# 240 Writing Topics

## with Sample Essays

LIKE TEST PREP

# 240 Writing Topics with Sample Essays

LIKE TEST PREP

www.SarzamineDanesh.com

آموزش های تخصصی آیلتس سرزمین دانش
www.SarzamineDanesh.Com

Copyright © 2013 LIKE TEST PREP

All rights reserved.

ISBN: 1484920562
ISBN-13: 978-1484920565

www.SarzamineDanesh.com

# DEDICATION

To the LIKE Family

Disclaimer: The opinions expressed herein are those of the author and not of the publisher, LIKE TEST PREP.

www.SarzamineDanesh.com

# Contents

How to Write an Essay

Q121. Which season—winter, spring, summer, or fall—is your favorite? Why?

Q122. If you could plan the perfect day to spend with your close friends, where would you go and why?

Q123. What is the most frightening experience you have ever had in your life?

Q124. Should a country's government tell its citizens how many children they can have? Why or why not?

Q125. When you begin working, would you rather a) earn a lot of money working in a job that you don't like, or b) earn less money doing something you truly enjoy?

Q126. Should students work while they study? Why or why not?

Q127. Which do you think is better for the environment, to build fewer factories or to create more wildlife preservation areas?

Q128. When children misbehave in public, should parents scold them right away?

Q129. Should students consult their parents about their majors and career or should they consult their teachers and friends instead?

Q130. In order to get healthy, should people exercise more or sleep more?

www.SanjayMineDanesh.com

Q131. If you could give a meaningful gift to a family member, what would it be?

Q132. Different students have different learning styles. Some learn best by listening to lectures, and some from reading. Explain your learning style

Q133. What do you think are causes of obesity in children?

Q134. Do you think that seeing violence in video games or movies causes people to behave violently?

Q135. Should parents force children to eat food they don't like, or should they be allowed to eat only the foods they want?

Q136. Should children be given the freedom to dress anyway they want?

Q137. Would you save your money at a bank or at your home? Why?

Q138. If you could choose your own study hours, how many hours would you study?

Q139. Is it important for children to learn how to swim at an early age?

Q140. Should older children learn to cook so they can help prepare the family meals?

Q141. Among listening, speaking, reading, and writing, which skill do you think is most important in language learning?

Q142. Which is your favorite ethnic (e.g. Italian, Chinese, Mexican, etc.) food?

Q143. Are laughter and joy essential aspects for a healthy life?

Q144. What do you do to help yourself feel better when you are sad?

Q145. Is it a good idea to loan money to friends? Why or

www.SarzamineDanesh.com

why not?

Q146. Is it important to have expensive but beautiful things, such as fancy cars and designer label clothes?

Q147. What is your favorite type of exercise?

Q148. Which is more important in choosing a friend, honesty or look?

Q149. If there was a fire or some other type of disaster in your house, what would you take with you? Why?

Q150. Who is your best friend? Why is he/she important to you?

Q151. If you could be famous for something, what would you want to be famous for?

Q152. Should teenagers be allowed to drive?

Q153. If you could meet one world leader, who would it be and why? Give specific reasons and details for your answer

Q154. Which do you think is better, going to college right after high school or after taking a few years off?

Q155. Which do you think is better—to live on campus or to rent an apartment off campus?

Q156. Some people prefer going to a movie theater instead of watching a movie at home. Which do you prefer? Why

Q157. What is your favorite way to spend your free time? Explain and include details and examples to support your explanation

Q158. Some people prefer learning from books, while others prefer learning from experiences. Which one do you prefer?

Q159. Who do you admire the most? Give specific reasons to explain your answer

Q160. Describe an important social or political event in

www.SatzamineDanesh.com

your country

Q161. What are the advantages and disadvantages of moving to a new home?

Q162. You found $20 under your desk at school. What would you do, tell the teacher or keep it?

Q163. What is your preferred place to visit on weekends?

Q164. Explain in detail your happiest childhood memory and provide reasons as to why it is your happiest

Q165. What is your most valued possession non-reflective of monetary value, but of sentimental value?

Q166. Talk about a teacher who has inspired you. Explain why this person is an inspiration

Q167. What is your favorite location or establishment to eat at?

Q168. Where in your town is a good place to have fun?

Q169. Talk about an embarrassing experience in your life

Q170. What is your favorite subject in school?

Q171. Discuss an interesting tourist attraction that you have visited

Q172. Discuss a time in your life when you felt successful due to a goal or obstacle being overcome

Q173. When hiring a new employee, should the employer hire a person based on their knowledge or on their experience?

Q174. There is such a thing as being too independent. Do you agree or disagree?

Q175. Should the mistakes a person makes in the past affect a person's future? Why or why not?

Q176. Describe a tactic that helps you to study better

Q177. Is 18 an appropriate age to make a decision about the future of a country, state, or city? Why or why not?

www.SanzamineDanesh.com

**Q178. Libraries, bookstores, coffee shops, parks, and other locations are where people study. Where is your favorite place to study and why?**

**Q179. Explain the one food you can't live without**

**Q180. What place has given you fond memories?**

**Q181. Describe a person with historical significance in your country. Explain the reason for his or her importance**

**Q182. What types of places, tropical, desert, rainforest, etc., would you like to go to spend a vacation?**

**Q183. Describe an activity that you and your family enjoy doing together**

**Q184. Who is the wisest person you know? What makes him or her wise?**

**Q185. What are more effective rewards, intrinsic rewards, such as praise, or extrinsic rewards, such as money?**

**Q186. What custom or tradition that is unique to your country**

**Q187. Which person do you depend on for advice when dealing with a problem?**

**Q188. Name a place that you have visited in your country that you would recommend to others to visit**

**Q189. Of all the types of weather, rainy, sunny, snowy, etc., which is your favorite type of weather?**

**Q190. If you're given a month of leisure to do whatever you'd like to do, what would you do in that month?**

**Q191. What is your most memorable moment that you have experienced in school?**

**Q192. Compare the advantages of positive rewards against the advantages of negative punishments**

**Q193. If a close friend was in need of an organ, such as a kidney, and you were a viable option, would you give them**

www.sarzamindarsh.com

**the organ needed?**

**Q194. What would you like to know if you could learn one thing about the future?**

**Q195. Describe a peculiar dream of yours**

**Q196. Describe what you would miss from your home if you went abroad to study**

**Q197. Do you prefer to relax or to do another activity when you are taking a break from studying?**

**Q198. Do you prefer learning about movies before you see them or not knowing anything about them and being surprised?**

