

General instructions to be followed to pass essay

1- Spend time on rightly comprehension of the topic, you won't pass the essay unless and until you addressed the asked part

2- Try to make your main heading in the outline from the words in the question statement

3- Try to add hook in the introduction. The length of introduction must be of 2 sides

4- your topic sentence in your argument must be aligned with the ending sentence

5- Avoid firstly, secondly, thirdly etc. in outline

6- add references in your arguments with proper source. Go for diversification of references

7- Do not add new idea or point in Conclusion

8- You won't pass the essay if make more than 4-5 grammatical mistakes

9- outlines that are not self explanatory or does not aligned to with the essay statement are liable to mark 0 and the essay would become null and void

10- always try to be relevant to the topic, if even your 1 or 2 arguments are irrelevant, the examiner would not pass your essay.

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Batch: 393

Mock - October '25

Essay: Books build nations, Screens distract them.

Outline:

I. Introduction:

Thesis Statement: While books build nations by making us think, encouraging dialogue and looking out to the world around us, Screens distract us through addictive algorithms, instant gratification and desensitizing us to the news.

II. How do books build nations?

1. Books encourage thinking:

- Books provoke thinking which is essential to nation building.

Eg: "Reconstruction of Religious Thought" by Iqbal inspired Muslims to imagine separate land.

2. Building discipline through 'book reading':

- Preference, consistency and patience are required to sit and finish an entire book. These are essential traits for nation building.

Eg: Nations with strong reading cultures like Japan and Finland show high civic participation and collective discipline.

3. Books promote dialogue

- Books influence dialogue, debates and narratives which are catalyst for National progress and development.

Eg: UNESCO reports reading literacy correlates with civic engagement, as it promotes dialogue

4. Books reset your baseline dopamine

- On neurochemical levels, books help in resetting your base line dopamine which encourages better focus, greater attention-span and lessens anxiety.
- A healthy brain is essential for the growth of a nation.

Eg: Neuroscience studies (Stanford, 2013) show that reading activate focus, attention and comprehension

5. Books advance libraries which nurture change:

- Libraries act as platform for like-minded individuals who want to see change around them.

Eg: Library of Alexandria in Egypt, Carnegie libraries in the US became intellect houses.

6. Books enlighten us to outside world

- Books force us to question, observe and challenge the world around us.

Eg: UNESCO Report on Reading and Literacy states, reading demands "global competence."

C. How do screens distract them?

1. Addictive Algorithms

Eg: Center for Humane Technology (2018) study revealed major Tech companies intentionally engineer "Deceptive Tech" to

Rephrase it

2. Instant Gratification:

- When people chase instant gratification through screens, they lose important nation building qualities like patience, grit and discipline.

Eg: Harvard Business Review (2019) analysis noted 'swipe culture' rewires brain for instant gratification.

3. Over exposure causes desensitization:

- Over exposure to different news and stories causes overwhelm and desensitization in people, that reflects poorly on national progress.

Eg: American Psychology Association 2017 states overexposure to ~~on~~ ^{on TV} violence increases apathy.

4. Screens exploit dopamine levels:

- Screens and their designs cause dopamine levels to increase significantly and crash.
- This hampers motivation, focus and productivity in youth which are skills required for growth of a nation.

Eg: Tech ethicist Tristan Harris explains apps and TV news are designed to prioritize engagement.

5. Social Media major distraction:

- Even if screens have some utility it is severely hampered by social media apps as they distract people from quality content consumption.

Eg: Pew Research Center (2023) states social media are designed around endless scrolling that

You haven't understood the topic at all.

None of your points portrays the

idea which you want to portray.

Must work on your topic

comprehension

Improve your phrasing and

expressions

Words selection must be

improved

Must attend the tutorial session

for further suggestions and

mistakes

6. Screens influence self-centric approach.

Younger people are less concerned about the world they are in, more focused on their image and social persona - self-centric approach is misaligned with nation building spirit.

Conclusion.

Essay:

Books build nations,

Screens distract them.

Brilliant story.

Although, you haven't understood

the topic, yet the story which you

have made is outstanding

Good

Command

Sarah was shaking her leg due to agitation, it was so difficult to sit and read this book. She tried pacing and reading but that didn't work either. "I know I promised my professor I'd read this book but it would be so much easier to ask ChatGPT for a summary", she thought to herself. She gave it another few minutes and that was it. She pulls her laptop up and orders ChatGPT to provide a summary then asks it to read it out for her. "See? Wasn't hard at all, I don't know why professor is still stuck in his old ways," she mutters to herself. Sarah is not the only one, rather she is a true reflection of our increasingly anxious, instantly gratified and 'hardly working' society of today. A dilemma that is only being exaggerated and exploited by the use of screens in our everyday life. While we have replaced physical

Avoid 1st 2nd person pronouns in your writing

books with pdfs and zip files. We have not been able to mimic the effect on the nurture, growth and development of individuals that leads to national progress. Books are hailed for their ability to make you stop and think for a while. They develop consistency and patience that allows you to follow along the story page after page. Books are essential tools for dialogue and narrative-building that shape the nation's discourse. On the contrary, screens have yet to replicate this essence. Instead of making reading easy and accessible, screens have only contributed in a more confused and distracted youth. Screens, due to their addictive algorithms and designs cause people to stay hooked beyond reasonable limits. They increase desensitization and the need for instant gratification. These behaviors have a direct effect on individual's behaviors and attitudes, and they end up more concerned with themselves than the world around them. These elements are not a positive influence and certainly not the influence a book can achieve for nation building, in comparison. Hence, this essay supports the argument that while books build nations by making us think, encouraging dialogue and bringing our focus to the world around us, screens distract us through addictive algorithms, instant gratif-

Grammar mistake

ication and de-sensitizing us to the news.

No Argumentation at all. Your own thoughts are missing completely
One of the significant ways books enhance nation building skills in people is by encouraging them to think. They possess quality content that is consumed by the reader gradually, making them reflect after every few moments. A great example of this is in Allama Iqbal's 'Reconstruction of Religious Thought' as it influenced Muslims of sub-continent to envision a separate nation. Therefore books create reflective thinking which is imperative for nation-building.

An imperative skill for a nation's growth is also the collective discipline of its people that is fostered through book reading. Book reading in grains ^{traits} ~~habits~~ like perseverance, consistency and patience which are essential traits for people to have. Nations like Finland and Japan have strong reading cultures which is why ~~that~~ they have high civic participation and collective discipline. Thus, nation building is supported by traits rooted in discipline which can be ~~be~~ developed through reading books.