

UNIT 13: THE MODERN WORLD

PART 2: Cue Cards

Cue Card: Describe a change in the modern world that has influenced people's attitudes

You should say:

- what the change is
- why it has happened
- how it has influenced people's attitudes
- and explain whether you think this change is positive or negative

Band 7 Sample Answer

anxiety and depression	counselling services	growing awareness	mental health issues
online campaigns	people's attitudes	professional help	promoting empathy
raise awareness	reduced stigma	supportive toward	taboo topic

I'd like to talk about a significant change in the modern world that has influenced (1) _____, which is the (2) _____ of **mental health**.

This change has happened mainly because of social media, (3) _____, and discussions in schools and workplaces. In the past, mental health was often ignored or considered a (4) _____, but now people are more open about stress, (5) _____. Celebrities and public figures also sharing their experiences has helped (6) _____.

As a result, people's attitudes have changed noticeably. Many people are now more understanding and (7) _____ those who struggle with (8) _____. Instead of judging others, people are more likely to encourage seeking (9) _____. Employers are also becoming more flexible by offering mental health days or (10) _____.

In my opinion, this change is clearly **positive**. It has (11) _____ and helped people feel less alone. However, sometimes mental health is discussed very casually, which can lead to misunderstandings. Overall, though, this change has improved society by (12) _____ and emotional well-being.

Band 8 Sample Answer

access to education aspect of daily life available instantly face-to-face interaction
independent and flexible rely on digital tools reshaped people's attitudes stay connected

One significant change in the modern world is the way technology has become part of almost every (13) _____, especially through smartphones and online platforms.

This change has mainly happened because technology has developed rapidly and become more affordable. As a result, people now (14) _____ for communication, work, shopping, and entertainment.

This has clearly influenced people's attitudes. Many people have become more (15) _____, as they can work remotely, learn new skills online, and manage their daily tasks more efficiently. At the same time, people expect information and services to be (16) _____, which has made them less patient than before.

I believe this change is mostly positive. Technology has improved convenience, increased (17) _____, and helped people (18) _____ across long distances. However, it's important to use it responsibly, as too much screen time can reduce (19) _____.

Overall, modern technology has (20) _____ in both positive and negative ways, and finding a healthy balance is essential.

Band 9 Sample Answer

emotional well-being greater acceptance hidden or misunderstood increased access
long-standing stigma more empathetic normalization personal experiences
professional help psychological labels responsible decision significantly influenced

I'd like to describe a major change in the modern world that has strongly influenced people's attitudes, which is the (21) _____ of mental health awareness.

This change has happened largely because of (22) _____ to information through the internet and social media, as well as public campaigns and education. In the past, mental health problems were often (23) _____, but today people openly discuss issues like anxiety, burnout, and depression. Influencers, celebrities, and even workplaces have played a role by sharing (24) _____ and promoting (25) _____.

This shift has (26) _____ people's attitudes. Many individuals are now (27) _____ and less judgmental toward those facing mental health challenges. Seeking therapy or (28) _____ is no longer seen as a weakness but as a (29) _____. Society has become more supportive, and there is (30) _____ of the idea that mental health is just as important as physical health.

In my view, this change is overwhelmingly positive. It has helped break (31) _____ and encouraged healthier conversations about emotions. Although there is a risk of overusing (32) _____, the overall impact has been beneficial, as it has made people more aware, compassionate, and willing to support one another.