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

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Student 1

Pre-test

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

Student 2

Pre-test

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

Post-test:

The benefits of reading I chose the benefacts of reading because you can learn a lot of new things from reading. But it can be an expensive hobby and bad for the environment. Reading has a lot of positive benefits for example, you can learn new languages which can help you to find a better job later on in live. Secondly you can learn new words that makes you improve your vocabulary. Reading also helps with improving your memory. Because with reading you can get really focused and zoned in the story which helps you with remembering what you have read, and can help at school to remember the things you learn better

But reading can have some negative aspects. Firstly if you chose to only lent books in a library but you can only get there by car you have to pay for gas. Secondly if you chose to only buy books it can get expensive because books cost a lot of money. Thirdly it is better to read your books online cause books are made of paper which is bad for the environment.

This means that reading can help you to learn new things like languages and new words improving your memory and can help you a lot at school. But it also has some negatives aspects like buying books cost a lot of money and it is not good for the environment. Because they are made out of paper that is why it is better to read online. But be warned even online books can cost money.

Student 3

Pre-test

topic 1 the impact of technology on society

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

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

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

Post-test:

The impact of social media on young people. Young people are letting social media influence them. And that has to be change. But it is not negative it definitely has positive sides too.

As first, I’am going to talk about the positive thinks of social media that you can look up anything. You are making something for school but you do not know what, Then you can look it up and come across hundreds of things you can make.

As second, I’am going to talk about what is a negative thing of social media. Young people are using more and more social media , most young people can get rid of social media they have become ‘addicted” to it. So for example if you have to study for a test for school and you get a notification on your phone that you immediately want to see what you got a notification about. And that had to change , Maybe you can do your phone on flying modus so you do not see that notification.

In short people are addicted to social media. Thet need to invent something that you can get distracted when you are busy something important.

My goal is for young people to be on social media as little as possible. For example, if you are scrolling on tiktok for tho to tree hours at a stretch, the app will just shut down for an hour, you can get distracted by that.

My conclusion is that young people spend too much time on social media. And they need to change that. Because social contacts are much lower.

Student 4

Pre-test

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

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

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

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

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

Post-test:

Student 5

Post-test:

Is a healthy lifestyle always necessary? And is it good for your body? I know that somethings are good for your body and somethings are not. There are benefits and consequences and they can have an impact on your life, in a good and in a bad way. On internet you see all off these recipes for healthy food, or tips for a healthy lifestyle but not all off them work.

Every person has different lifestyle, some people are vegan, only eat vegetables or do not at all. It’s depends from person to person, some eat a lot and do not get fatter and some people eat not so much and they put on weight. Every person experience it different and that’s okay, because nobody is perfect. They are doctors to help you have a healthy or better lifestyle, do only thing is that it cost a lot of money.

Doing a healthy lifestyle can have a bad impact on your life. Healthy food is really expensive and if you do not have a lot of money than fast food is way cheaper and that’s why some people do not have a change to have a healthy lifestyle. You can sport a lot but that doesn’t change everything.

So you see that not all people that have a healthy lifestyle is good. I hope they lower the prices that all off the people can buy it and take care of them self’s. I really hope in the future that everyone can have a healthy lifestyle and not have to worry about money or something else. So you see that everyone can have a healthy lifestyle but every person in a different way. They always will be the benefits and consequences but you can work on them and find a solution.

Student 6

Pre-test

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

Post-test:

I’m going to tell you why reading books can be very fun. First of all is when you are bored you can just grab a book and start reading, if you once starts reading a book you will think its fun and won’t stop for a while. But before you start you have to choose a genre to read.

There are much genres you can choose out like a romantic storyline or fantasy with monsters and magic, fiction, horror, thrillers, … Most of the time I choose to read romantic books because I like the storyline and I also reads this in English because I think the language is really pretty and lovely. Sometimes I read thrillers because I am very curious about what is going to happen, I like the tension that I have when I’m reading. When I’m reading thrillers I don’t want to stop reading because its so exiting. I also like to read magazines, it’s a book full of gossip or things you want to know. They are also really colourful and with much photos so its not boring. Generally I read a magazine from a famous person like Taylor Swift. You can also read articles. This is very interesting because you are going to know what is going on in the world and what happened or where it happened. Reading can also stimulate the language and reading development.

Now that I have told you why reading is not as boring as it seems, its time for you to choose a book or a magazine,.. that you like so you can start reading.