**Q199. What must be considered when choosing a job or career?**

**Q200. If you had the opportunity to learn a musical instrument, what would you learn?**

**Q201. Describe an experience of going on a picnic with your school**

**Q202. Describe how you dress. Why do you dress this way?**

**Q203. Describe your favorite holiday. Why is it your favorite holiday?**

**Q204. Describe how you learn a foreign language. Why do you learn this way and is it the best way for you to learn?**

**Q205. Describe your favorite sport**

**Q206. What is the most important subject you study at school?**

**Q207. What has been your most important academic achievement?**

**Q208. What type of music do you like the most?**

**Q209. What expectations do you have of your parents?**

**Q210. What would wish for if you had one wish?**

www.salzamineDanesh.com

**Q211. Some parents give their children money on a monthly basis. At what age should children receive an allowance and how much should they receive?**

**Q212. Who do you like the better, athletes or entertainers?**

**Q213. Describe your most unforgettable day. Why will you never forget this day?**

**Q214. Who will you remember the most after you finish school, your friends or your teachers?**

**Q215. Describe your idea of a happy life**

**Q216. Which genre of books do you enjoy reading the most? Why?**

**Q217. Which fruit do you like the most? Why?**

**Q218. What is your favorite TV show and why?**

**Q219. What is your favorite movie and why?**

**Q220. Compare the advantages and the disadvantages of Smart Phones**

**Q221. Which option is healthier, eating three large meals a day or eating four to five small meals a day?**

**Q222. If you could win a lot of money, how much would you win and why?**

**Q223. We are continuously learning and doing new things in life and often times we fail at our first attempt. Describe your first attempt to gain something new**

**Q224. Describe your ideal holiday resort**

**Q225. What is your biggest ambition in life?**

**Q226. Which family member has influenced you the most? Why is this person a positive or negative role model in your life?**

**Q227. Where do you see yourself in twenty years?**

**Q228. What quality or qualities do you look for in a best**

www.examsDanesh.com

friend?

Q229. Parents should be required to pay for their children's university education. Do you agree or disagree with this statement?

Q230. Describe the qualities of a good citizen?

Q231. What are the most important qualities of a good teacher?

Q232. What qualities does a good student have to have?

Q233. What would you change about your country opportunity?

Q234. Do you agree or disagree with the following statement? An eye for an eye. Why or why not?

Q235. What is the most important job or task you have ever had? Why was it important?

Q236. What are the advantages and disadvantages of studying abroad?

Q237. Describe your dream job. Why is it your dream job?

Q238. At what age is it appropriate to allow a child to stay at home alone?

Q239. Some people say that the quality of a product is more important. Others say that the price of a product is more important. Which statement do you agree with and why?

Q240. How will you help a foreigner learn about your country?

www.SanjaninePanesh.com

www.SarzamineDanesh.com

# How to Write an Essay: Outline

**Outline your argument and ideas in the following way so that you can easily form an introduction paragraph. In order to write an essay in 25-30 minutes, you should train yourself so that you can finish your outlines in 5-10 minutes. Here is how to do so.**

---

**Prompt (question): "If you have an opportunity to send your child to study abroad, would you have him/her educated in the US or in your home country?"**

**1. Argument: I will have my child educated in the United States.**

www.sarzamindarsgah.com

**2. Support 1: My child can learn English better.**

**3. Support 2: My child can experience various languages and cultures.**

**4. Support 3: My child can play sports.**

**5. Thesis: Since my child can be better educated in the United States, I will send him/her to study in the United States. (argument+why)**

**1. Argument: State your argument clearly.**

**2. Support 1: Give specific reasons and examples.**

**3. Support 2: Give specific reasons and examples.**

**4. Support 3: Give specific reasons and examples.**

**Good writers do not give similar reasons to support their argument. In other words, their three reasons (supports) should be distinguishable from each other.**

www.SarzamineDanesh.com

**5. Thesis: Usually a thesis appears in the middle or at the end of the introduction. It has to contain the rephrased main argument (should not be the same as the main argument) + why.**

www.SarzamineDanesh.com

www.SarzamineDanesh.com

# How to Write an Essay 1: Essay Types

**In general, there are four types of argumentative (persuasive) essays.**

**1) experience & example**

**2) prefer**

**3) agree/disagree**

**4) compare and contrast or advantages and disadvantages**

**With the first three essays, it is easier to write a five paragraph essay.**

**5 paragraph essay (experience & example, prefer, agree/disagree)**

**Intro – The paragraph should be at least 3-5 sentences.**

**Support 1 - The paragraph should be at least 3-5 sentences.**

www.SorzanneDanesh.com

**Support 2 - The paragraph should be at least 3-5 sentences.**

**Support 3 - The paragraph should be at least 3-5 sentences.**

**Conclusion-The paragraph should be at least 3-5 sentences.**

**Sometimes it is easier to write a four paragraph essay.**

**4 paragraph essay (compare and contrast, advantages and disadvantages)**

**Intro – The paragraph should be at least 3-5 sentences.**

**Advantages-The paragraph should be at least 3-5 sentences.**

**Disadvantages-The paragraph should be at least 3-5 sentences.**

**Conclusion-The paragraph should be at least 3-5 sentences.**

www.sarvamineshanesh.com

www.SarzamineDanesh.com

# How to Write an Essay 2: Introduction

**Your outline should easily become your introduction without useless words.**

**1. Argument: I will have my child educated in the US.**

**2. Support 1: My child can learn English better.**

**3. Support 2: My child can experience various languages and cultures.**

**4. Support 3: My child can play sports.**

**5. Thesis: Since my child can be better educated in the US, I will send him/her to study in the US. (argument+why)**

**Remember this? With the above, we can now easily create a complete introduction.**

www.SanjaninePanesh.com

**I will have my child educated in the US. There are three reasons for this. First, my child can learn English better. Second, my child can experience various languages and cultures. Third, my child can play sports. Because my child can be better educated in the US, I will send him/her to study in the US.**

**As you see, I only added one sentence to it. It is underlined. Isn't this simple?**

www.SarzamineDanesh.com

www.SarzamineDanesh.com

# How to Write an Essay 3: Body

All we have to do is to write the support and give specific reasons, details, and explanations.

For example,

① First of all, my child can learn English better in the US than in Korea. ② At school, my child will learn various subjects like Math, Science, Social Studies, Music, and Art in English. ③ Doing so, he/she can talk and write about various topics in English. ④ Then after school, my child will converse with others in English. ⑤his way, he/she will practice conversational English.

To explain, sentence ① is called the "topic sentence" and it contains the most

www.SeizmileDanesh.com

important information. Sentences ②, ③, ④, and ⑤ contains specific examples and details that explain how the child will learn English better. After sentence ⑤, you can write a sentence about your next paragraph. However, this is not required.

Got it? You can write the other two supporting paragraphs the same way. Now, expand the second and the third paragraphs in your own words.

Second of all, my child can experience various languages and cultures in the US. (expand this like paragraph 2 and write at least four more sentences.)

Thirdly, my child can play various sports in the US (expand this like paragraph 2 and write at least four more sentences.).

www.SarzamineDanesh.com

www.SarzamineDanesh.com

# How to Write an Essay 4: Conclusion

In the conclusion, you have to rephrase, summarize, and conclude. Here, you cannot simply copy the introduction. Instead, be creative.

