# 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.

Post-test:

The benefits of reading. What are those exactly? If you read a lot u will expand your knowledge. This can be beneficial for just general knowledge or maybe tests. It doesn’t matter how thick the book is, you can also gain knowledge by reading thin books. It doesn’t necessarily need to be a book about a smart topic, for example: nature. You can also get a lot out of comic books.

It has been proven out of studies that 68% of teenagers does not read books. The other percentage reads books on the daily. Also a test in 2017 has proven that teenagers that actually read, have better grades in school. Aswell as they have less stress.

In conclusion, it’s recommended to read. That doesn’t mean you should read every day nor get a book with lots of pages. Just one to three times a week and you will already gain a lot of knowledge.

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.

Post-test:

A healthy lifestyle Is important for every individual. It increases the chance of living longer.

But it’s not only good for your physical health but especially for your mental health. Sport releases a lot of dopamine in your brain making you happier, also committing to a strict schedule of diet and exercise builds discipline and routine and I think routine is very important when it comes to exercise and diet. If you don’t follow a strict schedule you will end up slacking some times and this will set you back a lot. It’s important to take your journey of sport and diet slow because jumping in it with everything you got will have the opposite effect, you will only last for about 2 weeks you need to build it up slowly. I think also meditating or any form of relaxing without any screen in front of you or other people, just you and your mind is great for the mental health aswell.

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.

Post-test (cheated by using AI):

Technology's impact on society is multifaceted, shaping every aspect of our lives. Communication has been removed, with instant global connectivity through social media and messaging platforms. While this fosters community and information sharing, it also raises concerns about privacy, cyberbullying, and misinformation. Education has become more accessible with online resources and e-learning platforms, levelling the playing field for learners worldwide. However, the digital divide persists, exacerbating inequalities in access to quality education. Healthcare has been transformed by technology, enabling remote consultations, telemedicine, and AI-driven diagnostics. Yet, ethical dilemmas arise regarding patient privacy, data security, and algorithmic bias. In the workplace, automation and AI have increased efficiency but also raised fears of job displacement. Reskilling and adaptation to new technologies are crucial for workforce sustainability. Entertainment has become more immersive and accessible through streaming services, virtual reality, and gaming platforms. However, concerns about digital addiction and its impact on mental health have emerged. Overall, technology's impact on society is profound, influencing how we communicate, learn, work, and entertain ourselves. Entertaining is very difficult. While it offers unprecedented opportunities for progress and convenience, it also presents challenges such as inequality, privacy breaches, and job displacement. Finding a balance between technological advancement and societal well-being is crucial for ensuring a future where innovation serves humanity's collective interests. This is what I think about this essay. I hope that you know what I think/ what I write about this subject. So finding a balance between this is very important. The world changed a lot and that is not good for everyone

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

Post-test:

Today I am going to talk about the benefits of a healthy lifestyle, first of all its important to live an healthy lifestyle so you don’t get easily sick. Its also very important that you exercise enough, I think that 3x a week is enough. When you get older you wont complain about back pains or being tired all the time. But how do you live a healthy life? You need to eat lots of vegetables and fruit, but like I earlier sais it is also very important that you exercise enough/doing cardio like running or cycling. Being home and playing video games is very bad for your mental health and social skills, because you need to interact with other humans in real life and not just talking with someone on the game. Just enjoy the world, go on late night walks, go swimming with your friends because life is really more than staying at home 24/7. And if stay at home all the time you will probably also get depressed. So if you see that there is nice weather outside go outside with your friends. And if you already play a sport like football, boxing etc then its perfect but if you don’t play any sport try to go on late night walks or running sessions. But it is also important that you eat good because if you eat very bad you will also feel very bad that’s why you have to watch out

Student 5

Pre-test

Post-test:

Reading, if it's books, magazines or articles, offers numerous benefits to one's intellectual and emotional wellbeing. First of all, reading different sources such as books and articles expands people’s knowledge. By reading, one explores new topics and perspectives, which widens the horizons and promotes critical thinking.

Reading increases empathy. It allows readers to empathise with the experiences and emotions of characters or authors, which increases understanding and compassion. This contributes to a deeper understanding of human nature and promotes respect for diversity.

