

2025-2026 ACADEMIC YEAR

**ISTANBUL UNIVERSITY SCHOOL OF FOREIGN
LANGUAGES**



B1+ LEVEL

WRITING BOOKLET

TABLE OF CONTENTS

Comparison & Contrast Essay.....	2
Cause / Effect Essay	17
Writing Correction Code	32
References	33

TYPES OF ESSAYS

COMPARISON & CONTRAST ESSAY

1. What is comparison and contrast?

Comparison discusses how two or more items, people or places are similar, and contrast discusses how two or more items, people or places are different.

Practice 1: *Read the topics for discussion below. Choose at least 3 of the topics and think of one similarity and one difference between the two subjects. Stand up and walk around the classroom discussing each of them with a different classmate.*

1. Your life in high school and your life at university
2. Chemical drugs and natural or herbal remedies
3. Netflix and Amazon Prime
4. Mobile phones and tablets
5. Monarchy and democracy
6. Studying in a library and studying in a room
7. Going to the gym and doing sport at home
8. Two jobs you might get in the future
9. English and Math
10. Dogs and cats

A **comparison-contrast essay** explains and evaluates the important similarities and/or differences between two or more subjects. In a lecture at university, you might be asked to compare or contrast two theories, two methods, two historical periods or two characters in a novel. If you analyze only the similarities in your essay, you write a **comparison essay**; if you emphasize only the differences, then you write a **contrast essay**. However, you might include both similarities and differences in your **comparison and contrast essay** as you will notice in all the sample essays in this chapter. Thus, there are three ways to write a comparison-contrast essay:

- Write only the similarities between the items: A Comparison Essay
- Write only the differences between the items: A Contrast Essay
- Write the similarities and the differences between the items: A Comparison and Contrast Essay

2. Organization (Outline)

Before you start writing an essay, it is always recommended that you should brainstorm your ideas and put them into an organization. In order to prepare an outline for a comparison-contrast essay, one should know the different methods of organization. There are mainly two ways to organize a comparison-contrast essay: **point-by-point method** and **block method**. You can use any of the methods as long as you stick to the option throughout the essay you have chosen beforehand.

In the **point-by-point method**, you compare/contrast two subjects according to the points (criteria or basis) you have identified beforehand. As an example, in an essay, you might compare Washington, DC, and London as the capital cities of two English-speaking countries. After the introductory paragraph, you might compare the two cities in terms of their history in the first body paragraph, depending on their cultures of art in the second body paragraph and according to the cost of living in the third body paragraph. Read the sample essay below.

Washington, D.C. and London*

Washington, D.C. and London are the capital cities of the USA and the UK respectively. They are both English-speaking countries, but they offer vastly different experiences to their residents and visitors. Comparing and contrasting the two cities based on their history, their culture of art, and their cost-of-living show how different and similar the two are.

First of all, **both** cities are rich in world and national history, though they developed on very different timelines. London, **for example**, has a history that dates back over two thousand years. It was part of the Roman Empire and known by the similar name, Londinium. It was **also** the center of the British Empire where it held significant global influence from the early sixteenth century on through the early twentieth century. Washington, D.C. **on the other hand**, has only formally existed since the late eighteenth century. Though it was inhabited several thousand years earlier, the city did not become the capital of the United States until the 1790s. From that point onward to today, however, Washington, D.C. has increasingly maintained significant global influence. Even though both cities have different histories, they have both held, and continue to hold, significant social influence in the economic and cultural global spheres.

Secondly, **both** Washington, D.C. and London present different cultures of art in their museums, art galleries and theatres. **While** Washington, D.C. has the National Gallery of Art and several other galleries, London's art scene and galleries have a superiority in this category. From the Tate Modern Museum to the British National Gallery, London's art is among the world's best. This difference and advantage are related to London and Britain's historical depth **compared to** that of the United States. London has a **much richer** past **than** Washington, D.C. and consequently has **a lot more** material to pull from when arranging its collections. As well as museums and art galleries, both cities have great theater districts, but again, London wins this comparison both in quantity and quality of theater choices. 'Theatreland' in the West End of London contains about 40 theatres, known by all the theatergoers around the world.

Washington, D.C. and London also **share and differ in** cost of living. Both cities share a very expensive cost of living—both in terms of housing and shopping. A downtown one-bedroom apartment in DC can easily cost \$1,800 per month, and a **similar** "flat" in London may double that amount. Also, the foods in these cities are quite expensive, so people need to spend a lot of money on these, too. A meal for two people is on average 70 dollars in Washington, D.C. whereas it is 80 pounds in London. Taking the high prices of housing and shopping into account, as well as the residents, visitors might find it hard to afford the life in these cities.

To conclude, even though Washington, D.C. and London are major capital cities of English-speaking countries in the Western world, they have many differences along with their similarities. They have vastly different histories and art cultures, but they remain similar in their cost of living. So would you like to travel to Washington, D.C. or London?

- Adapted from *Writing for Success*

*Adapted from *Writing for Success*

Sample Essay 2. Another sample of comparison contrast essay written using a point-by-point method. (Practice 1, topic 7.)

Going to the Gym vs. Exercising at Home

In recent years, maintaining an active lifestyle has become a priority for many people. However, individuals often face a choice between exercising at a gym or working out at home. Although both options promote physical health, they differ significantly in terms of cost, convenience, equipment, and motivation.

To begin with, cost is a major factor to consider. On the one hand, gym memberships usually require a monthly or annual fee, which can be a considerable financial burden, especially in large cities where prices are high. On the other hand, exercising at home is much more economical. For example, people can simply follow online workout videos or invest in a few affordable items, such as resistance bands or yoga mats. Therefore, from a financial perspective, home workouts are clearly the cheaper option.

Another important aspect is convenience. While gyms provide a professional space designed specifically for fitness, they also require people to travel, which can be time-consuming and discouraging after a long day. In contrast, exercising at home is far more convenient. Individuals can work out at any time of day, without being restricted by opening hours or commuting. As a result, home workouts are generally more flexible and time-efficient.

