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Some people prefer to spend their lives doing the same things and avoiding change. Others, however, prefer to take risks and think that change is a positive thing. Discuss both views and give your own opinion.

In general, people tend to have different outlooks about how change can affect their lives. Some believe it is better to live a safe, somewhat repetitive life with minimal change, while others believe creating change in life is a good thing. While I acknowledge that change can cause a lot of stress to people, I would argue that creating change and taking risks in life is essential for our growth as humans.

Some people feel that making changes in life causes too much stress and could be a destructive force for people. Stepping out of our comfort zone commonly involves such things as giving up work to travel or study, moving to live in another city or country, giving up a stable job to start a new business and so on. Taking risks like this can cost people considerable amounts of money, often resulting in debt, and can also put a lot of strain on relationships. These kinds of life changes are indeed stressful and it is understandable that many prefer to avoid them.

However, I would argue that experiencing change is an essential part of our development as humans and we should actively take risks in life in order to grow. Choosing to leave our current situation for any other situation gives us confidence and develops our ability to deal with the many challenges life throws at us as we walk its path. Giving up work to travel or study, or moving to a different place gives us precious life experience which makes us wiser and helps open our minds. Starting a new business develops our creativity and makes us stronger. It is very important to remember that life sometimes throws changes at us whether we welcome them or not, so to create them ourselves gives us more control and helps us to be ready to deal with any hardship. Hence, the more we experience change, the more we develop into stronger, wiser humans.

In conclusion, while it is certain that change can be stressful, it helps us to develop into better people, so it is an essential part of our lives and absolutely a positive thing. As the Buddha said 'Nothing is forever except change'.

Useful Vocabulary

Outlook

A person's point of view or general attitude to life.

*In general, people tend to have different **outlooks** about how change can affect their lives.*

Affect vs. Effect

Use affect as the verb in a sentence when talking about producing change or making a difference. Here are some synonyms of affect: alter, change, influence, modify and impact. Effect is a noun, and it is the outcome of an event or situation that created a change.

*In general, people tend to have different outlooks about how change can **affect** their lives.*

A destructive force

A process that lowers or tears down an idea or notion.

*Some people feel that making changes in life causes too much stress and could be **a destructive force** for people.*

Comfort zone

A situation where one feels safe or at ease.

*Stepping out of our **comfort zone** commonly involves such things as giving up work to travel or study, moving to live in another city or country, giving up a stable job to start a new business and so on.*

Put strain on (something)

An idiom meaning to place an undue or overwhelming burden on someone's or something's resources or ability to cope.

*Taking risks like this can cost people considerable amounts of money, often resulting in debt, and can also **put a lot of strain** on relationships.*

Deal with (something)

To manage with something that is usually difficult.

*Choosing to leave our current situation for any other situation gives us confidence and develops our ability to **deal with** the many challenges life throws at us as we walk its path.*

Life throws at us

An idiom that highlights the unpredictability of life.

*Choosing to leave our current situation for any other situation gives us confidence and develops our ability to deal with the many challenges **life throws at us** as we walk its path.*

Hardship

Suffering.

*It is very important to remember that life sometimes throws changes at us whether we welcome them or not, so to create them ourselves gives us more control and helps us to be ready to deal with any **hardship**.*

In some countries it is common for school leavers to take a year off between finishing school and starting university. To what extent do you agree or disagree with this practice?

Many young people around the world choose to take a gap year after they finish school, before starting further study. Some people feel that a gap year will help school leavers to prepare for university and for their future working lives, while others believe it's a bad idea as it could ruin their chances of being accepted into further study. In this essay, I will argue that, if given the opportunity, school leavers should absolutely take a gap year as it will help them become more independent and ultimately more employable.

