

Nowadays, children spend too much time watching TV and playing computer games. Some people believe this has negative effects on children's mental abilities. To what extent do you agree or disagree?

Children today have unprecedented access to technological devices, such as smart phones, laptops, and television. Exposure to gadgets such as these can have far-reaching effects on a child's psychological well-being. By being a **couch potato** playing computer games they are **missing out** on healthier and more social activities.

Firstly, as society urbanised and **fear of crime** increased, parents became wary of letting their children play outside. Many parents start their child off young using the TV as a babysitter as they get busy around the house. As the child gets older they progress to tablets or smart phones and play video games rather than watch TV or go outside to play. As a result, children become housebound and solitary. This **state of affairs** can affect their mental abilities. Sitting in front of a computer or gaming console for **long hours** can affect a child's concentration levels and their social skills with other people.

The **flip side** is a parental **backlash** to stop or reduce their children's screen time and game playing. More enlightened parents encourage their children to take part in sports and games outside of the home. Such activities teach children crucial life skills such as team spirit and learning to take **the rough with the smooth**. Active and physical activity helps the development of cognitive abilities like decision-making and problem-solving.

To conclude, video games and TV might keep children engaged **for hours on end**, but they do not help their overall **cognitive** development. So I strongly believe that spending too much time playing computer games and watching TV can be very harmful for young people.

By Dr Rob Burton

Vocabulary

couch potato (idiom) - Someone who often engages in sedentary activities, usually understood as frequently watching television. *Lisa wants to date a man who loves to travel and explore, not a couch potato who watches television all the time.*

miss out (idiom + phrasal verb) - To lose the chance or opportunity to do or experience something. *Because I was so sick last week, I missed out on the chance to see my sister while she was in town. If you don't call the recruiter back right away, you're going to miss out.*

fear of crime (phrase) - Refers to the fear of being a victim of crime as opposed to the actual probability of being a victim of crime.

state of affairs (idiom) - A current situation or set of conditions. *It's been a sad state of affairs around here since our grandma got sick. I'd like to start this meeting by going over the company's financial state of affairs.*

long hours (idiom) - A period of time doing something, especially work, that is longer than is usual or customary. *I'll be working long hours in the restaurant the lead up to Christmas, but the tips and pay checks will be worth it.*

the flip side (of something) (idiom) - The opposite aspect, possibility, or result associated with something. *Of course, the flip side of integrating technology into so many aspects of our lives is that we run the risk of exposing our private information to cyber criminals. I'll have to work really long hours and be away from my family for long stretches of time, but, on the flip side, I'll get the opportunity to travel around the world.*

backlash (noun) - An antagonistic reaction to a trend, development, or event: *As the backlash against divorce progressed, state legislatures ... called for a rollback of no-fault divorce laws and even for premarital waiting periods.*

take the rough with the smooth (idiom) - To accept both the negative and positive aspects of something. The phrase is typically used in an acknowledgement that nothing is perfect. *When it comes to this job, you have to take the rough with the smooth. It's hard, but it's worth it. Marriage can be a wonderfully fulfilling part of life, but it certainly presents its own challenges—you just have to take the rough with the smooth.*

for hours on end (idiom) - For many hours. *We sat and waited in the emergency room for hours on end. The children were happy to play video games for hours on end.*

cognitive (adjective) - Of or pertaining to the mental processes of perception, memory, judgment, and reasoning, as contrasted with emotional and volitional processes.

范文解析：

这是一篇科技加教育类的观点型大作文。这种类型的大作文要求考生对于某一个观点发表支持或者反对意见。因此观点型大作文一般分为两种写作结构，一边倒结构和让步结构。让步结构是：承认某行为，看法有可取（不足）之处的情况下，依然不同意（同意）；所谓一边倒结构，就是作者完全同意或者完全不同意题干中所提问题时，所使用的写作结构。如本篇范文，作者开头段介绍背景引出话题并且表明观点，主体段部分运用两个段落分别陈述了他的论点并加以解释说明：过度观看电视和玩电脑游戏对儿童的认知发展和心智能力都没有好处。结尾段部分作者 **to conclude** 开头，总结上文并重申观点。文章末尾为各位考生总结了一些高级词汇和短语，大家可以用作参考学习。一边倒结构是观点类大作文常用的写作结构之一，它可以很清晰的表达做者想要陈述的观点，同时也能保证整个叙述逻辑的通顺。对于考生来说是在考场中比较好效仿的一种写作结构。这个写作结构在启德 2018 雅思标准化教材的强化段第六课有详细的讲解和练习。其他的写作结构以及大作文类型和话题也会在标准化教材中有详细的讲解，如果大家想学习更多关于雅思写作的内容，欢迎大家来启德上课。



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