① US education can benefit my child in many ways. ② My child can master the English language, broaden his horizons, and become more physically strong. ③ Therefore, if I have an opportunity to have my child educated in the US, I will not hesitate to send him abroad.

In sentence ①, I rephrased the main argument.

Introduction -> Conclusion

main argument: I will have my child

www.SamanehDanesh.com

**educated in the US. -> US education can benefit my child in many ways.**

**In sentence ②, I summarized the supports.**

**Supports: My child can learn English better. My child can experience various languages and cultures. My child can play sports. -> My child can master English, broaden his horizons, and become more physically strong.**

**Point 3: I wrote the conclusion by rephrasing the thesis.**

**Thesis: As my child can be better educated in the US, I will send him/her to study in the US.-> If I have an opportunity to have my child educated in the US, I will not hesitate to send him abroad.**

www.SonzaMineDaresh.com

www.SarzamineDanesh.com

# How to Write an Essay: Sample Essay

If I have the opportunity, I will have my child educated in the US. There are three reasons for this. First, my child can learn English better. Second, my child can experience various languages and cultures. Third, my child can play sports. Since my child can be better educated in the US, I will send him/her to study in the US.

First of all, my child can learn English better in the US than in Korea. At school, my child will learn various subjects like Math, Science, Social Studies, Music, and Art in English. Doing so, he/she can talk and write about various topics in English. Then after school, my child will converse with others in English. This way, he/she will practice

www.sarzamindanesh.com

conversational English.

Second of all, my child can experience various languages and cultures in the US. Unlike Korea, one can experience many different cultures and languages at a very close distance. For example, if my child wants to learn Vietnamese and their culture, he/she can go to the Vietnamese community and mingle there. If he/she wants to try the Italian cuisine, he/she can visit Little Italy. Moreover, there are many different ethnic festivals and ceremonies that my child can visit locally in the US.

Thirdly, my child can play various sports in the US. Unlike most Korean schools, US schools have excellent sports facilities. For example, many schools have swimming pools, football fields, basketball gym, tennis courts, and many others. Moreover, these schools encourage students to play sports. However, most Korean schools do not

www.sarzaminejaveh.com

**have such fine sports facilities and they discourage students from playing sports.**

**US education can benefit my child in many ways. My child can master English, broaden his horizons, and become more physically strong. Therefore, if I could have my child educated in the US, I will not hesitate to send him/her abroad.**

www.SarzamineDanesh.com

www.SarzamineDanesh.com

**Q121. Which season—winter, spring, summer, or fall—is your favorite? Why?**

## A. Essay Outline

Argument: Summer is my favorite season.

Support 1: I have a lot of free time in the summer.

Support 2: There's more daylight so I can play longer.

Support 3: The summer is always very warm.

Thesis: Because it's easier to have fun in the summer, I like summer the best.

## B. Model Essay

I would have to say that summer is my favorite season of all. First off, it means that school is out and I can do whatever I want. Next, it means that there are more daylight hours to enjoy. And thirdly, summer is a time to enjoy being outside in the warm sunshine. Summer is my favorite season of all because of these reasons.

First of all, summer is when school is out and I can spend all of my time playing both outside and in. My

www.sarzamindanesh.com

parents encourage me to get out in the sunlight as much as possible and this is fine since my friends and I like to go out together and have a good time. We like to go out and go exploring on our bikes, usually through the woods outside our neighborhood. Of course, it rains quite frequently in the summer as well, so we usually try to hang out in one another's houses. We always have a great time together in the summer, because we have all the time we need to have fun.

Another thing that makes summer my favorite season of all is that there's more daylight hours to enjoy. The sun stays out longer, usually sometime after eight in the evening. This means that there's a lot more sunshine to be out in and enjoy while going out and having fun. I can go swimming in the sunlight or just lay and get a suntan, so long as I don't do it for too long, I don't want to get burned. The sun is the reason why we go out and it just means we can be out longer during the summer.

The last reason is that it's the warmest time of year for us and we don't get very much warm weather where we come from. For most of the year, it's usually cool and wet or cold and icy. We only have three months of reprieve from the chill and wet and that is summer. When my

neighbors and I want to celebrate the summer, we go out, have barbecues, or just sit and talk outside. This is a good thing to do at night, when the heat of the day lingers in the night air. So the warmth of the summer air is a rare treat for us and we relish it when it comes around each year.

So summer is my favorite season of all because it's the time of year that really puts together everything I like to do and experience. There's no school in the summer so we can really have all the fun we want during the day. There's more daylight during the day so there's more day to enjoy. And the warmth of summer is something we only have a limited time to enjoy throughout the rest of the wetter, colder parts of the year for us. That's why summer is my favorite season.

## C. Useful Expressions

1. I would have to say that summer is my favorite season of all.

---

2. My parents encourage me to get out in the sunlight as much as possible, and this is fine since me and my friends like to go out together and have a good time

---

---

www.SarzamineDanesh.com

3. Of course, it rains quite frequently in the summer as well, so we usually try to hang out in one another's houses.

4. I can go swimming in the sunlight or just lay out and get a suntan, so long as I don't do it for too long.

5. We only have three months of reprieve from the chill and wet and that is summer.

6. This is a good thing to do at night, when the heat of the day lingers into the night air.

7. So the warmth of the summer air is a rare treat for us and we relish it when it comes around each year.

8. So the summer is my favorite season of all because it's the time of year that really puts together everything I like to do and experience.

9. There's no school in the summer so we can really have all the fun we want during the day.

www.SanzaMeDanesh.com

10. And the warmth of summer is something we only have a limited time to enjoy throughout the rest of the wetter, colder parts of the year for us.

www.SarzamineDanesh.com

www.SarzamineDanesh.com

**Q122. If you could plan the perfect day to spend with your close friends, where would you go and why?**

## A. Essay Outline

Argument: A perfect day would include an outing to an island close to my town.

Support 1: We can go swimming all day.

Support 2: We can have a big party without bothering our neighbors.

Support 3: We can spend the night stargazing.

Thesis: Because we can engage in many outdoor activities, my friends and I would have the perfect day at an island.

## B. Model Essay

There's a lake with an island in the middle of it north of our town, and I would go there for the perfect day, an all day camp out. It's a great place to go swimming because it's deep and cool. It's a great place to have a cookout or picnic because it's far away from the rest of

www.SanjeevaneDanesh.com

humanity and we don't have to worry about being noisy to our neighbors. And it's far away from the light of houses and the town, so it's a perfect place to go to sleep under the stars. The perfect day for me would be an overnight camp out to that island.

The first reason why I would plan a perfect day on that island is because it's a great place to go swimming with my friends. The lake is nice and deep around where the island is. There's a place where we can dive right in off of a tire swing we put there. The water is cool and we all have a great time splashing around and playing in the water. We always have a great time when we go out there and go for a long swim around that island.

