

1) "The impact of social media on youth"

الاسترشادي الأول

Social media has a great impact on youth today. It has many advantages because it helps young people communicate with friends and family, learn new skills, and get information quickly. Students can also use social media for education and sharing ideas. However, social media has some disadvantages. Spending too much time online can affect study, sleep, and health. It may also expose young people to harmful content or false information. Therefore, youth should use social media wisely and responsibly. They should balance their time between social media, study, sports, and family activities. Parents and teachers can also guide them to use it in a positive way. In conclusion, social media is a useful tool, but its impact depends on how it is used

2) How can we save and protect the environment?

الاسترشادي الأول

Protecting the environment is very important because it is our home and the source of our life. We can save and protect the environment in many simple ways. First, we should keep our streets, parks, and rivers clean and never throw rubbish on the ground. Second, we should recycle paper, plastic, glass, and other materials to reduce waste. Planting more trees is also important because trees provide fresh air and help reduce pollution. We should save water and electricity by turning off lights and taps when they are not needed. Using public transport, walking, or riding bicycles can help reduce air pollution. People should also avoid using too much plastic. In conclusion, everyone has a role in protecting the environment, and small actions can make a big difference.

3) "Health is more important than wealth"

الاسترشادي الثاني

Health is more important than wealth because without good health, money becomes useless. A person may have a lot of money, but if he is sick, he cannot enjoy his life or his wealth. That is why people should take care of their health all the time. Prevention is better than cure because it helps us avoid diseases before they happen. It is easier and cheaper to stay healthy than to spend money on treatment. There are many ways to keep healthy. We should eat healthy food, drink enough water, exercise regularly, and get enough sleep. We should also avoid smoking and other bad habits. Visiting the doctor for regular checkups is important too. In conclusion, health is the greatest treasure in life, and everyone should do their best to protect it.

4) A persuasive PARAGRAPH about "Wearing a School Uniform at High Schools."

R-1

Wearing a school uniform at high schools has many benefits and should be encouraged. First, uniforms create a sense of equality among students because everyone wears the same clothes, regardless of their financial situation. This helps reduce bullying and competition based on fashion. Second, school uniforms promote discipline and make students feel more responsible and focused on their studies. They also help parents save time and money because students do not need a large variety of clothes for school. In

addition, uniforms make it easier to identify students and improve school security. For these reasons, wearing a school uniform is a positive policy that contributes to a better learning environment for all students.

5) A blog post about "What We Can Learn from Animals About Adapting to Change.

R-1

Animals are excellent examples of how to adapt to change. In nature, many animals face challenges such as changing weather, limited food, and new environments. To survive, they learn to adjust their behavior and habits. For example, birds migrate to warmer places during winter, while some animals change their diet when food becomes scarce. Humans can learn valuable lessons from these animals. Life is full of changes, including new schools, jobs, and responsibilities. Instead of fearing change, we should be flexible and willing to learn new skills. Animals teach us that adapting to change is an important part of growth and survival. In conclusion, animals show us that change is not something to avoid but an opportunity to improve and succeed. By staying positive and adaptable, we can face life's challenges with confidence.

6) An introduction for an argumentative essay that claims "Social media does more harm than good for teenagers' mental health.

R-1

Social media has become an important part of teenagers' daily lives. It allows young people to communicate, share ideas, and stay connected with others. However, despite these benefits, social media can also have serious negative effects on mental health. Many teenagers experience stress, anxiety, low self-esteem, and loneliness because of excessive social media use and constant comparison with others. For these reasons, social media does more harm than good for teenagers' mental health and should be used with greater awareness and control.

7) Write an engaging introductory paragraph for a blog post titled: "Why Taking Mental Health Days Should Be Normalized at Work."

R-1

Have you ever gone to work feeling completely exhausted, stressed, or overwhelmed, yet felt unable to take a day off because your illness was not physical? In today's fast-paced work environment, mental health is just as important as physical health, but it is often overlooked. Many employees struggle with stress, anxiety, and burnout, which can affect both their well-being and productivity. This is why taking mental health days should be normalized at work. Recognizing the need for mental rest can help create healthier employees, more supportive workplaces, and better overall performance.

8) A narrative PARAGRAPH about "An adventure with friends."

R-2

Last summer, I had an exciting adventure with my friends. We decided to spend a day at a nearby beach. Early in the morning, we packed some food and drinks and started our trip. When we arrived, we played games, swam in the sea, and took many photos. Later, we went for a walk and discovered a beautiful place with amazing views. Suddenly, we lost our way for a short time, but we stayed calm and worked together until we found the correct path. The experience taught us the importance of teamwork and friendship. We returned home tired but very happy. It was one of the best days of my life, and I will always remember this wonderful adventure with my friends.

9) Review your favorite book or novel.**R-2**

My favorite novel is The Count of Monte Cristo by Alexandre Dumas. It is an exciting story about Edmond Dantès, a young sailor who is unfairly sent to prison. After many years, he escapes, finds a hidden treasure, and starts a new life. I like this novel because it is full of adventure, mystery, and interesting events. The characters are well written, and the story keeps the reader interested from the beginning to the end. The novel also teaches important lessons about patience, justice, and forgiveness. Although it is a long book, I enjoyed every chapter. I strongly recommend this novel to anyone who likes adventure stories and wants to read a memorable and inspiring book.