Finally, reading contributes to overall wellbeing. It provides a welcome distraction from stressful situations and encourages relaxation. Research shows that regular reading lowers stress levels, improves sleep quality and promotes emotional resistance.

In short, reading is a valuable activity that increases knowledge, strengthens empathy and promotes overall wellbeing.

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.

Post-test:

There isn’t a big impact on society because of technology. But with the technology we have, we’re at another level now in our society. Before technology you have to talk in real life. Man to man. Now you can send a message, before you meet you’re friend or family members. I think it is not a problem because we still have society contact. But I also found that we’re doing to much on our telephones. There are a lot of situations if you are sitting with your friends and in place of you’re talking about something, you’re going to look to your telephones and doing things like Instagram or TikTok. There is no problem if you go for an even moment on your phone or taking your phone and at the same time talking to your group. Than you are still sociable. I think it is true that it is easier to take your phone and call are send a message when you have a e-mail to say if you are later, because if you’re not going to be on time, when you have say that man to man, you can’t let it know to him if you haven’t a phone. Now you know my opinion about the technology and society.

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.

Post-test:

I’m Bartu and I’m going to tell you the benefits of a healthy lifestyle

Living a healthy lifestyle is important for your mental health and your body.

You should do something, like running or playing sports or going to the gym. You also shouldn’t sleep late so you get enough energy and testosterone. Men and Women also shouldn’t eat much junk food or food that has a lot of sugars in it like donuts, ice cream etc.. Being in your room all day is not good for you and your body because you don’t get air. Also people in my environment also vape a lot, this is very bad for your body and while your still young you should keep your lungs fresh. People should also pay attention to their posture, this is one of the most important thing because a bad posture can affect your back a lot and this is very important because you should watch out for your body while your still young

Hope you enjoyed my tips and experience!

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.

Post-test:

The impact of technology on society is big there are problems in the world. It has good and bad things you now it if the Wi-Fi not work you can nothing. It can help it can doesn’t work it can clean it can ride it can many things. Technology can help people with problems that not can clean you have a clean robot. It can drive for you but there are some issues. Now you have not enough chips for technology the problem was the covid 19 pandemic. Al of the chips worldwide are made in Taiwan they have the largest chip company in the world. Because that car cannot be delivered on time new telephones realise later and other things. Now the chip market is begun to a restart it makes more and better chips than before for cars pc and other things. But that market have also a lot of power over the world because all chips are made in Taiwan and from Taiwanese company’s they have a lot of power. And that power is for Taiwan perfect because China is not good friends with Taiwan but they can do nothing alone. Technology can be also dangerous it can make mistakes in important situations . Technology find new ways in the pharma industry with new technology we can better understand how the things work and what we can do to stop them from make ore sick. In the covid pandemic we have made a vaccine with a new method and it work.

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.

Post-test:

The benefits of reading

Reading has a lot of benefits starting from when your little, reading books or strips can make your imagination wider and your creativity bigger. Even for school reading is very good, it can make your vocabulary better and improve your conversations or your writing skills because your vocabulary is bigger so your text structures will be better.

For some people it’s even a moment of escaping the reality, getting cosy with a good book and just read which can also reduce stress after a long day.

Reading a book before bed is also much better than being on your phone , a book destresses the mind while a phone does the exact opposite which will also helps you get better sleep.

Reading books is always good for you, when its fiction or non-fiction your knowledge will always grow which will be handy for your whole life. It also opens up a world of new information and sometimes some fun facts.

Some books open a new world of diversity where there is a character who might be trans or gay or something which will give you a different view of them in real life if you know more about what’s going on with them in their mind.

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.

Post-test:

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

Post-test:

The benefits of reading

there are many advantages to reading. by reading a book you broaden your vocabulary. and you learn to vary your use of language more. your spelling will also become easier and more natural. reading can also keep you busy in a useful way. by reading books you also broaden your knowledge often old stories and trivia are in thick old books. people used to write everything down. then pass it on for generations. and improve and optimise knowled. has been proven that reading makes people smarter and more able to remember. people who read a lot often have a lot of knowledge and a high IQ. if reading a book is for you to amuse yourself you are more likely to choose novels or every-day stories. because they often appeal more to you than an old pointing book you only understand half of. nowadays reading is seen more as a burden than as something fun. reading for school has to be boring, it takes a long time and it doesn't amuse you enough. older generations try to make reading seem as interesting as possible but in the eyes of young people it often isn't. Probably half of today's youth have never been to the library outside school. for themselves, that is. for the youth, reading is something old that no one longer does. we the youth would rather listen to old stories or watch some great action movie

for me, this is what reading entails and and the few benefits I can think of

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.