The second reason a campout there would be a perfect day is that we could have as big a party we want without anyone being bothered. We could play our music loudly and dance and sing and no one would threaten to call the police on us. We could eat all the food we brought while we chatted loudly with ourselves and no one we would know would try to crash the party. It would just be me, my friends, some great music, and enough food to last us until we left the following morning. That would make it a perfect day, that we could eat and party without worrying

about the neighbors.

The last reason I would consider a campout at that island to be perfect would be that we could fall asleep looking at the stars. In the town where we live, we could never have seen the stars because there were so many houses with lights on. We would also only sleep inside with our parents nearby, so there was no sense of adventure. But on the island, with the town so far away, we can see the night sky clearly. We can all gather together, look at the stars and tell each other our wishes and other personal worries to each other as we drift into sleep. The stars always look beautiful and we feel a sense of peace as we stare up at them from our small island.

So that island in the middle of the lake would be where we would spend our perfect day. It's a great place to swim because it's deep, cool, and we can dive in without getting hurt. It's a great place to have a party and cookout because no one is there to threaten to call the cops or to crash the party. It's also a great place to camp because we can see the stars at night, something we could never do at home. That's why a day on that island would be a perfect day.

## C. Useful Expressions

1. It's a great place to have a cookout or picnic because it's far away from the rest of humanity and we don't have to worry about being noisy to our neighbors.

2. There's a place where we can dive right in off of a tire swing we put there.

3. We could play our music loud and dance and sing and no one would threaten to call the police on us.

4. We could eat all the food we brought while we chatted loudly with ourselves and no one we would know would try to crash the party.

5. It would just be me, my friends, some great music, and enough food to last us until we left the following morning.

6. That would make it a perfect day, that we could eat and party without worrying about the neighbors.

7. We would also only sleep inside with our parents

www.SanzarineDanesh.com

nearby, so there was no sense of adventure.

8. We can all gather together, look at the stars and tell each other our wishes and other personal worries as we drift off to sleep.

9. The stars always look beautiful and we feel a sense of peace as we stare up at them from our small island.

10. It's a great place to have a party and cookout because no one is there to threaten to call the cops or to crash the party.

www.SarzamineDanesh.com

www.SarzamineDanesh.com

**Q123. What is the most frightening experience you have ever had in your life? When did it happen and how did you react to it?**

## A. Essay Outline

Argument: The most frightening experience was when I had a run-in with a dog.

Support 1: The dog was a terrifying German Shepard.

Support 2: The dog got loose and chased me.

Support 3: I learned why the dog was so terrifying.

Thesis: Although it turned out to be a really sweet animal, the day a dog got loose and chased me was horrifying.

## B. Model Essay

I guess the most frightening experience I ever had in my life was when I ran afoul of a neighbor's dog. This was when my neighbor forgot to lock his gate and the dog started to chase me. I couldn't understand why the dog seemed to hate me and I just started running when he came out of the gate. However, it turned out that I shouldn't have

www.SarzamineDanesh.com

been afraid, because he was afraid too. That frightening experience taught me about how I should handle fear and where fear really comes from.

The dog in question was a German shepherd and when I was little, it looked tough, fierce, and very scary. The dog seemed to bark at me every time I walked by, or tried to walk by. At first, it was just startling; I knew that dogs liked to bark at things that are unfamiliar to them. However, after a while the dog would bark and try to jump over his fence, but it was high enough that the dog couldn't jump over. It seemed to dislike me for some reason and I couldn't understand why, so I would start running past the house.

But then one day, I was running past the house and the gate happened to be unlocked. The dog was able to run out of the gate and start chasing me. I ran faster than I had ever run in my life. I was able to run all the way home with the dog catching up. My father was able to run out and shoo the dog away. When he asked me about it, I told him that the dog was always barking at me but this was the first time it had ever chased me. My father decided it was time to talk to this individual.

We went back to the house. I was still afraid but my father assured me that nothing would happen. The dog's owner was an elderly man and it was from him that I learned how the dog was more afraid of me. He had adopted the dog from a rescue shelter. He had been abused by his previous owner, who was currently in jail for that abuse. The man explained that even though the dog, whose name I learned was Charlie, was able to learn to trust him, he was still weary around strangers. He introduced me to Charlie and showed me how I could earn his trust. I let Charlie sniff me and lick my hand, and soon, I was able to pet him. He said that his gate lock was broken and he forgot to take Charlie inside and said he was sorry for that. I said it was okay and I learned that sometimes others can be more scared of us than we are of them.

That experienced taught me about perception and trust. Charlie barked at me because he was afraid of me, and in turn, I became afraid of him. When he chased me, he was just following his instinct. It wasn't until we got to know each other that our fear for each other subsided. Charlie and I became friends and we saw each other frequently until he died. I still miss him, because he showed me that fear is only what we perceive it to be.

## C. Useful Expressions

1. I guess the most frightening experience I ever had in my life was when I ran afoul of a neighbor's dog.

2. I couldn't understand why the dog seemed to hate me and I just started running when he came out of the gate.

3. The dog in question was a German shepherd and when I was little, it looked tough, fierce, and very scary.

4. However, after a while the dog would bark and try to jump over his fence, but it was high enough that the dog couldn't jump over.

5. It seemed to dislike me for some reason and I couldn't understand why, so I would start running past the house.

6. I was able to run all the way home without the dog catching up.

7. My father was able to run out and shoo the dog away.

8. I was still afraid but my father assured me that nothing

www.SalvaminDarpesh.com

would happen.

9. The man explained that even though the dog, whose name I learned was Charlie, was able to learn to trust him, he was still weary around strangers.

10. When he chased me, he was just following his instinct.

www.SarzamineDanesh.com

www.SarzamineDanesh.com

**Q124. Should a country's government tell its citizens how many children they can have? Why or why not?**

## A. Essay Outline

Argument: A government should not tell its citizens how many children they can have.

Support 1: The government would be intruding on the privacy of its citizens by doing so.

Support 2: It's not a necessary step in curtailing a large population increase.

Support 3: A globalized economy will assuage the pressures brought on by today's growing society.

Thesis: Because placing a limit on the number of children a couple can have is an unnecessary abuse of power, a government should not interfere in this aspect of its citizens lives.

## B. Model Essay

I do not think that a country should tell its citizens how

www.SarzamineDanesh.com

many children they can have. First off, this is an unnecessary intrusion of the government into people's personal lives. Secondly, the birthrate around the world is dropping on its own, because of the increased freedom of women. And finally, with interdependence made possible by global trade, strained resources can be easily supplemented. So the world has adjusted to allow for more children to be born and to live without fear of starvation.

