

# 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

### 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.

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.

## 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.