# 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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:

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.

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.

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.

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

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.

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.

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.

Post-test:

The introduction of Social media came with a couple of benefits, but also some downsides. A benefit is the communication which has improved a lot. A downside is that it brought insecurity with it for many people.

Communication is the one key thing that has improved a lot, with the introduction of social media. Almost everyone has social media and because of this you can come in contact with all sorts of people around the world. And messages are sent in an instant. It really makes many things way easier. But it also came with a downside. Many people, even more teenagers, suffer from insecurity because of social media. Many so called ‘influencers’ show their perfect life with always fun activities going on throughout the day, their perfectly balanced and healthy meals and then the biggest insecurity of teenagers, their bodies. People now have many tricks to make it look like they have the perfect body, a thin waist, muscular and with almost no fat anywhere. They pose in certain ways to hide this. This causes teenagers to overthink about their own body, and makes them insecure

For instance, many teenagers still come in contact with this. They are the target of many influencers. If you scroll through social media you can find influencers within seconds. They show their perfect life and other teenagers, who get influenced, think this is normal. They start to overthink and get insecure about their own life. Sometimes some people even get influenced without knowing. They see something that gets promoted by an influencer, which they sometimes get paid for, and they suddenly want that product. Just because someone influencer has it and thinks the product is great.

This all shows that many teenagers get influenced very quickly by everything they see on social media. And that insecurity is a big thing for social media. So, social media looks like the perfect media for entertainment and communication purposes, But it comes with its own risks. And you have to be sceptical about what you see on social media.

Overall Social media came with a really simple solution of making communication easier. But it also came with some downsides.

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.  
  
Post-test:

The impact of technology on society

Technology has been around for ages and comes in many shapes and forms, it is still growing every day. It has a big impact on the society we live in. Technology helps us solve physical health problems but, can also be bad for the mental health of people.

Technology advances the skills in the medical sector to solve problems. It is clear to people that our health keeps improving while technology keeps growing. Earlier when technological medical equipment did not exist, people would die sooner and, for reasons that now can be treated without a problem. For example, take cancer. With all the new machines to make scans to locate tumors or, the new kinds of radiation that we have we can solve most cases of cancer. Through these kinds of medical equipment, we can improve health and reduce the amount of people who die due to cancer or any other form of illness.

To summarize, with new advancements, we can help solve the death rate of physical problems because Technology helps us solve physical health problems but, can also be bad for the mental health of people.

Technology can have a negative impact on the mental well-being of people. We can see that phones, laptops, and smartwatches are everywhere and, we would not be able to have a normal day without any of this technology. This also has downside effects on the mental health of people who come in contact with this kind of technology daily because they can never truly be alone or take a break. For example, it has been a tough week and it is finally Saturday, then work calls and the time you wanted for yourself has been taken away from you. You can get burnt out by always being expected to be available which, takes a toll on your mental health. If everyone gets burnt out society will not run smoothly and it will begin to fall apart. To conclude, it is important to take time for yourself and not always be available so that your mind can rest. This shows that technology helps us solve physical health problems but, can also be bad for the mental health of people.

Student 24

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

Technology has a lot of impact on our daily lives. We use it daily. There are lot of advantages but also disadvantages. For example you can communicate easily with your friends and family. A negative thing of technology is that they can easily make and spread fake news.

The positive site of technology is that you can easily communicate with friends and family. You do not have to stop by your grandparents because you can send them a message or call them. By calling them are texting them you can interact whenever you want.

Otherwise it can lead to many negative things. With technology you can easily spread fake news. Many people don’t know what is real or fake on social media. Technology can make things so real that you believe that what you see is reality. Many people can not separate the real world and the fake world. For example, people see an advertisement and believe that this will help solve all there problems.

To restate, In our daily lives there is a lot of technology. There are a lot of advantages and disadvantages. You can easily communicate with our friends and family. A negative thing is that you can be mislead by fake news and you do not know what is real. So be alert when you use technology !

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.

Post-test:

The impact of technology on society

Technology has a lot of impact on society. We use it daily. It has a lot of advantages and disadvantages. It made communication faster but a lot of people are addicted to their cell phones.

The positive side of technology is that we can communicate way faster and easier. We can communicate with friends and family around the hole world through social media, video calls, messages. You can use apps like WhatsApp to call or text family in an other town.

The negative side of technology is that it can lead to addiction. We use our phones so much that we can’t live without it. For some people it helps with loneliness by seeing people on social media. Some people get addicted to their phones because of FOMO (fear of missing out). Not everybody has it but by some people it can lead sleepless nights because of the fear of missing out.

So, social media has brought a lot of positive and negative impact on our daily live. We can communicate easily with family and friends around the hole world. A negative thing is that it leads to an addiction.