The first argument against the restriction of children to a certain number is that it is an invasion of privacy carried out by an intrusive government. People already perceive their privacy to be under threat by the enormous amount of security and surveillance in multiple public settings. Coupled with the perception that the government can snoop on anyone that is suspected of being a terrorist, despite what evidence there is to the contrary, this power can be expanded or even abused to enforce the state's own viewpoints or practices upon its citizens, a clear violation of civil rights. The state, if it imposes a child limit on families, can use this surveillance power to intrude on families and take away their children arbitrarily. This is a power that no citizen would ever want its government to

have because it leads to tyranny.

The next reason why it's wrong to put an arbitrary limit on the number of children in a family is that the problem it's supposed to solve, overpopulation, is actually being solved on its own. In the developed world, more women are taking control of their lives and their bodies. Contraceptives are now widely available and they're cheap enough for anyone to buy. Also, more women are starting careers of their own and do not have to rely on getting married or having children to secure their futures. The by-product of this is that they're having fewer children than in the past. This means that soon, the birthrate in the developed world will be much lower than that in the underdeveloped world, creating a more balanced population. This coupled with the impending deaths of senior citizens will shrink or stabilize the world population by the middle of the century.

The last reason is that we now have a globalized economy that can relieve the fear of strained resources. A lot of countries have much lower populations than the rest of the world, so they often have a surplus of necessary resources. Those countries with higher populations but with resources not necessary for survival can trade those

goods for the surplus goods that are enjoyed by the richer world. This has in fact happened and in the parts of the world with large populations, they are turning themselves around and finding the benefits of trade and raising their quality of life.

So imposing a limit on children is unnecessary and tyrannical because the world is already finding a solution to the problems it's supposed to fix. The power to enforce this law would entail more government spying and curtail people's freedoms. The women of the world are also taking control of their lives and can dictate themselves on how many children to have. Finally, the world has become more open to trade and this has helped alleviate resource strains throughout the world. That's why it's wrong to impose a limit on the number of children families can have.

**C. Useful Expressions**

1. First off, this is an unnecessary intrusion of the government into people's personal lives.

---

2. And finally, with interdependence made possible by global trade, strained resources can be easily

supplemented.

3. People already perceive their privacy to be under threat by the enormous amount of security and surveillance in multiple public settings.

4. Coupled with this is the perception that the government can snoop on anyone that is suspected of being a terrorist, despite what evidence there is to the contrary.

5. The state, if it imposes a child limit on families, can use this surveillance power to intrude on families and take away their children arbitrarily.

6. The by-product of this is that they're having fewer children than in the past.

7. This coupled with the impending deaths of senior citizens will shrink or stabilize the world population by the middle of the century.

8. This has in fact happened and in the parts of the world with large populations; they are turning themselves around and finding the benefits of trade and raising their quality of

life.

9. The power to enforce this law would entail more government spying and curtail people's freedoms.

10. The women of the world are also taking control of their lives and can dictate themselves how many children to have.

www.SarzamineDanesh.com

www.SarzamineDanesh.com

**Q125. When you begin working, would you rather a) earn a lot of money working in a job that you don't like, or b) earn less money doing something you truly enjoy?**

## A. Essay Outline

Argument: It's better to do something I truly enjoy.

Support 1: We will inevitably start out making less than we want to no matter the job.

Support 2: We will gain valuable experience that can lead to a pay increase down the road.

Support 3: The more we hate our job, the more unhappy we will be.

Thesis: Working a job we enjoy, although we will not be making as much, is a better decision due to the benefits it gives us.

## B. Model Essay

I would probably want to earn less money doing something I truly enjoy. First off, we must all realize that we're going to earn less money at the start. The next thing

www.SarzamineDanesh.com

we need to remember is that the start of work is when you start to gain experience in your chosen field, and that's more important than money. Finally, when we work at jobs we hate, it only leads to depression and/or burnout. It's just a better idea to do the work you love rather than rush into making a lot of money right away.

I think we need to remember that when we're starting out, we're going to make less money than we would like to make or dream of making when we're in school. When we start out, less is expected of us because we do not have the kind of experience that would justify a high salary. We need to earn that expectation and trust by demonstrating that we can do the job we wish to do by doing the support work that goes into the field. Once we prove ourselves for the first few years, then we can expect to move up in salary. So just going after the high salary right away is unrealistic and it shows lack of patience to our employers.

With that start, we gain experience in the field we wish to make a career in. That experience is the currency we have in future job searches. Without experience, employers will not give us a second look if we go in for an application or an interview. So we can give up any thoughts of earning a large salary if we choose to go for

the big salary right away and don't take experience into consideration. Gaining the necessary experience is another big reason to choose love of job over desire for money when starting out.

The last thing we really need to consider is that when we perform a job that we dislike, it can lead to depression, burnout, or both. We become depressed when we find ourselves toiling everyday after giving up on our dreams. We can also burn ourselves out after a number of years working at the same job and seeing very little reward in it outside of our bank account. We give up on what we like just so we can go on living, but pretty soon, our salary no longer matters because it goes toward psychiatrists looking for the reason we're not happy. So in this quest for riches, we become less rich inside ourselves and we ultimately give our riches to someone to find the reason we're depressed, even though we know why we're depressed, because work makes us that way.

So it is in our best interest that we choose what we love over what can make us the most money the fastest. It's because the first job we get is the first chance we have to prove our abilities and our worth to the first employers we have. The second reason is that we gain experience when

we start out and that has been proven more valuable than money time and time again. And lastly, doing something we hate, regardless of salary, can only lead to depression and burnout. So that's why I would choose the job I love over the job that pays well.

## C. Useful Expressions

1. The next thing we need to remember is that the start of work is when you start to gain experience in your chosen field, and that's more important than money.

_____

_____

2. Finally, when we work at jobs we hate, it only leads to depression and/or burnout.

_____

3. When we start out, less is expected of us because we do not have the kind of experience that would justify a high salary.

_____

_____

4. Once we prove ourselves for the first few years, then we can expect to move up in salary.

_____

5. So just going after the high salary right away is unrealistic and it shows a lack of patience to our

www.SarzamineDanesh.com

employers.

6. That experience is the currency we have in future job searches.

7. Without experience, employers will not give us a second look if we go in for an application or an interview.

8. We become depressed when we find ourselves toiling everyday after giving up on our dreams.

9. We can also burn ourselves out after a number of years working at the same job and seeing very little reward in it outside of our bank account.

10. And lastly, doing something we hate, regardless of salary, can only lead to depression and burnout.

www.SatyamNeDanesh.com

www.SarzamineDanesh.com

**Q126. Should students work while they study? Why or why not?**

## A. Essay Outline

Argument: Students should work while they study.

Support 1: Students need to stop hassling their parents for money.

Support 2: Students need to get used to supporting themselves.

Support 3: Students will gain valuable financial skills by learning to save money early.

Thesis: Students should have part-time jobs while they study to alleviate the burden on their parents and themselves.