Taking a gap year gives young people experience which helps them become more mature and thus able to live independent lives which will help them adapt to university life more easily. There are many different ways to spend a gap year, but most choose to travel or do voluntary work, or to take part in an internship while staying away from home. In this way they learn important life skills such as taking care of their living environment, paying bills and generally gaining skills of self sufficiency and confidence which all contribute to living an independent life. The more independent a new student is, the less overwhelmed and confused s/he will feel upon starting university and having to deal with new living and studying conditions.

Having a year out can also make you more employable. Whether you've chosen to travel or work during your gap year, your CV will stand out, as prospective employers will be impressed by the skills you have developed during your experiences. A recent survey in the UK discovered that a very high number of graduates believed their gap year experiences had given them a professional advantage over their peers who had not taken a year out. Furthermore, for those young people who know what they want to do in their future working lives, it may be possible to gather work experience in that particular field during their gap year, hence boosting their attractiveness to potential employers.

One of the main arguments against having a gap year between school and university is the belief that universities will not want to admit gap year students. However, I do not believe this to be true as there is plenty of evidence to the contrary. In fact, in some countries such as the UK and the US, many higher education institutions have openly stated that they prefer that prospective students take a year out before commencing their studies, because the skills of self sufficiency they will gain will make it easier both for the student and for the institution itself as they won't have to feel responsible for young people who don't know how to look after themselves and are struggling to adapt. Gap year students are more able to focus fully on their education with confidence. Universities definitely acknowledge that they benefit from admitting such students!

In conclusion, although some people believe that it is risky for young people to take a gap year before starting university, I would argue that on the contrary, taking a year out can provide invaluable experience which results in the young person becoming more independent helping them adapt to university more easily and furthermore renders them more employable, raising their chances of achieving success in their chosen careers.

Useful Vocabulary

Further study

Studying in university or college after high school.

*Many young people around the world choose to take a gap year after they finish school, before starting **further study**.*

Ruin the chances of (something)

Destroy the chances of something happening.

*Some people feel that a gap year will help school leavers to prepare for university and for their future working lives, while others believe it's a bad idea as it could **ruin their chances** of being accepted into further study.*

Employable

If someone is employable then they are able and desirable to be hired by managers.

In this essay, I will argue that, if given the opportunity, school leavers should absolutely take a gap year as it will help them become more independent and ultimately more employable.

Self-sufficiency

The state of not needing anyone else (apart from yourself) to satisfy your basic needs.

In this way, they learn important life skills such as taking care of their living environment, paying bills and generally gaining skills of self-sufficiency and confidence, which all contribute to living an independent life.

Deal with (something)

Take action in order to achieve something or to solve a problem.

The more independent a new student is, the less overwhelmed and confused s/he will feel upon starting university and having to deal with new living and studying conditions.

A year out

A common expression which means a year away from school or work.

Having a year out can also make you more employable.

Stand out

A phrasal verb meaning to be noticeable.

Whether you have chosen to travel or work during your gap year, your CV will stand out, as prospective employers are likely to be impressed by the skills you have developed during your experiences.

Peers

A person of the same age, status, or ability as another specified person.

A recent survey in the UK discovered that a very high number of graduates believed their gap year experiences had given them a professional advantage over their peers who had not taken a year out.

To the contrary

Suggesting the opposite.

However, I do not believe this to be true as there is plenty of evidence to the contrary.

Some people claim that not enough waste from homes is recycled.

What stops people from recycling waste?

What should be done to encourage people to recycle more of their waste?

Even though we are currently on an unsustainable path to environmental destruction, there are still people that do not recycle their waste. This may be for two reasons: lack of knowledge about the importance of recycling or a lack of adequate local infrastructure to ensure that waste is properly recycled. In both cases, I would argue that government action needs to be taken.

The first reason people don't recycle their waste is that they are ignorant of the importance of it. Global warming is an abstract concept that is often difficult to exemplify and fully appreciate. As a result, many citizens go on with their daily behaviour as though there were no looming environmental threat. They neither recycle nor attempt to use less energy- both of which scientists now agree is imperative to combating climate change. In light of this, I would suggest that the government educate such citizens on the repercussions of their behaviour. For example, the government can create public awareness campaigns to be shown on television and social media channels. In this way, it will become common knowledge that recycling is a basic action that needs to be taken collectively in order to save the planet.

