

# Affect or Effect?



## A. Comparison Chart

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

	<b>Affect</b>		<b>Effect</b>
<b>Part of Speech</b>	verb		noun
<b>Meaning</b>	to influence or cause a change in something		the result or influence of something
<b>Pronunciation</b> 🔊	slow: /æ 'fɛkt/ fast: /ə 'fɛkt/		slow: /i 'fɛkt/ fast: /ə 'fɛkt/
<b>Examples</b>	<ul style="list-style-type: none"><li>Autoplay <b>affects</b> how screenwriters tell stories these days.</li><li>Binge-watching will <b>affect</b> your natural sleep patterns.</li></ul>		<ul style="list-style-type: none"><li>A sedentary lifestyle has a drastic <b>effect</b> on one's life expectancy.</li><li>We won't know the long-term <b>effects</b> for at least another decade.</li></ul>

### 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**

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