Equipment is also worth comparing. Gyms are typically equipped with a wide variety of machines, weights, and tools that target different muscle groups. This allows for a more diverse and structured workout routine. At home, however, equipment is usually limited unless someone is willing to invest in expensive machines. Nevertheless, many people manage with bodyweight exercises, which can still be highly effective. Thus, although gyms offer more variety, home workouts are simpler and more adaptable.

Finally, motivation works differently in each environment. Many gym-goers feel encouraged by the energetic atmosphere and the presence of other people, which creates a sense of discipline. Similarly, group classes and personal trainers can provide additional support. At home, by contrast, motivation can be more difficult to maintain due to distractions and the lack of social interaction. Yet, some individuals actually prefer the comfort and privacy of exercising alone, which may increase their consistency.

In conclusion, both gym workouts and home exercise can contribute to a healthy lifestyle, but they do so in different ways. While the gym offers professional equipment and a motivating environment, home workouts are cheaper and more convenient. Ultimately, the better choice depends on a person's budget, schedule, and personal preferences.

On the other hand, the block method involves arranging similarities and differences in separate paragraphs.

In such an arrangement, you write the similarities between the two subjects in one body paragraph, and then you write the differences in another body paragraph. You might place all the similarities in the first body paragraph and then, the differences in the second; or you might arrange all the differences in the first block and the similarities in the second.

In the sample essay below, the writer compares and contrasts private and classroom lessons. The first body paragraph includes the similarities whereas the second body paragraph explains the differences.

Would You Take Private or Classroom Lessons?

Technological and social advances have led to many great changes in all aspects of life. People have changed their way of living, entertaining, working and studying. These changes have created different forms of learning and teaching methods as well. Some students prefer taking private lessons whereas some others prefer learning in a classroom. **Even though** there are many similarities between private lessons and classroom lessons, there are also important differences.

To begin with, there are significant similarities between learning through private lessons and classroom studies. The first similarity is to have a schedule. For example, students, both in private lessons and in the classroom, must follow a certain schedule. Subjects are taught according to a program, not randomly. The second similarity is that students must do homework in both situations. If students do not do homework, they cannot improve their knowledge about that lesson. In brief, having a certain schedule and doing homework are important similarities between private lessons and classroom studies.

Despite similarities, private lessons and classroom studies have some differences as well. The first difference is to ask questions comfortably. In private lessons, students can ask their questions comfortably whereas students in a classroom cannot do this because of the high number of students in a classroom. Physical comfort is the second difference between these two forms. Private lessons can be held in a comfortable room on comfortable seats and desks or even in a café, so the student and the teacher can have tea or coffee. However, in a classroom, there are desks and chairs, which are usually not very comfortable. As a result, asking questions comfortably and physical comfort are visible differences between these two learning forms.

To sum up, there are **not only** similarities **but also** differences between private lessons and classroom studies. Comparing them based on their schedules, homework assignments, the comfort of question-asking and the physical comfort reveals some surprising facts about these two methods of learning. As far as I am concerned, both forms of learning can work as long as students are determined to achieve their goals.

Sample essay 2. Below is another sample of the block method (Practice 1, topic 7.)

Going to the Gym vs. Exercising at Home

In recent years, maintaining an active lifestyle has become a priority for many people. However, individuals often face a choice between exercising at a gym or working out at home. Although both options promote physical health, they differ significantly in terms of cost, convenience, equipment, and motivation. Using the block method, this essay will first explore the similarities between these two approaches to fitness, and then highlight their key differences.

Both gym workouts and home exercise share several important similarities. First and foremost, they both support physical and mental well-being by encouraging regular activity. Whether someone lifts weights at a gym or follows a workout video at home, the health benefits—such as improved strength, cardiovascular fitness, and stress reduction—are clear. Additionally, both options offer flexibility in the type of exercise performed. People can choose strength training, yoga, cardio, or stretching routines in either setting. With the rise of online fitness programs, many of the same exercises and routines available at gyms can now be accessed from home. Finally, both environments allow individuals to set personal goals and track progress over time, which helps build motivation and long-term consistency.

Despite these similarities, gym and home workouts differ in several key areas. One major difference is cost. Gym memberships often require monthly or annual fees, which can be expensive, especially in large cities. In contrast, exercising at home is much more affordable—requiring little to no investment beyond basic equipment like a yoga mat or dumbbells. Another difference is convenience. While gyms provide a dedicated fitness space, they often require travel time and may have limited hours. Home workouts, on the other hand, allow people to exercise whenever they like, without leaving the house. Equipment is also a point of contrast. Gyms typically offer a wide range of machines and weights, while home setups are usually more limited unless someone invests in expensive gear. Lastly, motivation varies between the two. Many people find the social atmosphere of a gym motivating, with group classes and trainers adding accountability. At home, it can be harder to stay focused due to distractions, but others may appreciate the privacy and comfort of working out alone.

In conclusion, both gym workouts and home exercise provide effective ways to stay healthy, with shared benefits like improved fitness and flexibility in routines. However, they also differ in cost, convenience, equipment availability, and motivation. Choosing between the two depends on individual preferences, budget, and lifestyle. What matters most is finding the environment that helps a person stay active and consistent over time.

