YASAR UNIVERSITY SCHOOL OF FOREIGN LANGUAGES
ENGLISH PREPARATORY CLASS
ERASMUS LANGUAGE EXAM
WRITING

SAMPLE ESSAY

FINAL MARK

OFFICIAL USE ONLY

FIRST NAME & LAST NAME: _____   **DATE:** _____
STUDENT NUMBER: _____
EXAM ROOM: _____

WRITE AN ESSAY OF 300 – 350 WORDS IN RESPONSE TO THE FOLLOWING QUESTION.

What are three negative effects of stress on people?

- 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 explicit and well-explained your ideas are,
   how fully developed and elaborated your ideas are,
   how well you incorporate the language.

- Psychological problems
- Being pessimistic and unhappy
- Committing suicide
- Low performance at work
- Lack of concentration
- Making mistakes
- Health problems
- Losing/putting on weight

Model Answer:

THE BIGGEST PROBLEM IN OUR AGE

Stress is one of the biggest and most important problems of this age because stress always affects our life in a negative way. In the past people had an easy life and they did not feel stress so much, but today their life is getting worse day by day because of stress. In my opinion, there are three main effects of being stressed on people's psychology, work life and health.

Firstly, people who are stressed may have psychological problems. To start with, these people are generally pessimistic and they usually see the negative sides of events. This is the reason why they are

unhappy. Also if a person is stressed, they want to be alone. It is difficult to have friends for them. Besides, extreme stress threatens people's life. For example, stressed people tend to commit suicide more than other people. This is a scientific fact.

Secondly, being stressed affects people's work life badly. Stress generally makes people feel so tense. Stressed people might be offensive to their colleagues so they can hurt their feeling unintentionally. Moreover, stressed people can not concentrate on anything. They can be bored with everything easily and it affects their success in their jobs. Furthermore stressed people can not make right decisions at work. When people are stressed, they can not consider a point effectively and they decide in hurry and make mistakes in their jobs.

Lastly, stress affects people's health. In fact stress is the main reason of being ill. It can cause health problems such as aches and heart attacks. Also, they might have physical problems like hair loss, feeling tired and losing or gaining weight. In addition, it can even damage our brain. Stress is the cause of losing cells in the human brain. According to scientists, this event can occur in the hippocampus part which collects our memories in our brain. This is the cause of the beginning of Alzheimer disease.

As you can see, stress is the cause of malfunction for humans in their lives and this illness affects the psychology, work life and health of people. I strongly believe being stressed is very dangerous and it brings us only unhappiness. We should do our best to avoid it.

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