# 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.

**Rubric for writing assignment**

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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.

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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

Pre-test