

ESSAY – Introduction and Conclusion Tips

- Your introduction should be directly relevant to the question.
- It should point clearly to the main body and the conclusion of your answer. You do not need to include much information in the introduction, just relevant information.
- A good way to make an impression is to include some information that is relevant and will catch the reader's attention. If, for example, you are arguing that the world must organize itself better to fight poverty, you could include the stark fact that almost a billion people in the world are hungry.
- Decide what your conclusion is before you plan your answer. This is the point of view you will express along your answer so you need to express it in the introduction as well as in the conclusion.

You should spend about 40 minutes on this task. Write about the following topic:

Some people believe that having contact with the natural world can positively affect not only physical health but also mental health.

To what extent do you agree or disagree with this opinion?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.