The table below summarizes the main organization methods of a comparison-contrast essay:

POINT-BY-POINT METHOD	BLOCK METHOD
Introduction Paragraph	Introduction Paragraph
<p>1st Body Paragraph: the similarities or differences according to the first basis or criteria</p> <p>2nd Body Paragraph: the similarities or differences according to the second basis or criteria</p> <p>3rd Body Paragraph: the similarities or differences according to the third basis or criteria</p>	<p>1st Body Paragraph: Similarities between Subject 1 and Subject 2</p> <p>2nd Body Paragraph: Differences between Subject 1 and Subject 2 Or</p> <p>1st Body Paragraph: Differences between Subject 1 and Subject 2</p> <p>2nd Body Paragraph Similarities between Subject 1 and Subject 2</p>
Conclusion Paragraph	Conclusion Paragraph

3. Useful Language

Below you will study the language patterns that you might use in comparison and contrast essays.

a. Patterns to show contrast

Tom is shy and quiet. However , his younger brother never stops talking. On the contrary , On the other hand , In contrast , In comparison ,
Tom is shy and quiet although his younger brother never stops talking. whereas while
Tom is completely different from his younger brother.

Tom, unlike his younger brother, is shy and quiet. Unlike his younger brother, Tom is shy and quiet. The main difference between Tom and his younger brother is that Tom is shy and quiet whereas his brother never stops talking. Tom's younger brother is a lot more talkative than Tom. In comparison to his younger brother, Tom is shy and quiet. In contrast to his younger brother, Tom is shy and quiet. By comparison with his younger brother, Tom is shy and quiet. Tom differs from his younger brother a lot, as he is shy and quiet.

b. Patterns to show similarities

Tom is shy and quiet. Likewise , his sister does not talk a lot. Similarly ,

Tom, like his sister, is shy and quiet. Like his sister, Tom is shy and quiet. Tom and his sister are alike . They are both shy and quiet. Both Tom and his sister are shy and quiet. Tom is shy and quiet. His sister talks very little, too . Tom and his sister have a lot of things in common . Tom and his sister are similar in many ways. Tom's personality is very similar to his sister's in some aspects. Tom's personality is the same as his sister's. They are both shy and quiet. Tom's personality is just like his sister's. They are both shy and quiet. Tom is not only shy, but also quiet. Tom is neither confident, nor talkative.
--

4. Steps of writing a comparison-contrast essay:

- When you choose the topic of your comparison-contrast essay, do not forget that the aim of the essay is **not listing** how the items are similar or different. You will need to discuss both items equally.
- Before you start writing your essay, you can use a **Venn diagram** or a chart to plan your ideas quickly and efficiently. It will help you discover and organize similarities and differences between the items you compare. To make a Venn diagram, simply draw two overlapping circles; each circle for the item you are comparing. In the central area where they overlap, list the features the two items have in common. In the areas that do not overlap, you can list the features that make the items different. Here is a very simple example, comparing Hollywood and Turkish films.
- The diagram also helps you to determine the basis on which you will compare the two items.
- The next thing is to decide on **the method** you will use to discuss the similarities and differences you have already determined. The two major methods are explained in the second part of this chapter.

4.1 INTRODUCTION

- Grab the reader's attention with a hook.
- Give background information about the two subjects.
- Write a strong thesis statement: Mention the two subjects you compare and inform the reader about whether you will focus on similarities or differences or both.

Thesis Statement Examples

You can use the following sentence patterns to write a thesis statement in your comparison and contrast essays:

A. **There are several** similarities and differences **between****and**

There are several similarities and differences **between** Turkish cuisine **and** Italian cuisine.

B.**and**..... **are similar and / different in many ways.**

City life **and** the life in the countryside **are similar and different in many ways.**

C. **Even though there are many similarities between** **and**, **there are also some important differences.**

Even though there are many similarities between private universities **and** public universities, **there are also some important differences.**

D. **Comparing and contrasting** based on their show how different and similar the two are.

Comparing and contrasting the two cities based on their history, culture, and cost-of-living **show how different and similar the two are.**

Practice 2: Write a thesis statement for a comparison/contrast essay on each of the following topics. Use a variety of the sentence patterns modeled above.

1. Topic: Working for a large corporation and working for a small company

Thesis Statement:

2. Topic: Soccer and basketball

Thesis Statement:

3. Topic: Being a high school student and being a university student

Thesis Statement:

4. Topic: City life and the life in the countryside

Thesis Statement:

5. Topic: Two of your classmates

Thesis Statement:

6. Topic: Skiing and snowboarding

Thesis Statement:

7. Topic: Living alone and living with family

Thesis Statement:

4.2 BODY PARAGRAPHS

- Explain the similarities and/or differences between the two subjects using either block-method or point by-point method.
- Use **transitional words** in the essay to connect your ideas.

You can use the following sentence patterns to write topic sentences:

A.is similar to.....in many ways.

American fast food **is similar to** Turkish fast food **in many ways**.

B. One similarity between and is that Another similarity is

One similarity between Istanbul **and** Ankara **is that** they are both highly populated cities.

C.and..... have / share / several / many things in common.

Engineers **and** architects **have** several **things in common**.

D. resemble each other in some/many/several/numerous ways /aspects/respects.

Europe and Africa **resemble** each other **in a few aspects**.

E. is different from.....in many ways.

Vacationing in the mountains **is different from** vacationing at the beach **in many ways**.

F. differs / varies from in these aspects: / in terms of

A holiday with friends **differs from** having a holiday with family **in two aspects**: the type of fun and the amount of risk.

G. are two striking / major / significant differences between and

The type of fun and the amount of risk are two major **differences between** having a vacation with family and having a vacation with friends.

H. One difference between and is that

One difference between Istanbul **and** Ankara is that Istanbul is the touristic and economic center of Turkey whereas Ankara is the capital city.

4.3 CONCLUSION PARAGRAPH

- Restate the **thesis** and the **points** of comparison.
- You can give your own opinion about the two subjects.

You can use the sentence patterns given in the introduction part to restate the thesis.

For example, if your thesis statement is ‘**There are several** similarities and differences **between** eating at home **and** eating in a restaurant.’

Then, in the conclusion paragraph, you might write ‘**Even though there are** many similarities between eating at home **and** eating in a restaurant, **there are also** some important differences.’

Practice 3: Read the essay below and answer the following questions.

Tokyo or Kyoto?

