

UNIT 13: THE MODERN WORLD

PART 2: Cue Card: Describe a change in the modern world that has affected people's lives

You should say:

- what the change is
- when you first noticed it
- how it has affected people's daily lives
- and explain whether you think it is a positive or negative change

Band 7 Sample Answer

balanced way	face-to-face	increased use	internet access
mental health	rely heavily on	stay in touch	work remotely

One major change in the modern world is the (1) _____ of smartphones and social media.

I first noticed this change around ten years ago, when smartphones became more affordable and (2) _____ improved. Since then, people have started to (3) _____ their phones for communication, work, and entertainment.

This change has clearly affected people's daily lives. On the positive side, smartphones make it easier to (4) _____ with others, especially friends and family who live far away. They also help people save time by allowing them to shop online, study, or (5) _____. In many ways, life has become more convenient.

However, there are also some negative effects. Many people spend too much time on their phones and social media, which can reduce (6) _____ communication. It can also affect people's concentration and (7) _____.

Overall, I think this change has both positive and negative sides. While smartphones have made life easier, it's important for people to use them in a (8) _____.

Band 7 Sample Answer

easily accessible	huge impact	navigation	no matter where
screen time	scrolling through	social media apps	widespread use

I'd like to describe a major change in the modern world that has affected people's lives, which is the (9) _____ of smartphones and social media.

I first noticed this change around **ten to fifteen years ago**, when smartphones became affordable and (10) _____ like Facebook and later Instagram and WhatsApp started becoming popular. At that time, people began spending much more time on their phones than before.

This change has had a (11) _____ on people's daily lives. Nowadays, smartphones are used for almost everything—communication, online shopping, (12) _____, studying, and even working. People can stay connected with friends and family instantly, (13) _____ they are. However, it has also reduced face-to-face communication, and many people spend hours (14) _____ social media, which can affect their mental health, sleep, and concentration.

In my opinion, this change is **mostly positive**, because it has made life more convenient and efficient. Information is (15) _____, and people have more opportunities to learn and work online. However, I believe it becomes negative if people don't control their (16) _____. So overall, it's a positive change, but it needs to be used responsibly.

Band 8 Sample Answer

blurred boundaries	long-term trend	more flexibly	noticeable impact
pandemic	remote work	screen-based	set clear limits
social interaction	struggle with	temporary solution	work-life balance

I'd like to describe an important change in the modern world that has affected people's lives, which is the **rise of remote work and online learning**.

I first noticed this change around **2020**, especially during the COVID-19 (17) _____, when many offices, schools, and universities were forced to move online. What began as a (18) _____ has now become a (19) _____ in many parts of the world.

This change has had a (20) _____ on people's daily lives. Many people no longer need to commute, which saves time and reduces stress. They can manage their schedules (21) _____ and spend more time with family. At the same time, daily routines have become more (22) _____, and some people (23) _____ isolation, lack of motivation, or (24) _____ between work and personal life.

In my opinion, this change is **largely positive**, as it offers greater flexibility and improves (25) _____. However, it can be negative if people don't (26) _____ or maintain (27) _____. Overall, I believe the benefits outweigh the drawbacks, especially when (28) _____ is used in a balanced way.

Band 9 Sample Answer

across long distances	day-to-day basis	done within minutes	embedded in
face-to-face	largely positive	more sedentary	physical effort
profound impact	rapid digitalization	real-world relationships	widely affordable

I'd like to describe a significant change in the modern world that has had a (29)_____ on people's lives, which is the (30)_____ of **everyday activities**, especially through smartphones and online services.

I first noticed this change about **a decade ago**, when smartphones became (31)_____ and high-speed internet became more accessible. Since then, digital technology has gradually become (32)_____ almost every aspect of daily life.

This change has transformed how people live on a (33)_____. Tasks that once required (34)_____, such as banking, shopping, or booking appointments, can now be (35)_____ on a phone. Communication has also become instant, allowing people to stay connected (36)_____. However, this convenience has also led to increased screen time, reduced (37)_____ interaction, and a (38)_____ lifestyle for many people.

In my opinion, this change is (39)_____ because it has made life more efficient and accessible. That said, it can become negative if people rely too heavily on technology and neglect (40)_____. Overall, I believe the impact depends on how responsibly technology is used, but its benefits clearly outweigh its disadvantages.