## B. Model Essay

Students should be able to work while they study. Being a student means that they're often poor simply from the fact that they are still pretty much dependent on their parents for money. A student needs to establish their independence from their families so that they can live on

their own in the future. Students also have to build up their savings so that they can live more easily throughout their lives. So we can see that students will need to work so that when they leave school, they can more easily take care of themselves.

Students are on their own for the first time and as such they're not going to have a lot of money to their name. They usually ask their parents for money if they find themselves broke, something that annoys parents to no end. Parents will insist that they find work because they don't want their kids to come running to them whenever they need or want cash. Parents want their children to learn independence and ought to cut off their kids from what they perceive to be an endless source of spending money. So students will have to start working if their parents wise up and stop giving them handouts.

The next thing we have to remember is that when students finish school, they're on their own. This means that they're going to have to find their own place to live, buy their own food and medicine, and pay for their own heat, water, and electricity. With a job, they can save that money and put it towards their basic needs after graduation. If they don't save up, they're going to find it

very difficult to get out on their own and survive without help and they'll be dependent on their families long after they were to break that tether. So a job is essential for students to establish their independence.

The last thing that students need to learn is that they need to build up their life savings so that they can live comfortably throughout their lives. Not having this nest egg means that they'll either have to work harder or put off retirement and work longer. Either way, it means that they're not going to be able to live in whatever capacity they desire. But if they start working when they're students, they'll learn how important it is to save up, so that they won't have to work as hard in the future as they do at their first job. So in order to live a good life with few worries and a good lifestyle, they'll need to start saving and they can only do that when they start working. The sooner they start working, the better their savings will be.

So students should work because it helps them along the path of becoming responsible adults. It weans them off asking their parents for money when they have very little of it. It helps them prepare for life outside of school and their parents' house. Finally, their life savings start with

this kind of work when they save up to live the lives they envision for themselves. So I believe that students should work while they're in school.

**C. Useful Expressions**

1. Being a student means that they're often poor simply from the fact that they are still pretty much dependent on their parents for money.

2. Students are on their own for the first time and as such they're not going to have a lot of money to their name.

3. They usually ask their parents for money if they find themselves broke, something that annoys parents to no end.

4. So students will have to start working if their parents wise up and stop giving them handouts.

5. If they don't save up, they're going to find it very difficult to get out on their own and survive without help and they'll be dependent on their families long after they were to break that tether.

6. Not having this nest egg means that they'll either have to work harder or put off retirement and work longer.

7. Either way, it means that they're not going to be able to live in whatever capacity they desire.

8. So in order to live a good life with few worries and a good lifestyle, they'll need to start saving and they can only do that when they start working.

9. So students should work because it helps them along the path of becoming responsible adults.

10. It weans them off asking their parents for money when they have very little of it.

www.SanzaminsDanesh.com

www.SarzamineDanesh.com

**Q127. Which do you think is better for the environment, to build fewer factories or to create more wildlife preservation areas?**

## A. Essay Outline

Argument: There ought to be more areas set aside for wildlife to flourish.

Support 1: There are other forms of development that could continue the environmental degradation of our country.

Support 2: Wildlife preserves allow for the continued growth of plants and trees, which clean the air.

Support 3: More wildlife preservations will help solve the very real problem of over-hunting.

Thesis: Because building more wildlife preservation areas will help struggling plants and animals, I believe it is better for the environment.

## B. Model Essay

There ought to be more areas set aside for wildlife to flourish to help improve the environment. The first reason

is that even with fewer factories, there are other ways development could do harm to the environment. The second reason is that when wildlife preserves are set aside, it allows plants and trees to grow and make the air cleaner for everyone. The final reason is that wildlife preserves allow animals to repopulate without fear from hunters. The need for wildlife preserves should be the top priority for any country seeking to repair the environmental damage that has been done to their land, air, and water.

To start with, even if we stop building factories, there are other forms of development that could continue the environmental degradation of our country. First off, the number of roads that cut through our countryside continues to increase and that means our countryside is not as clean as people thought it to be. Also, farms can degrade the soil and lead to clear cutting for the land to grow food and for animals to graze. And let's not forget all of the new homes people want built out there. Those can also take away from the necessary ecosystems required for a healthy biosphere. So those forms of human habitation also need to be addressed along with factories.

The next thing that must be remembered is that

wildlife preserves allow for the continual growth of plants and trees, vital to the cleaning of our air. When preserves are set aside, that means that trees cannot be cut down, so they can go through a natural life cycle which allows them to grow and eventually reproduce. This in turns helps clean the air that has been polluted by the numerous factories that have already been built. Also, it allows for the sheltering of animals that are often under threat from human hunters. These trees are important to our environment, so there should be areas set aside where they stay standing for as long as they are alive.

The third reason also involves hunters and the very real problem of over-hunting. Having wildlife preserves ensures that animals that are under constant threat from overhunting are allowed to repopulate and regrow their numbers. Hunting would be strictly forbidden in these areas and there would be stiff penalties for poaching in the preserves. And with the threat of hunters gone, animals can carry out the cycle of life that is important to their survival and to ours. So the need to protect animals is also an important reason to set aside wildlife preserves.

We should keep in mind that just stopping new factories from being built isn't going to help much without

stopping development altogether in many parts of our country. The increase in farms and houses remains a threat to our vulnerable ecosystems and these have to be halted somewhere. The trees need to keep growing so that our air can get cleaner. And animals need to repopulate from overhunting. That's why I feel there should be more wildlife preserves set aside.

## C. Useful Expressions

1. The first reason is that even with fewer factories, there are other ways development could do harm to the environment.

---

---

2. The need for wildlife preserves should be the top priority for any country seeking to repair the environmental damage that has been done to their land, air, and water.

---

---

3. To start with, even if we stop building factories, there are other forms of development that could continue the environmental degradation of our country.

---

---

4. And let's not forget all of the new homes people want

www.SanjaineDanesh.com

built out there, that can also take away from the necessary ecosystems required for a healthy biosphere.

5. So those forms of human habitation also need to be addressed along with factories.

6. The next thing that must be remembered is that wildlife preserves allow for the continual growth of plants and trees, which is vital to the cleaning of our air.

7. The third reason also involves hunters and the very real problem of over-hunting.

8. Hunting would be strictly forbidden in these areas and there would be stiff penalties for poaching in the preserves.

9. We should keep in mind that just stopping new factories from being built isn't going to help much without stopping development altogether in many parts of our country.

10. The increase in farms and houses remains a threat to our vulnerable ecosystems and these have to be halted somewhere.

www.sarzamineduvanesh.com

www.SarzamineDanesh.com

**Q128. When children misbehave in public places, should parents scold them right away or not?**

## A. Essay Outline

Argument: I believe parents need to scold their children right away.

Support 1: Children tend to take advantage of any weakness you show them.

Support 2: By not scolding a child in public, strangers may think you are simply a bad parent.

Support 3: When you scold your child in public, you are showing them that it is never acceptable to behave inappropriately.