10) A body paragraph evaluating the acting in a movie you recently watched**R-2**

One of the best things about the movie I recently watched was the acting. The main actor gave an excellent performance and made the character feel real and believable. His facial expressions and emotions helped the audience understand what the character was feeling. The supporting actors also did a very good job and added depth to the story. The actors worked well together, making the relationships between the characters seem natural. In emotional scenes, the performances were especially strong and kept my attention throughout the movie. Because of the talented cast, the story became more enjoyable and interesting. Overall, the acting was one of the strongest parts of the film and played a major role in its success.

11) A hopeful ending to a story about overcoming a challenge**R-2**

In the end, all the hard work and determination paid off. Although the challenge seemed impossible at first, the main character never gave up and continued trying despite many difficulties. With patience, courage, and support from family and friends, the problem was finally solved. The experience taught an important lesson: success comes to those who believe in themselves and keep moving forward. As the sun set on that memorable day, the character felt proud, confident, and ready for new opportunities. What once seemed like a failure became a valuable learning experience. From that moment on, the future looked brighter, and there was hope for even greater achievements ahead.

12) "The way your favorite teacher captivates a classroom.**R-3**

My favorite teacher has a special way of captivating the classroom. As soon as she enters, she greets everyone with a warm smile and fills the room with positive energy. She explains lessons clearly and uses simple examples that make difficult ideas easy to understand. Her interesting stories and engaging questions encourage students to participate and stay focused. She moves around the classroom, making eye contact with everyone and ensuring that no student feels left out. Her enthusiasm for teaching inspires us to learn and do our best. She is also patient and kind, always listening to our opinions and helping us when we face difficulties. Because of her unique teaching style, every lesson becomes enjoyable, and the classroom is always full of attention and excitement.

13) "The pros and cons of online learning versus traditional**R-3**

Online learning and traditional schooling both have advantages and disadvantages. Online learning offers flexibility, allowing students to study from home and access lessons at

any time. It also saves time and transportation costs. However, it may reduce face-to-face interaction with teachers and classmates, and some students may find it difficult to stay focused. On the other hand, traditional schooling provides direct communication, better supervision, and more opportunities for social activities. Students can ask questions easily and participate in classroom discussions. However, attending school requires fixed schedules and daily travel, which can be tiring. In conclusion, both types of learning have benefits and drawbacks, and the best choice depends on the needs and preferences of each student.

14) A conclusion for an expository essay about "The benefits of a plant-based diet." R-3

In conclusion, a plant-based diet offers many benefits for both health and the environment. It provides essential nutrients, helps maintain a healthy weight, and may reduce the risk of several diseases. In addition, it supports environmental sustainability by reducing pollution and conserving natural resources. Although it requires careful planning to ensure balanced nutrition, the advantages clearly outweigh the challenges. Therefore, adopting a plant-based diet can be a positive step toward a healthier lifestyle and a better future for our planet.

15) Write an engaging introductory paragraph for a story titled: "A Crime Investigation" R-3

It was a cold and rainy night when the police received an urgent phone call about a mysterious crime. A valuable painting had disappeared from a famous museum, and there were no signs of a break-in. Detective James arrived at the scene and immediately noticed that something was unusual. As he carefully examined the clues, he realized that this case would be one of the most challenging investigations of his career. With many suspects and very few answers, the search for the truth had just begun.

16) "A secret I've never told anyone." R-4

There is a secret I have never told anyone. A few years ago, I found a lost wallet on my way home from school. It contained some money and important cards. At first, I was nervous and did not know what to do. After thinking carefully, I decided to find the owner and return it. When I finally gave the wallet back, the owner was very grateful and thanked me warmly. Although it was a good deed, I never told anyone about it because I did not want praise or attention. Keeping this secret has always reminded me that doing the right thing is important, even when no one knows about it.

17) "The change of seasons." R-4

The change of seasons is one of the most beautiful natural events in the year. Each season has its own special features and charm. In spring, flowers bloom, trees become green, and the weather is pleasant. Summer brings longer days, bright sunshine, and opportunities for vacations and outdoor activities. In autumn, the leaves change color and the air becomes cooler. Winter arrives with cold weather and shorter days, bringing a different kind of beauty. The change of seasons affects nature, animals, and people's daily lives. It reminds us that change is a natural part of life. For this reason, many people enjoy experiencing the unique beauty of each season throughout the year.

18) **"The first time I traveled alone."**

R-4

The first time I traveled alone was an unforgettable experience. I was both excited and nervous because it was my first time away from my family without anyone accompanying me. Before the trip, I carefully packed my luggage and checked all the travel details. During the journey, I learned how to manage my time, find my way, and solve small problems on my own. Although I felt a little worried at first, my confidence grew as the trip continued. I enjoyed meeting new people, visiting different places, and discovering new things. By the end of the journey, I felt proud of myself for being independent and responsible. This experience taught me valuable life lessons and made me more confident in facing new challenges.

19) **"A Famous Scientist Who Changed the World."**

R-4

One of the most famous scientists who changed the world is Albert Einstein. He was a brilliant physicist who made important discoveries about space, time, and energy. His Theory of Relativity changed the way scientists understand the universe. Einstein's work also contributed to many scientific and technological developments that continue to affect our lives today. Besides being intelligent, he was known for his curiosity, creativity, and dedication to science. His achievements earned him worldwide respect and recognition. Even many years after his death, people still study his ideas and learn from his work. For these reasons, Albert Einstein is considered one of the greatest scientists in history and a person who truly changed the world.