Post-test (cheated):

My perspective on the impact of technology on society differs from the prevailing sentiment. While many embrace technology, I harbor a strong aversion towards it. In particular, I believe that Artificial Intelligence (AI) poses a significant threat. As AI becomes increasingly sophisticated through frequent use, its potential dangers escalate. This trajectory, in my view, is deeply concerning.

Furthermore, I am apprehensive about the diminishing intellectual engagement of individuals in a world reliant on technology. People tend to rely on quick searches and readily available information, bypassing the rigorous process of genuine inquiry and understanding. This trend, I fear, fosters a culture of intellectual laziness and superficial knowledge acquisition.

Despite my skepticism, I recognize the value of certain technological advancements. For instance, devices like the LUCAS CPR machine offer tremendous benefits in emergency medical care. However, I remain critical of innovations like electric vehicles (EVs). While touted as environmentally friendly, the production process for EV batteries exacts a heavy toll on the environment. Moreover, the control exerted by companies through software updates on EVs raises significant privacy and autonomy concerns.

Turning to smartphones, I hold a nostalgic fondness for simpler, "dumb" phones, which served basic communication functions without the distractions of modern smartphones. The proliferation of smartphones, in my opinion, contributes to a decline in attention spans and critical thinking skills.

In summary, I harbor reservations about the societal implications of many contemporary technological developments. While acknowledging their potential benefits, I remain wary of their broader impacts on human behavior, cognition, and environmental sustainability.

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.

Post-test:

There are a lot of benefits of a healthy lifestyle. Just by eating more fruits and vegetables you can already experience a lot of benefits. For example, it could boost your energy. In fruits and vegetables there are a lot of good substances in fruits and vegetables. You can also start sporting more. Sporting a few times a week also had a lot of benefits. It could improve your health, it could give you strength. But it could also reduce stress and it could give you a healthy weight. Another way to get a healthy lifestyle is by going to sleep on time. You will feel more refreshed and you will get more energy throughout the day. You’re immune system will also improve. Its very important for your health to go to sleep on time. And one of the most important thing you have to keep I mind is that you need to stay hydrated. Bye staying hydrated. By staying hydrated, you’re skin is going to look more clear but you will also feel better. By staying hydrated you will also be able to think more clearly. So as you see, having a healthy lifestyle is very important for your body. It gives a lot of benefits like a healthier body, clear skin and a clear mind. Just by living a healthy lifestyle, you can live a perfect life. You will look better, you will feel better,… A healthy lifestyle can give you a lot of benefits, so we should start living a more healthy lifestyle.

Student 14

Pre-test

Reading is often criticized by most teenagers as something ‘useless’ or ‘boring’. I completely understand how it could be boring, but it’s definitely not useless at all. Simply by reading books you don’t only upgrade your personal vocabulary, but also your acknowledge of different aspects in the world (depending on what genre the book is, of course). For example, you used to view everything negative, and by reading a happy book, your view changed to something positive. In my opinion; people who really love to read in their free time without forcing themselves to do so, have a pretty relaxed and calm lifestyle. They won’t (often) spend a lot of time on their mobile devices, watching TV or anything that has to do with technology. Obviously that’ll depend from person to person and also on different aspects in their life. I’m not saying that everyone should just lock their devices somewhere and open a book for the rest of their lives. But just by reading a few 30 minutes or more a day, you’ll wish that you’ve done this before. And no, I don’t think online reading really counts because most people will still get distracted by all the notifications popping up on their screen. If you really, but seriously really, do not like reading books at all, there are always magazines or new articles. They could also boost your acknowledge, but I’m not so sure if they will boost your personal vocabulary as much. So in conclusion: reading something with all your attention will upgrade a lot of aspects in your life. Give it a try!

Post-test:

There are surely positive and negative effects that technology has been giving us lately. For example, the smartphones, computers, laptops, gaming devices, TVs, etc.