Student 7

Pre-test

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

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

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

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

Student 8

Pre-test

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

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

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

Post-test:

The benefits of reading

Reading books is extremely popular in the world right now. A lot of people are reading books, because they want to empathize with the book. Reading books is really good for your knowledge. Only when you are reading you want to take it anywhere with you, but books are very big and unhandy to take with you.

Firstly, when you are reading a book, you can see a lot of different words. Every word that you see has a different meaning. For example, some books has words that your never heard from before, but when you are reading all the sentences, you find the meaning of the word in the context. The new words you learn from a book can be useful in your daily life. But, when you are reading books, you want to have an unforgettable feeling. You can only have that feeling when you are reading a book on paper. So, when you have to go somewhere, you need to take it with you, it is not always that easy. A book can be very big and unhandy to take with you. There are multiple books that you can read online but that is bad for your eyes.

So basically, reading books is really good to improve your knowledge. But, when you are reading books, you want to take it anywhere with you, but books are very big and unhandy to take with you. In the future books will be a lot more expensive, because then it will be seen as a vintage item. Do you think books will be popular in the future? Will you still be reading books when you are older?

Student 9

Pre-test

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

Post-test:

I heard that a healthy lifestyle can change your life completely. I am going to tell you about the benefits and the consequences. On internet you see some things that are not true, so you don’t need to believe everything you see on social media.

Every person need enough energy for the day, with a healthy lifestyle you will definitely have it. It is important to eat enough vegetables, because they have many vitamins and they give you energy. You will live healthier and you are going sleep much better and be less tired towards the day.

Of course there our much benefits of a healthy lifestyle, but there are also consequences. One big consequence is that it can be really difficult to switch to a healthy lifestyle. If you were a meat lover or you loved to eat fast food once in a while than you have to make a big step to become a healthy lifestyle. Much people can’t do that because they are so addicted to meat or other unhealthy stuff and don’t forget it is very expensive to buy all the healthy food.

So you can see a healthy lifestyle can have a big impact on you in both ways. It will be very good for you, but you can have it hard to switch from your lifestyle to a healthy lifestyle. I know that everyone can do it, but the important thing is that you have to put your mind to it and believe in yourself. Maybe in the future we all can stimulate people to live a healthy lifestyle and all be a group who supports each other’s .Would you like to have a healthy lifestyle?

Student 10

Pre-test

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

Post-test:

The benefits of reading

Reading is necessary in our society. People use it on a daily basis. You need it to read newspapers, adds, subtitles, recipes and so much more. It is extra important to know how to read for school, that’s why you get an assignment to read a book on a yearly basis. Reading can stimulate and train your brain, but if you read too much you can get lonely.

Firstly reading can improve your knowledge. You learn new words, can see how you write words, learn to understand characters and it has so many more advantages. By example, if you read an autobiographic, you learn how the person thinks and can learn difficult words. And if you read an roman, you learn to sort real and fake scenarios.

But if you isolate yourself to read plenty of times, you can get lonesome. Reading is something you do alone. You can read so much that you lose social contact with others. By example when everybody is talking and playing a board game, you read a book and separate yourself from the rest. So you miss the conversations by reading. Do not isolate yourself by reading a book, it can make you lonely.

So reading get make you smarter but do not read to much, you can get lonesome. If you want to read a real, paper book. You better start now, maybe paper books will disrepair in the future and every book will be an E-book. Do you prefer E- books or paper books? Is it important to read in paper books?

Student 11

Pre-test

Post-test:

I’am going to tell about the benefits of a healthy lifestyle. If you want a healthy lifestyle you have to be time and support from other people. If you have time and support it can help you. You are going to be happy if you have a healthy lifestyle.

The first thing, An benefit of a healthy lifestyle is you are going to be happy because you have more energy for things to do. You stand more positive in life and you sport more. That give you more energy for other things to do. You are going to feel more confident. You are going to experience less stress about yourself.

The second thing, An negative thing for a healthy lifestyle. If you do not have enough time for a healthy lifestyle its really difficult. Because for healthy food you have to do a lot of things. You also have to be enough money because if you do not have enough it is be difficult, because for a healthy lifestyle you have to be enough money, For healthy food, a subscription for the gym.

So my conclusion is that if you have enough support and money for a healthy lifestyle, it can be good. And you will be more confident about yourself, you will be have more energy for other things to do. I will give you a hind maybe you can find a friend that will also have a healthy life and you can do it together because than you can also talk about it. And you can go together to the gym so you have support from each other .