

# 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 🔊	<b>slow:</b> /æ 'fɛkt/ <b>fast:</b> /ə 'fɛkt/	<b>slow:</b> /i 'fɛkt/ <b>fast:</b> /ə 'fɛkt/
Examples	<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**

- 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.