Another impediment to recycling is inadequate infrastructure. This often occurs in poorer countries; however, it does not make recycling any less important. In such countries, recycling waste can be extremely inconvenient and may involve walking longer distances to communal recycling points- if there are any at all. For example, when I was in rural Bali, my friends and I would have to carry our waste to the nearest town in order to recycle it. To combat this problem, the government needs to make a concerted effort to provide adequate recycling bins. It is important that they are conveniently located for residents and that there are adequate pictures and instructions to make certain that they are used appropriately. This measure has already proven to be very effective in countries such as South Korea, which has one of the highest rates of waste recycling in the world.

In conclusion, both of the reasons I have outlined as deterrents to frequent recycling can be adequately addressed through government intervention. In the case of a lack of understanding of the importance of recycling, I have advocated the importance of recycling awareness campaigns. To address the lack of adequate recycling infrastructure, I have argued in favour of infrastructural projects to make sure that recycling units are plentiful and conveniently located.

Useful Vocabulary

unsustainable path to (something)

Not able to be maintained or continued without disaster.

*Even though we are currently on an **unsustainable path to environmental destruction**, there are still people that do not recycle their waste.*

to lack (something)

To “lack something” is not to have enough of something.

*This may be for two reasons: **lack of knowledge** about the importance of recycling or inadequate local infrastructure to ensure that waste is properly recycled.*

ensure

To make sure.

*This may be for two reasons: lack of knowledge about the importance of recycling or inadequate local infrastructure to **ensure** that waste is properly recycled.*

ignorant

Lacking knowledge or awareness.

*The first reason people don't recycle their waste is that they are **ignorant** of the importance of it.*

an abstract concept

An idea or phenomenon that is difficult to understand.

*Global warming is an **abstract concept** that is often difficult to exemplify and fully appreciate.*

looming threat

A danger that is approaching slowly.

*As a result, many citizens go on with their daily behaviour as though there were no **looming environmental threat**.*

imperative

Very important; essential.

*They neither recycle nor attempt to use less energy- both of which scientists now agree is **imperative** to combating climate change.*

to combat something

Take action to reduce or prevent something.

*They neither recycle nor attempt to use less energy- both of which scientists now agree is **imperative** to **combating climate change**.*

in light of (something)

Taking (something) into consideration.

***In light of this**, I would suggest that the government educate such citizens on the repercussions of their behaviour.*

repercussions

Consequences.

***In light of this**, I would suggest that the government educate such citizens on the **repercussions** of their behaviour.*

public awareness campaigns

A marketing effort to build awareness of a problem through media channels like television.

*For example, the government can create **public awareness campaigns** to be shown on television and social media channels.*

impediment

An obstruction to something.

*Another **impediment** to recycling is inadequate infrastructure.*

communal recycling points

A place where people can all recycle their household waste.

*In such countries, recycling waste can be extremely inconvenient and may involve walking longer distances to **communal recycling points**– if there are any at all.*

landfill

A place where waste and rubbish is dumped into the land (rather than recycled).

*For example, in rural areas of Chile, residents do not have local recycling points and most waste ends up in **landfill**.*

concerted effort

A coordinated effort.

*To combat this problem, the government needs to make a **concerted effort** to provide adequate recycling bins.*

deterrent

Something that discourages someone from doing something.

*In conclusion, both of the reasons I have outlined as **deterrents** to frequent recycling can be adequately addressed through government intervention.*

government intervention

Government action.

*In conclusion, both of the reasons I have outlined as deterrents to frequent recycling can be adequately addressed through **government intervention**.*

advocate

Recommend or support something.

*In the case of a lack of understanding of the importance of recycling, I have **advocated** the importance of recycling awareness campaigns.*



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