

Affect or Effect?



A. Comparison Chart

These words are commonly confused in writing (even by native speakers).

	Affect	Effect
Part of Speech	verb	noun
Meaning	to influence or cause a change in something	the result or influence of something
Pronunciation 🔊	slow: /æ 'fɛkt/ fast: /ə 'fɛkt/	slow: /i 'fɛkt/ fast: /ə 'fɛkt/
Examples	- Autoplay affects how screenwriters tell stories these days. - Binge-watching will affect your natural sleep patterns.	- A sedentary lifestyle has a drastic effect on one's life expectancy. - We won't know the long-term effects for at least another decade.

Memory Trick

One way to keep these words straight is to remember that verbs are **actions**, and the verb **affect** starts with an **A**!

B. Practice

Complete each sentence with **effect** or **affect**

- My brother swears that binge-watching does not _____ his schoolwork.
- The main character has a weird _____ on me. I can't stop thinking about her.
- The weather can _____ how much TV we watch.
- One negative _____ is that the kids end up watching TV in separate rooms.
- Does binge-watching _____ how often your family eats dinner together?
- Researchers are still studying how long screen exposure can _____ adolescent sleep cycles.
- The new policy had an immediate _____ on how employees organized their schedules.
- Stress can seriously _____ your ability to concentrate during exams.
- One unexpected _____ of remote work is that people report feeling more isolated.
- Doctors warn that certain medications may _____ how your body responds to exercise.
- The documentary had such a strong _____ on me that I recommended it to everyone.
- Extreme temperatures can _____ the performance of electronic devices.
- Scientists are trying to understand the long-term _____ of climate change on coastal cities.
- Lack of motivation can _____ your productivity even if you have enough time.
- The training program produced noticeable _____ after only two weeks.