



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

1ST CHECK

**SATISFACTORY**

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

### THE HARMFUL FEELING

Everyday people have to cope with a lot of difficulties and these difficulties cause stress in our life. Stress is a very harmful and dangerous feeling for people. In my opinion stress affects people negatively and these are bad psychology, health problems and problems in social life and business life.

To begin with, stress affects our psychology completely. Stress can make people aggressive. Because of this they are always angry and ready to fight. We argue with people easily as we do not tolerate everything. If we are stressed person, we can have concentration problem. Therefore we may have difficulty focusing on one thing for a while. Another psychological result is we always feel not enough. We are rush all the time to finish something.

Next, stress has negative affect on health. We can have some skin disease like acne and zits. Most importantly stress is harmful for the people who have heart disease. Those people affected quite easily so it causes heart attacks. Another harmful stress is about respiration system. Stress is a first reason of panic attacks.

Lastly, stress effects the social life and business life. You can't concentrate on your job so you cannot be creative. Besides stress influence relationships which is bad. You can quarrel them easily. Finally, people may not spend time with you because you are always stressed. Therefore, you don't have friends.

I strongly believe that stress affects us negatively and as many effects on us. Some of them are psychological, health, about social life and business life. In short, if we want a good life we shouldn't be stressed and we must protect ourselves from stress.