In recent decades, the title of one of the most popular cultures worldwide should definitely be given to Japan. Millions of people all over the world study the Japanese language, watch drama (dramatic TV series on all kinds of topics) or animation, read and write haiku, and make pen pals with Japanese people. Countless people buy tickets and fly to the country of the rising sun to see its wonders with their own eyes. Among the most popular destinations are Tokyo and Kyoto. And perhaps for an inexperienced traveler, there is a dilemma: where to go? Mostly, people know that Tokyo is a mega city of the future, and Kyoto has more to do with ancient culture but there also exist more subtle differences one should consider when choosing their destination point in Japan.

To start with, Tokyo is really crowded, and it is also expensive regarding shopping, transportation and housing (1 yen approximately equals 0.11 TL). As an example, having a three-course meal for two people in a mid-range restaurant will cost you 5,230 yen. A one-way ticket on Tokyo transport costs you 190 yen and renting a one room apartment outside of the city center costs 77,853 yen a week. Just do not expect this apartment to be big and cozy; most likely it will be tiny, with basic utilities, and with no central heating. If you think of buying an apartment in Tokyo, forget it—one square meter of a room outside of the city center is around 1 million yen (double the price if you want to live closer to the city center). However, Tokyo is great to visit if you enjoy hustle and bustle. If you want to feel the heartbeat of a mega-city, dive into its life, and experience all those crazy things people in the West usually tell about Japan. Be prepared for the overcrowded subway— and “overcrowded” is a gentle way to put it; in fact, you can take a 60-minute ride in the subway, and your feet will not even touch the floor, because you will be squeezed between other people so tight that you can even take a nap in this position.

When it comes to Kyoto, it is slightly cheaper and more peaceful. Although dining in a restaurant is cheaper—only 4,000 yen for two persons in a mid-range restaurant—transportation costs are surprisingly higher: 235 yen for a ride. If you think you can save some money buying food in a market in Kyoto, you are partly correct but some products in Japan cost a lot of money no matter where you buy them. For example, white rice costs 850 yen for 1 kg in Kyoto (453 yen in Tokyo). White bread, tomatoes, chicken breasts, and especially cheese—these are the most expensive products both in Kyoto and in Tokyo. On the other hand, renting or buying an apartment in Kyoto is much cheaper: for a one room apartment outside of Kyoto’s center, you must pay 48,000 yen to rent, or 300,000 yen per square meter if you want to buy it. In Kyoto, you will not see amazing skyscrapers, over 280 subway stations, and the craziness of the famous Shibuya crossing; instead, get prepared for temples, tea houses, museums: all things antique and authentic. Kyoto is good to visit for all those who feel inspired by traditional Japanese culture: haiku, hanami, court customs, the No theater, and so on.

In conclusion, with small but important differences between the two, it is difficult to say which city is better for an inexperienced tourist to visit, Tokyo or Kyoto. Kyoto is cheaper, especially in terms of renting an apartment, and is more suitable for those looking for the old Japanese culture. Tokyo, on the contrary, is an enormous metropolis, with crazy prices and crazy transportation. The atmospheres are different, but both cities will make you astonished, so if you have a chance, you should definitely visit them.

Introduction

1. What information does the background information include?

2. Underline the thesis statement.

Body

1. What method does the author of this essay use?

-
2. What points about Kyoto and Tokyo did the author compare or contrast?

-
3. What are the topic sentences of the paragraphs?
-

4. What are the supporting ideas? Examples?
-

5. Which transitions does the author use to connect the ideas in the essay? Circle them.
-

Conclusion

1. Underline the sentence that restates the thesis.
-

2. What is the final thought if there is one?
-

Practice 4: Complete the blanks 1-6 with the transition or signal words in the box below.

on the other hand to sum up	although such as	in contrast	for example
--	-----------------------------------	--------------------	--------------------

Where to Go on Vacation: The Beach or the City

It is a fact that not all people have the opportunity to go on vacation. If they can, they like to go out of town once in a while and leave their worries behind. When you go on vacation, you have to decide the best place to go according to what you have in mind. Vacation at a beach and in a city, which can be two ways of vacationing, are different in terms of the kinds of activities and the pace of life.

The major difference between vacationing on the beach or in a city is the kind of activities you are able to do. On the beach, 1 _____, you can go sailing, fishing, surfing, skiing, or take advantage of the sun and lie in the sand to get tan, or even in some cases feed sharks and swim with dolphins. 2 _____, in a city you can visit different sites 3 _____ museums, theaters, important buildings, downtown, among other things. This means that you have many places to know and you will need much more time and organization in a city than on the beach.

Vacationing on the beach and vacationing in a city also differ in the pace of life. If you want a relaxing plan, your option will be the beach. When you are on the beach, you do not have to time your day and you just let things happen. 4 _____, while in the city, you will have to schedule all your activities in order to have time to visit the different sites you want to. 5 _____, the kind of activities and the pace of life are the most important differences to consider when deciding to go on vacation on the beach or in a city. 6 _____ both places are interesting and exciting, it all depends on what you are looking for. Keep in mind that wherever you decide to go, you will enjoy it.

Practice 5: Read the essay below and write topic sentences for the body paragraphs.

Avatar vs. Tarkan

Cinema, the seventh art, has been playing an incredibly important role in all societies in the world since it was introduced. Every country is doing its best to develop its cinema industry because it is the most effective way to advertise its culture and language. Hollywood is known to be the most popular cinema sector in the world while Turkish cinema sector has recently started to become known. Even though there are some similarities between Hollywood and Turkish films, there are also some differences.

First of all, both types of films, more or less, have similar themes. For example, in Hollywood films romance and action are the best-selling themes. Similarly, in Turkish films we see that romance and action are the most common themes. Another similarity is that for both types of films similar advertising campaigns are carried out. To illustrate, in Turkey advertisements can be seen on newspapers, magazines and billboards as well as buses and metro. Likewise, Hollywood films are advertised on the same places and the same ways. In short, themes and advertising are two of the similarities between Turkish and Hollywood films.