Let’s talk about probably the most used device by a lot of people, the smartphone. The effect the smartphone gives really depends on the person using the device. Some people see it as something useful, handy or just a source to cure their boredom, while others see it as one of the worsts inventions that the human kind ever created. And I can’t lie, neither of these people are wrong. Smartphones have a huge impact on society nowadays. Some teenagers barely have any actual social contact with any of their friends outside of school. And during school days, it could be understandable, since school can be exhausting for some. But there are probably teenagers who have no social contact in vacations or weekends with people aside from their family members, (or at least I hope.) Humans are social creatures, without any actual social contact with the outside world, they will indeed lose sanity after a while.

Anyways, after talking negative about technology, there are sure a lot of good things about it. Society has been upgraded a lot. Things were made easier and ‘less dangerous’, especially in the industry. And smartphones, or more like social media can inform people easily about what’s happening in the world, but scrolling on it all the time will not have an positive impact on you at all.

Student 15

Pre-test

The impact of technology on our society is huge. There are many different electronic devices to use over the whole world, such as a mobile phone, a computer or a watch. There are a lot of positive but also some negative effects on our daily life because of it.

Almost everyone uses their phone or computer on a daily base, mostly young adults or children. Some of the benefits are that you can easily chat with your friends, even when you aren’t close to each other in that moment. We can search 1000’s of things on the internet or you can just take a picture with your friends or family. Unfortunately there are also some negative things about using your phone on a daily basis. Many people are constantly on their phone while they’re with their friends or someone else. It can also effect your health on long term. Like the working of your eyesight can worsen because of the phone screen or your physical health due to not having some exercise.

These are just a small amount of all the effects phones could have on our life. In the future there will probably be some more or new devices, so the situation could maybe gone worse by then.

Post-test:

There are a lot of benefits of reading. Unfortunately there aren’t a lot of people that would read in there free time or just because they wanted to. Most of the time they just do it because they need to for school.

First of all, reading could help expand your vocabulary which could be really useful for a lot of things. For example, you can avoid using the same words over and over again or you can just use more difficult words in your essays for school. It could also help passing some of the spare time you have. Another benefit is that if you read a bit before you go to bed, it could maybe help you falling asleep faster and better. reading books could help you get more focused. If so, you can easily just imagine how the characters out of your book would look like or how they would act. Lastly, if you are one your phone a lot, your eyesight could worsen in the future, but reading a book instead wouldn’t ruin your eyes. There are also a lot of different genres in books, so it’s no excuse to say that you didn’t find anything you would like to read.

There are a lot of places where you could get or borrow a book for some time, such as the library, a shop and so on. So if you would want to impress your friends, teachers or family with how big your vocabulary has gotten over time.

Student 17

Pre-test

My essay is about the benefits of reading. I am going to tell you a couple of benefits. The first one is that when you read non-fiction books that you can learn new things like the war, what happened when we weren’t alive or what’s going on in others people’s live. The second one is you can read with friends or make friends because of reading. Then you can hang out together and read together. If you love reading you can read for your kids when they need to sleep and they are going to see it like a wonderful moment when they are older. When you are young and start reading kids books it will be easier to read books when your older. There are so many books that there will be books that you like. If you read many books in your live your brain will remember things easier when your older. If you read articles online or on paper about the news. You can always talk about it with friends or family and then you know what’s going on in the world. Reading doesn’t need to be boring al the time you can just begin with something little and then go bigger and bigger but remind you that it needs to be fun so read about something your interested in or that you like.

Post-test:

healthy life is the key to a complete and balanced existence. It begins with conscious diet choices, exercise and stress management. A balanced diet rich in fresh vegetables, fruits and lean proteins offers the body with necessary fuel and nutrients. Regular exercise not only strengthens the physical but also promotes a positive mindset. In addition, stress management is needed in our exhausting world. Meditation, breathing exercises and appropriate rest helps to emotional well-being. A healthy life means not just the absence of sickness, but the active pursuing of optimal health on both physical and mental levels. By embracing these pillars, we can create a lifestyle that contributes to a happier and healthier life. Yoga is very good for your mental health. Because it decreased your stress level and improved your happiness. Don’t drink alcohol it aggravates your body and destroys it. Don’t smoke or vape it destroys your body. Get regular checkups to make sure all is still well with yourself and your health. You should also drink about 1 liter of water every day This way your body stays healthy and you get enough water