyone, that is why I am going to give you benefits why you should try or do better to lead a healthy lifestyle. It is important that you know what you are doing daily because sometimes people do things that they think are good for them but in reality it isn’t for example, people who want to go on a diet often don’t eat enough food but they think it helps loosing weight but it damages your body so if you want to loose weight you must eat healthy food and train it off that’s how it’s done the best way for your body and health. It is also important to exercise everyday because your body needs it and I don’t mean go to the gym but you can go for a walk or you can go run as long you exercise a little everyday that is important so that your body can relief stress. For students it’s the same with studying, if you study and take a break after 30 minutes ort something than your brain can process the things you have learned the past 30 minutes. So if you change a little of your daily routine to the better your lifestyle changes with you. The benefits of this are that you feel more confident and that you have less stress you just need to do it on your own tempo and the rest will come itself. And that’s the start of leading a healthy lifestyle.

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Student 11

Pre-test

The impact of technology on the society is that we can’t life without. As we wake up in the morning. We take our mobile phone and check if we have a message or something. Some people use there phone as alarm for waking up. Many friend groups are connected on the internet by chat groups and things like that. Al of our daily routines are based on technology in school we use our laptop. In our free time we use our phone or pc to play games. Many hobbies are planned on the internet. The soccer planning is made on a application on my phone. Also for official things like cpr bills we need our mobile connection. More an more things going true the internet. Our society are more and more digitised. Older people don’t now very much about mobile things so they need young people to help them with official things like. Mobile paying ……. When older people use mobile devices an they don’t know a lot of it young people laugh with them. But they help them and so mobile devices bring people together. Not only on the internet but also in real life. I think technology is not a bad thing. People life longer. Life became a lot easier than 50 years ago. My final answer is that technology is a good thing but also a dangerous thing as ai became smarter than people and they think feel …. Just like people it is very dangerous but for now. Technology is a ver very good thing

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Student 12

Pre-test

What I think about the impact of technology on society. Most people love technology like AI and other things. But I hate it. I think that IA is something that is going to steal a lot of jobs from people. And that is not good AI is smart and if we use it a lot it will only get smarter and smarter and I think that’s bad. I also think that it will make people dumber because they search thing write it down but not do the real search work and start earning about the information that they need. But some technology for instance a CPR like a LUCAS is great. Electric vehicles is also a thing that I think is stupid. People say that an EV’s are much better for the climate but it actually is not. The process of making 1 battery is super bad for the climate. And I just think it’s stupid. It’s fully electrical and it has software that can be updated by the company so if they want they can shut your car down or do other things with your EV. Then one of the most popular biggest inventions a phone. I think the old school phone where you could only message, call and some little things where great(dumb phones). But the smartphones that they have now. I think smartphones are bad it only distracts people and I think people are getting dumber and dumber. Overall I think lot’s of new technology is bad for society.

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Student 13

Pre-test

were just a little kid, but you still learned from reading it. Because reading actually has a lot of benefits. You can read everything. You have a lot of genres to read like; horror, comedy, romance,… Whatever you read, you will learn from it. For example you find new words you did not know before in a book, you look up what they mean and without your knowledge you are improving your vocabulary. You can also read in different languages. When doing this you might learn new languages. Reading is the best way to improve language skills. And you do not need to read a book to be reading. Even when you do not like reading, you do it more than you think. For example; your friend posts something on social media and wrote something in the caption. You will read the caption and without your knowledge you’re learning. Or you are watching your favourite show on Netflix, but the show is not in a language you speak, so you put the subtitles on, and then again, you will be reading without your knowledge. Learning to read is probably one of the most important things you ever did. Because at school you need to be able to read, otherwise you will not be able to follow the lessons. Reading is important, and we don’t do it enough anymore. You don’t need to read a book, but make sure you read something every day. Because of reading we learn a lot.

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Student 14

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