The primary difference is budget, of course. Turkish producers cannot afford to invest as much as their American counterparts. For instance, Hollywood films are known to cost around \$200-300 million whereas Turkish films hardly cost more than \$50 million. The second difference is the use of technology. As the United States extensively benefit from technology in every field of business, cinema sector is no exception. The films Star Wars, Matrix and Avatar are only some of the examples in which incredibly high technology was used. However, Turkish films can only benefit from limited computer tricks. In brief, budget and use of technology seem to be two of the differences between Turkish and Hollywood films.

All in all, there are not only similarities but also differences between Turkish and Hollywood films. I am of the opinion that the Turkish cinema sector is on the rise, and it will be able to compete with the rest of the world soon.

Practice 6: The essay below includes an introduction, three topic sentences and a conclusion. Develop each body paragraph with supporting information.

Smartphone Choices

Some years ago, people were intimidated by shopping for a smartphone. For one, smartphone technology was so new that many people were afraid of it. It was also extremely expensive, and many consumers were not sure if these phones would soon be replaced by yet another new technology. History, of course, has shown that smartphones are here to stay. Not only that, but they are getting smarter and smarter every year. Today's smartphone shoppers need to know what their two main options are. Although the technology is no longer new, it can still be intimidating to shop for a smartphone. Consumers can eliminate some of this fear by doing their homework first. One of the biggest considerations for a smartphone purchase is iOS or Android. To reach a decision, a buyer can compare these two operating systems in terms of their overall cost, convenience, and style.

iOS and Android devices can differ in their cost. _____

Another thing to consider is the convenience factor, such as the availability of certain apps. _____

Finally, there is the subject of style. _____

To conclude, choosing between these two types of smartphones is a personal decision for the consumer. This decision can be made more easily by looking at cost, convenience, and style preferences. While it can seem like an overwhelming task now, it certainly will not get any easier as more and more advanced smartphones come on the market.

CAUSE/EFFECT ESSAY

The aim of this kind of essay is to explain the causes (reasons) and/ or the effects (results) of an event or situation. Here, we are going to study, plan, and write **a cause or effect essay**.

e.g. causes of air pollution (multiple factors leading to air pollution)

e.g. effects of watching too much TV (many effects of a situation)

There may be several causes or effects of a situation. However, in a student essay, it is **advisable** to keep the number of major points to 3, thus forming 3 separate body paragraphs.

CAUSE OR EFFECT ESSAY PLAN

Introduction

- Provide background information about the situation that you are analyzing.
- Describe the situation.
- State whether you plan to discuss its causes or effects. Write a thesis statement that states the focus of your essay.

Body Paragraphs

- Start each paragraph with a topic sentence. State the first (second, third) cause or effect in the first (second, third) paragraph.
- Support the first (second, third) cause or effect with facts, examples, statistics or quotations.

Conclusion

- Restate the thesis statement.
- Summarize the main causes or effects.
- Draw a conclusion, make a prediction, or offer a suggestion.



CAUSE

EFFECT

UNDERSTANDING CAUSES AND EFFECTS

Practice 1: Read the essay topic, and then match the causes to the effects in the table. Write a-e in the blanks next to sentences 1-5.

Topic: Modern technology is a threat to the health of people all over the world. What are the main effects of modern technology on our health?

CAUSES	EFFECTS
<p>1. Children spend too much time sitting while playing video games. _____</p> <p>2. Nowadays, using social media is a common hobby for many people. _____</p> <p>3. Ready meals are easy to buy. _____</p> <p>4. Office jobs involve too much time working with computers. _____</p> <p>5. People on the street listen to music through headphones. _____</p>	<p>a) People can develop wrist problems or back pain.</p> <p>b) They cannot hear cars coming and may get run over.</p> <p>c) They do not move enough, so they become overweight.</p> <p>d) People do not cook fresh food anymore.</p> <p>e) Face-to-face activities such as sports are less popular.</p>

USEFUL LANGUAGE FOR CAUSES AND EFFECTS

Useful Phrases and Sentence Patterns

Linking words followed by a complete sentence	Linking words followed by a noun or noun phrase
That is why It was raining. That is why we cancelled the soccer game.	As a result of As a result of the rain, we cancelled the soccer game.
Because Because it was raining, we cancelled the soccer game.	Because of Because of the rain, we cancelled the soccer game.
Consequently / As a result It was raining. Consequently , we cancelled the soccer game.	As a consequence of As a consequence of the rain, we cancelled the soccer game.
For this / that reason It was raining. For this reason , we cancelled the soccer game.	Due to Due to the rain, we cancelled the soccer game.
Since Since it was raining, we cancelled the soccer game.	Owing to Owing to the rain, we cancelled the soccer game.
So It was raining, so we cancelled the soccer game.	
Therefore / Thus / Hence It was raining; therefore , we cancelled the soccer game. It was raining and thus we cancelled the soccer game.	

Conjunctions*: **Because, **as**, and **since** introduce a **cause**; **so** introduces an **effect**. These are used to join two complete sentences (or independent clauses) together.

***Transitions*: “**Therefore**, **consequently**, and **as a result**” introduce an **effect**. These are used to join two complete sentences (or independent clauses) together. They are often used like this: • I want to travel to a few countries next year; therefore, I’m planning to save money for this. • I want to travel to a few countries next year. Therefore, I’m planning to save money for this.

****Prepositions (with noun phrases)*: Prepositions like “**due to**, **because of**, **as a result of**, and **as a consequence of**” introduce a **cause** in the form of a **noun phrase**.

Practice 2: Read the essay topic and complete the sentences for the essay topic below using the phrases from the box and then mark each cause (C) and each effect (E).

