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

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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**.

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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.

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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.

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