



YASAR UNIVERSITY SCHOOL OF FOREIGN LANGUAGES
ENGLISH PREPARATORY CLASS
FLAT SAMPLE
WRITING
TASK 1 - ESSAY

1ST CHECK

DEVELOPING

FINAL MARK

2ND CHECK

OFFICIAL USE ONLY

NAME: _____
STUDENT NUMBER: _____
EXAM ROOM: _____

WRITE A 5-PARAGRAPH ESSAY IN RESPONSE TO THE FOLLOWING QUESTION.
(300 – 350 WORDS)

Do you think that stress affects people negatively?

- You are advised to plan your writing before you start.
- The ideas in the box below are given to help you produce more ideas for your essay. You can use some of them to help you, but this is **optional**.
- Your plans / notes will **not** be graded.
- The essay will be graded according to;
how well-organized your ideas are,
how fully developed and elaborated your ideas are,
how well you incorporate the language.

- Physical health
- Psychological health
- Relationships
- Improves concentration
- Necessary for survival
- Increases creativity

STRESSFUL LIFE

Stress is a big problem in people's life. People learn to solve their stressful problems or they are helped by other people. In my opinion, stress affects people negatively because of biological issue and psychological problems.

First of all, a lot of people have problems in life. Some people have money problem. When people haven't got any money. Their life became stressfully. People can lose jobs but they don't find new job. If people don't find a job. They are stress. After people leave their work, they stay in traffic and they must deal with other people so They go to home stressfully.

Secondly, Stress causes biological problems. They don't think very well. Stress makes us migraine. It is big problem for people. All day you can be sick. Maybe when people take a pill They don't feel migraine.

*This essay was chosen among student exam papers. / Bu kompozisyon, öğrenci sınav kağıtları arasından seçilmiştir.

Stress makes digestive problems. You can not eat anything so you go to doctor. When you go to doctor, the doctor can advise. Also, some people have weight problems. Stress makes their weight change a lot.

Finally they can have bad psychology and this situation can get worse so they should go to a psychologist for getting their helps. Today a lot of people have got psychic problems. People can not solve their problems by themselves so they must apply psychologist. When people go to bed every night, they have insomnia and they must take sleeping peel. Some people have got problems and they need to apply their advise.

As a result, if people can solve stressful problems they can have good psychology. In summary, there are a lot of problems because of tress on people such as difficulties in life and biology.