Topic: Obesity is a common problem in many societies. What are the main causes/ effects of obesity?

their parents do not teach them	they do not eat enough vegetables
they are not active enough	they do not get enough exercise
people do not shop for fresh food	they tax them heavily

1. People have become accustomed to junk food (C), **so** they do not eat enough vegetables (E).
2. **Because** young children spend too much time watching television (), _____ ().
3. Many people have office jobs that do not involve any physical activity (). **As a result**, _____ ().
4. **Because** _____ (), children do not know how to cook for themselves ().
5. **Due to** the availability of cheap fast food (), _____ ().
6. Governments earn a lot of money from fast-food companies () **because** _____ ().

Practice 3: Choose the correct answer for each statement.

1. _____ I can't find a suitable job; I'm going back to university.
A) Due to B) Since C) As a result D) Consequently
2. _____ the current job shortage, more people are moving abroad to find work.
A) Due to B) Because C) So D) That is why
3. The job market is more competitive than ever these days. _____, university graduates are being encouraged to continue their education.
A) Owing to B) Therefore C) So D) As
4. I've decided to look for another job _____ I can't make ends meet.
A) because of B) thus C) so D) as
5. _____ so many nurses are leaving the country, there is a growing skills shortage in the health sector.
A) Because B) Thus C) For this reason D) As a consequence

Practice 4: Combine each pair of sentences to show cause and effect. Use the linking words in parentheses.

1. The picnic was cancelled. The weather was bad. (therefore)

The weather was bad; therefore, the picnic was cancelled.

2. We will have the performance in the town hall. The fire has caused major damage to the school auditorium. (consequently)

3. Airlines have cut back services. Flights no longer provide meals. (for that reason)

4. The theater added more performances. The reviews were great. (therefore)

5. The construction industry is thriving. There is a high demand for new housing. (since)

6. People are living longer. Second careers are more common. (because)

7. More police patrol the streets. Crime rates are high. (consequently)

8. English has become a more popular language. Globalization is spreading. (as a result of)

9. Consumers have more choices. Shopping malls are huge. (because of)

10. There was a lot of traffic. We were late. (thus)

11. Jane was upset. Eric forgot their wedding anniversary. (that is why)

12. Michael has to stick to the sleeping cycle advised by his therapist. He is trying to cope with his sleeping disorder. (so)

Verbs Relating to Cause and Effect

You are probably already familiar with these verbs relating to cause and effect: **make, cause, create, do, produce, force**. Here are some other useful verbs.

- Her grandmother **affected / influenced / had a considerable influence on** Sarah's choice of career.
- Parental attitude **largely determines** how well a child adapts to school. [is the main factor affecting]
- The teacher **motivated** them to work hard. [made them want to do something positive]
- The flow of traffic through the town **is facilitated by** the one-way system. [made easier]
- The speech **provoked** an angry response. [caused, usually something negative]
- The explosion **was triggered by** the heat. [started, usually something sudden and negative]
- The tilting of the earth on its axis **accounts for** the change in the seasons. [explains]
- Sid's determination **springs/stems from** his desire to improve the world. [is the result of]
- The country's victory **gave rise to** a new mood in society.
- The mobile phone **contributed to** the information revolution. [was one factor influencing]
- The child was given drugs **to stimulate** growth. [cause something to develop or function]
- The exhibition **generated** a lot of interest. [aroused, caused to exist]
- The drugs may **induce** nausea. [cause, often used in a medical context]
- The teacher's presence **inhibited** the teenagers' discussion. [prevented it from being as free as it might otherwise have been]
- A number of benefits can **be derived from** this situation. [gained as a result]

Nouns Relating to Cause and Effect

noun	example	meaning/comment
chain reaction	The incident set off a chain reaction which affected us all.	set of related events in which each one causes the next one
consequence	The war had major consequences .	results
effect, impact	The effect/impact of the film on the audience was very powerful.	influence
end	Does the end justify the means?	note how end here means aim
origin/source	The accident was the origin/source of her later problems.	beginning or cause
outcome	We hope for a positive outcome to the discussions.	result or effect of an action
precedent	There are several precedents for taking such a decision.	something that already happened and provides a reason for doing the same
reason	What was the reason for his success / why he succeeded?	note how reason is often followed by for or why

(Adopted from Michael McCarthy & Felicity O'Dell, *Academic Vocabulary in Use*, Cambridge: Cambridge University Press, 2008, p.68)

Practice 5: Complete the sentences below with the words in the box.

affects influence stimulate triggered contributed account outcome stem

- Protests were _____ by the racial killings at the weekend.
- It's too early to predict the _____ of the election.
- Disagreements between people generally _____ from a misunderstanding.
- My grandmother had a strong _____ on my early childhood.
- Many economists agree that high inflation rate has _____ to the recession in the country recently.
- The majority of population in this area consists of the elderly, which may _____
for the slower adoption rates for internet access.
- Reading books is believed to _____ children's imagination.
- COVID-19 is a virus that _____ mainly older people.

Useful Sentence Patterns in Writing Thesis Statements for Cause and Effect Essays

1. There are several **causes of / reasons for** _____.

There are several causes of jet lag.

2. _____ **stems from / is caused by** _____.

Obesity is caused by an inactive lifestyle, genetic factors, and poor eating habits.

3. There are three/several main **reasons why** _____.

There are three main reasons why I want to get my own apartment.

There are several main reasons why my family decided to move to a bigger city.

4. There are several **effects of / impacts of / consequences of** _____.

There are several consequences of global warming.

There are several bad effects of drinking too much coffee

5. _____ **gives rise to / causes / leads to / brings about** _____.

Being bullied at school gives rise to low self-esteem, poor academic success, and depression.

6. _____ has had several / many / a few important **effects on** _____.

My parents' divorce has had several important effects on my life.

The new shopping center has had several positive effects on our city.

Practice 6: Write **a thesis statement** for each of the topics below. Use a variety of sentence patterns from the previous page.