Thesis: By scolding a child in public, you are teaching your child a valuable lesson.

## B. Model Essay

I think parents should scold their children in public, but only in a soft way. First off, if parents feel too embarrassed to scold their kids in public, the kid will pick up on that and take advantage of it. Secondly, bystanders

www.SarzamineDanesh.com

could see this and think that the parent is weak, particularly in a conservative area where parents have total control over their children. Finally, helping children understand that their actions are unacceptable but in a way that shows that you're a lot more enlightened than those who take a "spare the rod" approach. So gentle scolding in public is certainly a better option than losing face to your child and to on-lookers.

The first thing that all parents need to remember is that their kids will take advantage of any weakness you show when they want to have their way. Children will always demand that they have treats when they go out shopping and parents know that indulgence is never a good thing. However, children are likely to scream and misbehave if they don't get what they desire. If you show a reluctance to scold in public, they're going to continue their negative behavior until they are satisfied that they'll get what they want. Children need to learn early on that they're not going to always get what they want and parents need to be firm in their resolve that they can say "no." Parents must always show firmness to their children, especially in public.

Another thing that people need to remember is that a

reluctance to scold in front of bystanders could be interpreted as a sign of weakness. Where I grew up, parents always made sure to scold their children in front of others when they misbehaved. This is because we lived in a very conservative community where parents absolutely dominated their children. There was no coddling or negotiating and, "no" meant "no". Today, it would seem shocking that parents would be so cold towards their children, so a gentler approach should be taken when being firm with children. But anyway you look at it, when people are watching, you must be in control.

The last thing we must remember is that it teaches children that bad behavior is never acceptable, but does it in a socially acceptable manner. When I was growing up, striking one's children was the proper way to get them to quiet down. However, we have learned that this hardly, if ever, teaches the children anything constructive. In fact, parents who take this approach will not only be ostracized by those around them, but it will cause the child to act out even worse because they're reacting to pain. So gentle scolding is preferable, it shows resolve, but it also shows that you are in charge, not your child.

So it is necessary to scold a child in public but in a

gentle manner. The child will always exploit parental weaknesses when they're exhibited. People will think that a parent is weak if they don't scold, especially when it's expected. But gentle scolding is always more effective than striking or yelling. So a child should always be gently scolded when that child misbehaves in public.

**C. Useful Expressions**

1. First off, if parents feel too embarrassed to scold their kids in public, the kid will pick up on that and take advantage of it.

---

2. Finally, helping children understand that their actions are unacceptable but in a way that shows that you're a lot more enlightened than those who take a "spare the rod" approach.

---

---

3. If you show a reluctance to scold in public, they're going to continue their negative behavior until they are satisfied that they'll get what they want.

---

---

4. Children need to learn early on that they're not going to always get what they want and parents need to be firm in

www.SarzaminePakistan.com

their resolve that they can say “no.”

5. Another thing that people need to remember is that a reluctance to scold in front of bystanders could be interpreted as a sign of weakness.

6. This is because we lived in a very conservative community where parents absolutely dominated their children.

7. Today, it would seem shocking that parents would be so cold towards their children, so a gentler approach should be taken when being firm with children.

8. But anyway you look at it, when people are watching, you must be in control.

9. In fact, parents who take this approach will not only be ostracized by those around them, but it will cause the child to act out even worse because they’re reacting to pain.

10. But gentle scolding is always more effective than striking or yelling.

www.SarzamineDanesh.com

**Q129. Should students consult their parents about their majors and career or should they consult their teachers and friends instead?**

## A. Essay Outline

Argument: Students should avoid consulting their parents about their majors and seek guidance from teachers and friends instead.

Support 1: Teachers and friends have a better idea of your strengths and weaknesses.

Support 2: Parents tend to have an extremely biased point of view concerning their child's future.

Support 3: Teachers have the necessary training to make decisions about their students' futures.

Thesis: I believe students should consult friends and teachers rather than their parents because they are more apt to give better advice.

## B. Model Essay

Students ought to consult their teachers or friends about their majors, not their parents. First of all, teachers

www.SarzamineDanesh.com

and friends have seen you study and learn throughout your schooling, either in part or in whole, so they know your strengths and weaknesses better. Secondly, parents tend to be biased towards their own dreams for their children, without regards for their children's feelings. Finally, teachers, as education professionals, have a better understanding of the fields that students consider, and thus can give better advice. So teachers are certainly more knowledgeable than parents about which direction a student's education should take.

Your friends and teachers have watched you progress through your schooling practically throughout your life, and thus know your strengths and weaknesses. If your teachers have noticed your talents in a particular subject, say biology, then they may recommend that you major in biology and become a doctor or scientist. A parent, on the other hand, may hate the biology field for religious reasons and demand that their kids avoid taking biology out of a fear of displeasing their god or gods. This is a clear case of emotional bias conflicting with factual evidence. The teacher never lets such biases get in their way of helping their students become successful and should be listened to more intently.

Another thing that parents tend to be emotional about is their own dreams for their children. Parents like to fantasize about the path their children take along the road of life and they breed and attempt to condition their children through classes, extracurricular activities, and sports. But whether they want to admit it or not, their children have free will, and ultimately, they're the ones who decide which path their children take. This is often influenced by their friends, who join them in their interests, hobbies, and activities. The parents' dreams for their children are just basically the unfulfilled dreams they had for themselves and it's wrong to project that frustration onto their kids. So parents really shouldn't dictate their children's majors when they enter college.

The third thing that we must remember is that teachers are professionals and know more about children's education than parents. This is something that is forgotten by the modern day homeschool movement, which sees teachers as being unnecessary. However, teachers go through many years of training and years of study before they become certified. Part of that learning is knowing how to gauge the interests and strengths and weaknesses of the kids they set out to educate. So they know how to read

the abilities of students better than parents.

So parents are not as neutral or qualified as teachers are when it comes to advising students about their majors. Teachers have watched students and their progress for years and even helped them out along the way. Parents often project their own unfulfilled dreams onto their children in order to steer them along the path they wanted to take before, without considering the child's own feelings. Also, teachers are professionals and know more about this than parents. That's why I believe teachers should advise students on their majors, not their parents.

**C. Useful Expressions**

1. Students ought to consult their teachers or friends about their majors, not their parents.

---

2. Secondly, parents tend to be biased towards their own dreams for their children, without regard for their children's feelings.

---

3. A parent, on the other hand, may hate the biology field for religious reasons and demand that his kids avoid taking biology out of a fear of displeasing their god or gods.

---

4. This is a clear case of emotional bias conflicting with factual evidence.

5. Parents like to fantasize about the path their children take along the road of life and they breed and attempt to condition their children through classes, extracurricular activities, and sports.

6. The parents' dreams for their children are just basically the unfulfilled dreams they had for themselves and it's wrong to project that frustration onto their kids.

7. This is something that is forgotten by advocates of the modern day home-school movement, which sees teachers as being unnecessary.