1. **Topic:** The effects of unemployment

Thesis Statement:

2. **Topic:** The effects of cyber bullying

Thesis Statement:

3. **Topic:** The effects of forest fires

Thesis Statement:

4. **Topic:** The effects of culture shock

Thesis Statement:

5. **Topic:** The reasons for eating a balanced diet

Thesis Statement:

6. **Topic:** The effects of deforestation

Thesis Statement:

7. **Topic:** The causes of obesity in children

Thesis Statement:

Practice 7: Read Model Essay and answer the questions.

Causes Of Poor Health

In the 21st century, most people believe that our living conditions are better than ever. Moreover, technology has made our work easier so that we have more time to do what we want. However, there are many problems in the world today like crime, pollution, famine, and wars. One of the most **significant** problems is poor health. There are several causes of poor health such as stress, bad eating habits, and an inactive lifestyle.

One of the most important causes of poor health is stress. In many industrialized cities, traffic congestion, noise, and over-crowded living conditions are normal and lead to high levels of stress. In addition, unemployment is a major problem for large numbers of people who worry constantly about having enough money for themselves and their families. All of these problems can cause stress. Doctors believe that stress is one of the most common causes of many diseases including very serious ones such as cancer.

Another important cause of poor health is bad eating habits. Working people often eat food that is not healthy because they do not have enough time to spend cooking. They eat a lot of junk food or fast food. Similarly, school children generally prefer to eat in fast food restaurants than to eat more **nutritious** food that is served in school cafeterias. The result is that people do not have well-balanced diets anymore. They eat a lot of fattening food and gain weight. People become **run-down** and develop illnesses more easily due to the lack of eating food that has the proteins and vitamins that are necessary for good health.

Finally, there is the problem of people's inactive lifestyle. This is because machines, particularly computers, do our work for us. A lot of jobs require office work and sitting in front of a computer for long hours. Additionally, advanced means of transportation and an increase in the number of private cars have restricted physical activity. For example, cars and buses take us where we want to go. Such a sedentary lifestyle results in weaker muscles and bones, thus causing health problems.

In conclusion, there are many causes of poor health, some of which are stress, bad eating habits and lack of physical activity. I recommend that people avoid excessive stress. In addition, they should eat properly and get some daily exercise. In this way, they can be healthier and live longer.

***Significant:** *important*

***Nutritious:** *nutritious food is full of the natural substances your body needs such as vitamins and proteins*

***run-down:** *unwell, weak*

Introduction

What points does the **background information** include?

Underline the **thesis statement**. What is the **topic** and the **controlling idea**?

Body Paragraph 1

What is the **topic sentence** of the paragraph?

What are the **supporting ideas and examples**?

Body Paragraph 2

What is the **topic sentence** of the paragraph?

What are the **supporting ideas and examples**?

Body Paragraph 3

What is the **topic sentence** of the paragraph?

What are the **supporting ideas and examples**?

Conclusion

Underline the sentence that *restates* the **thesis statement**. Does the writer make any suggestions?

Practice 8: *Scan the essay below and complete the missing parts with sentences A-E.*

- A. Finally, there are personal reasons.
- B. In conclusion, economic, educational and personal factors are major causes of huge urban populations.
- C. The primary cause of cities becoming so crowded is economic.
- D. There are three main reasons why these and other cities are becoming so crowded; one of them is economic, another is educational, and the last is personal.
- E. Education is another important factor that encourages people to move to big cities.

Why Are Cities Becoming Overcrowded?

It is a well-known fact that cities all around the world are getting more and more crowded. Cities such as Tokyo, Sao Paolo, Mumbai and Shanghai are now considered 'mega-cities' because of their enormous size and huge populations. 1.

2. _____

As a country grows, its cities become the engines of development, so more jobs are available in these areas. Frankfurt, Istanbul, Mumbai, and Sao Paolo are all the economic centers of their countries. For example, Tokyo was the motor for Japan's rapid economic development in the 1960s and 70s. As a result, its population increased rapidly. People moved to Tokyo because they could find employment and economic security for themselves and their families there.

3. _____ Thousands

of people migrate to cities not only for jobs, but also for educational opportunities. The better universities are usually located in big cities, and this attracts thousands of students every year. Typically, these institutions have distinguished professors and better educational facilities such as well-equipped labs and rich libraries. To give a solid example, prestigious universities such as İstanbul University and Boğaziçi University are both located in İstanbul, which is a mega city in Turkey.

4. _____ Young

people often move to big cities since towns and villages are more limited in what they offer, and this is seen as an obstacle to personal development. In a big city, there is a huge range of cultural and sports-related activities that are a great attraction. People living in big cities can enjoy diverse activities ranging from visiting art exhibitions to music festivals. All these contribute to an increase in the population of big cities.

5. _____ People always

move to areas that provide work and educational opportunities and that give them the chance to improve themselves. Would you consider moving to a mega city?

Practice 9: Read the essay below. Then write a thesis statement for the introductory paragraph, topic sentences for the body paragraphs and a concluding sentence for the concluding paragraph.

What Effects Has the Computer Had on Our Lives?

The twenty-first century is already turning out to be the era of the computer. The computer revolution that started after the Second World War is now developing more rapidly than ever, and computers are beginning to influence and take over nearly every **aspect** of our lives. 1._____.

2._____ F
Firstly, companies now have to be computerized, or they risk failure. In every sector, big corporations rely on computing. For example, *Coca-Cola*, *the BBC* and *Levi's* market and sell very different products and services. However, they all have one basic feature in common – without computers their operation would collapse. Secondly, computing itself is an economic dynamo. Japan, China, India and many other countries have large IT sectors that drive their economies upwards. Furthermore, the developed world is moving from an industrial-based economy to a computer and IT-based one.

3._____.
Firstly, in the past people wrote letters, which often took weeks to reach their destinations, or spoke on the phone, which was terribly expensive. Now they use email and Skype, so instead of waiting for weeks for a letter, today we can read it instantly, seconds after it has been written or talk face-to-face on our laptops. Secondly, many people use computers to communicate with others in different parts of the world using chat applications. As a result, now people who live thousands of kilometers away are as connected as they are to their next door neighbor.