8. Part of that learning is knowing how to gauge the interests and strengths and weaknesses of the kids they set out to educate.

9. So parents are not as neutral or qualified as teachers are when it comes to advising students about their majors.

10. Parents often project their own unfulfilled dreams onto

www.SarzamineDanesh.com

their children in order to steer them along the path they wanted to take before, without considering the child's own feelings.

---

www.SarzamineDanesh.com

www.SarzamineDanesh.com

**Q130. In order to get healthy, should people exercise more or sleep more?**

## A. Essay Outline

Argument: The most effective way to get healthy is to exercise more.

Support 1: Through exercises, one is able to burn off extra calories that are causing him to be fat.

Support 2: While sleeping, we are sedentary.

Support 3: Exercise ensures that our hearts stay healthy.

Thesis: Exercising increases our health more because physical activity keeps our body in great condition.

## B. Model Essay

To become healthy, people need to exercise more rather than sleep more. This is because exercise actually uses energy and thus burns calories. Sleep basically has you not moving and building up energy, so calories become converted into fat while you sleep. And finally, a lack of motion leads to a hardening of blood vessels,

www.SarzamineDanesh.com

which can lead to heart disease. So exercise is a better choice for better health because the increase in motion helps keep your arteries healthy and your fat levels down.

Exercise has been shown to burn calories and this, in turn, burns fat and keeps your weight down. The modern day diet is full of carbohydrates, which we need to produce energy. The problem is people don't do enough physical activity to burn that energy and that gets stored as fat. When we exercise more than we eat, we can burn off that excess energy and lower our weight to healthier levels. This is the reason why so many people get gym memberships, because it gives them the opportunity to burn off that excess energy that they can't burn in their everyday lives. This burning of fat helps us become healthier as we continue to commit to exercising.

Another thing to remember is that we are the most sedentary when we are asleep. Sleep is simply allowing our bodies to go into a relaxed state to the point where our mind relaxes, too. When that happens, our bodies do not move until the time when we are roused from our sleep-state. All during that time, the food that we have yet to digest will convert to energy and get stored in our fat cells until it is needed for activity. So sleep just adds to the fat

that builds up from unused energy, while exercise actually uses that energy.

Also, when activity is limited, the arteries that supply blood to our hearts stiffen and harden. When they're hard, the arteries can be more easily blocked by cholesterol and blood clots. This results in a heart attack for anyone who doesn't exercise. This is because exercise can actually make the blood vessels more flexible and thus less prone to blockages and can help clean out the plaque from cholesterol. So our hearts and arteries become healthier as we exercise more because of this flexing and cleaning.

So that's why exercise is better than sleep when it comes to improving one's help. Exercise burns calories and uses the fat stored in our bodies, which in turn, slims us down. Sleep is actually the most time fat has to accumulate in our bodies because it's the longest period of regular inactivity. And exercise can keep our arteries flexible and clean, lowering the risk of a heart attack. That's why I believe that more exercise is a better keeper of health than more sleep.

**C. Useful Expressions**

1. And finally, a lack of motion leads to a hardening of blood vessels, which can lead to heart disease.

2. Exercise has been shown to burn calories and this, in turn, burns fat and keeps your weight down.

3. When we exercise more than we eat, we can burn off that excess energy and lower our weight to a healthier level.

4. Sleep is simply allowing our bodies to go into a relaxed state to the point where our mind relaxes.

5. When that happens, our bodies do not move until the time when we are roused from our sleep-state.

6. All during that time, the food that we have yet to digest will convert to energy and get stored in our fat cells until it is needed for activity.

7. When they're hard, the arteries can be more easily blocked by cholesterol and blood clots.

8. This is because exercise can actually make the blood vessels more flexible and thus less prone to blockages and

can help clean out the plaque from cholesterol.

9. Exercise burns calories and uses the fat stored in our bodies, which in turn, slims us down.

10. That's why I believe that more exercise is a better keeper of health than more sleep.

www.SarzamineDanesh.com

www.SarzamineDanesh.com

**Q131. If you could give a meaningful gift to a family member, what would it be?**

## A. Essay Outline

Argument: I would love to give my mother a sapphire pendant if I could give a meaningful gift to someone in my family.

Support 1: My father had given my mother one on their wedding anniversary.

Support 2: I want to replace the lost pendant my mother previously had.

Support 3: The necklace would serve as a remembrance of my father.

Thesis: Due to its familial significance, the gift I would give to a family member would be a sapphire pendant.

## B. Model Essay

If I could give a family member a meaningful gift, I would give my mother a necklace with a sapphire pendant.

www.SanzamineDanesh.com

This was a gift my father got her on their 30th wedding anniversary. It got lost once when we were moving house a long time ago. My father died not long after, and that necklace was one keepsake of him I'm sure she wishes she still had. That necklace meant a lot to my mother and even though it probably wouldn't be the same, I would want my mother to have that piece of my father's memory back.

First of all, my father once gave my mother such a necklace for their wedding anniversary. It was just after my father got a big promotion at the company he worked for. He wanted to get her a really special gift and this was one of the first few pieces of jewelry he bought her that wasn't costume jewelry, in other words, it was real and really expensive. It was sort of a reminder to her that she had the right man, someone who could provide for her and bring happiness to her. It was the promise he made to her when they first got married and a symbol that that promise was fulfilled.

The second thing that would make me consider getting her this gift is that it got lost during a move. I knew it was very special to her and it crushed her to find that the movers lost it along with other jewelry she owned. She would ultimately be reimbursed for the loss (it was

actually less than the initial value of the necklace), but it could never replace my mother's memories of my father. It tore my mother apart; she cried over the loss of that necklace just as much as she cried over the loss of him. I would like to finally heal that wound after such a long time.

That brings me to the biggest reason I would try to find a replacement necklace like the one my mother lost all those years ago. It was among the last gifts my father ever gave my mother before he died. A month later, he was driving home from work when a tractor trailer plowed into his car. He was killed instantly. I still remember the moment when my mother received that call. Before that moment, I never needed to be a source of strength for anyone, but when she collapsed in agony, I went over to comfort her. She wore that necklace at his funeral and it wasn't long after that we had to move because we couldn't afford to stay there without my father's income. It was on that move that she lost that necklace. When that necklace disappeared, he seemed to disappear forever.

That sapphire pendant was very important to my mother, and I really want to replace it to see her happy again. It was the most expensive anniversary gift my father

ever gave her. It got lost during the move we made after he died. And it was the one reminder of him that she had that really meant a lot to her. That's why I would like to get my mother a sapphire pendant necklace.

## C. Useful Expressions

1. My father died not long after, and that necklace was one keepsake of him I'm sure she wishes she still had.

www.SarzamineDanesh.com

End of this sample Kindle book.
Enjoyed the sample?

Buy Now
or
See details for this book in the Kindle Store

www.SarzamineDanesh.com