4._____.
These days, it is quite normal for amateur and professional athletes to monitor such things as heart rate and blood pressure while they exercise using the latest smartphone. Soon, surgeons will be able to operate on patients many kilometers away using computerized equipment that they control remotely. Finally, there is the growing field of 'smart' clothing, which monitors wearers' health throughout the day and can alert them to changes that may require medical attention.

5._____.
Even today, it is impossible to deny the benefit of computers in terms of business, communication and health. In the future, if the computer continues evolving at such a pace, these areas will undergo even more radical changes.

***aspect:** part

Practice 10: Complete the blanks in the essay with the linking words in the box below.

on the other hand, therefore	if	so	such as	also	due to	or
---------------------------------	----	----	---------	------	--------	----

Sleeplessness

Lack of sleep seems pervasive. People are sleeping less today since our lives are becoming busier. Even children are suffering from sleep deprivation 1. _____ all the activities they are engaging in. Thus, it is important to be aware of the effects of lack of sleep. The most common effects of sleep deprivation are difficulty in concentrating and in learning as well as lower physical immunity.

To start with, it is difficult to concentrate if people do not get enough sleep. Sleep deprivation leaves the brain exhausted, 2. _____ it cannot perform its duties as well. The signals the body sends may also come at a delay, decreasing coordination skills and putting people at risk of accidents. One common example of this is traffic accidents. According to research, sleeplessness is the cause of 100,000 auto crashes and 1,550 crash-related deaths every year in the U.S.

Moreover, lack of sleep can have a profound effect on learning. Sleep plays a critical role in thinking and learning. Lack of sleep, 3. _____, impairs attention and alertness. Additionally, it affects reasoning and problem-solving skills negatively, which makes learning efficiently more difficult. This can be a big problem not only for students but also for the general public because learning is a part of people's daily life. 4. _____, people need to get at least the minimum amount of sleep to perform well mentally.

Not sleeping enough may 5. _____ result in several illnesses. Sleep deprivation has been linked to getting sick because of a deficiency in immunity. Sleep deprivation prevents the immune system from building up its forces. 6. _____ people don't get enough sleep, their bodies may not be able to fend off invaders. As a result, it may take longer to recover from illnesses such as common cold or flu. In addition, it is known that long-term sleep deprivation causes people to be more prone to suffering from more serious diseases 7. _____ diabetes and heart disease.

In brief, the main detrimental effects of sleeplessness are related to concentration, learning and health. To avoid accidents, learn easily, and protect your well-being, you should get enough sleep. That is why ponder these the next time you want to sleep less, 8. _____ you have scheduled only a short time for sleep.

Practice 11: Make outlines for the following essay topics.



1. The causes /effects of poverty



2. The causes of violence against women



3. The reasons why students fail exams

CODE	MEANING	INCORRECT SENTENCE	CORRECTED SENTENCE
PS	Plural/singular	PS I have two sister.	I have two sisters.
WW	Wrong word	WW All students <u>made</u> their homework.	All students did their homework.
WO	Word Order	WO The students can <u>speak well</u> English.	The students can speak <u>E</u> nglish well.
T	Tense	T I <u>don't have</u> dinner last night.	I did not have dinner last night.
WF	Word Form	WF He is an <u>ambition</u> person.	He is an ambitious person.
SV	Subject-Verb	SV She come from Spain.	She comes from Spain.
^ MW	Missing Word	^ He is going to frightened.	He is going to be frightened.
SP	Spelling	SP He is <u>turist</u> .	He is a tourist.
	Delete	We live in the another city.	We live in another city.
P	Punctuation	P Ali is talented but he is also lazy.	Ali is talented, but he is also lazy.
SS	Sentence Structure	My sister is likes football.	My sister likes football.
?	Unclear	? <u>I İstanbul with my family.</u>	I live in İstanbul with my family.

REFERENCES

Blanchard, K. & Root, C. , Ready to Write More, NY: Pearson Education, Longman, 1997.

McCarthy, M. & O'Dell, F., *Academic Vocabulary in Use*, Cambridge: Cambridge University Press, 2008.

Adapted from: <https://www.myperfectwords.com/blog/informative-essay/cause-and-effect-essay-example.pdf>

Blanchard, Karen., Root Christine., *Ready to Write 2& 3*, Pearson Education ESL; 5th Edition, UK, 2016.

Brook-Hart, Guy., Jakeman Vanessa., *Complete IELTS Bands 5–6.5*; Cambridge University Press, UK, 2012.

Edmonds Paul., McKinnon Nancie., Zeter Jeff., *Building Skills for the TOEFL IBT* : Beginning; Compass Publishing, 2009.

Folse, Keith., *Great Writing 2: Great Paragraphs*, National Geographic Learning, 5th edition, USA, 2019. McLean, Scott., *Writing for Success*.University of Minnesota, USA, 2010.

https://courses.lumenlearning.com/vccs-eng111-17sp/chapter/writing-for-success-compareco nt_rast/

Oshima, Alice., Hogue, Ann., *Writing Academic English*, Pearson Longman, 4th Edition, UK, 2006.

Sentence and Paragraph Writing Basic Skills to Improve Writing, Digital Publishing Trends, 2019. <https://www.englishworksheetsland.com/grade3/writing/12/3best.pdf>

<https://writerriver.com/what-is-a-topic-sentence-in-a-paragraph/>

<https://content.nroc.org/DevelopmentalEnglish/unit02/Foundations/supporting-details.html>

<https://blog.cheapwritingservice.com/writing-tips/thesis-statement-samples/>

<https://greencoast.org/quotes-on-climate-change/>

<https://ieltsliz.com/how-to-paraphrase-in-ielts/>

<https://www.tutorphil.com/blog/how-to-paraphrase-in-an-essay-tutorial-with-examples/>