

مواضيع تعبير مقترحه للمستوى الثالث والرابع

(Free Writing)

انشطة وقت الفراغ: Free time activities (1)

Some people think that it is important to use leisure time for activities that develop the mind, such as reading and doing crossword puzzles. Others feel that it is important to give one's mind a rest in leisure time. Most of the people find relaxing activities like reading a book while others love to stay in the park, just see a boring TV channel or discuss with friends in front of a cup of tea or coffee.

Reading has always been one of the activities that fascinated the human mind and as long as we read books written in a language that we do not find difficult to understand, we should find reading a relaxing activity. Another activity which I personally consider is outdoor activities with family members or friends. This activities will help us be in a good shape for a long period of time and in the same time will help us develop strong close relationships. For example I remember that when I was younger, I was going a lot for fishing with my father and over the years this activity become very important for us and made us to have a very special relation.

In conclusion spending our time is very important and we should have a really clear idea between spending some time and losing some time. I just hope that less and less people will find important activities like playing computer games and watch television series.

مزايا وعيوب التسوق عبر الأنترنت: (2) Advantages and disadvantages of Online Shopping

Nowadays, more and more people prefer buying something via the internet to shopping at traditional markets or supermarkets. Nevertheless, in my opinion, shopping online has both negative and positive aspects.

The first advantage of online shopping is that buyers save more time than other ways of shopping. For example, to buy a motorbike, if you go to shops, you can spend all day on asking about price and information of the product. Meanwhile, if you surf the internet, you can get full information about the product in several clicks.

On the other hand, people may buy low- quality products. Many online stores usually hide bad characters of products, but they only show good sides aiming to attract customers' attention. In addition, many people may waste their money on buying unnecessary items because many shops usually recommend customers to buy one more products through attractive advertisements. Especially, buyers' private information such as ID numbers or bank accounts can be stolen when websites are attacked by hackers.

Finally, I'd like to say that online shopping is very vital in our daily life, but we shouldn't ignore the riskiness that such method may involve.



(3) Using Technology in Teaching: استخدام التكنولوجيا في التعليم

Technology ushers in fundamental structural changes that can be integral to achieving significant improvements in productivity. Used to support both teaching and learning, technology infuses classrooms with digital learning tools, such as computers and hand held devices; expands course offerings, experiences, and learning materials; supports learning 24 hours a day, 7 days a week; builds 21st century skills; increases student engagement and motivation; and accelerates learning. Technology also has the power to transform teaching by ushering in a new model of connected teaching. This model links teachers to their students and to professional content, resources, and systems to help them improve their own instruction and personalize learning.

(4) Advantages and disadvantages of using the internet : ايجابيات وسلبيات استخدام الانترنت

Internet is a world-wide network of computerized devices and servers so data travels among computer systems and servers.

Nowadays almost everyone in the world have had a contact with computers. A great part of them has been using international computer's net known as Internet.

I think using internet has more advantages than disadvantages. First of all, Internet provides access to a lot of information. Next advantage of internet is email. Internet mails get in a few seconds in their destinations. Whatever you want, movies, photos, songs, computer programs etc.

Beside a lot of advantages, Internet has some disadvantages too. First of disadvantages is that people who spend too much time sitting in the front of computer can easily get ill. Second disadvantage is that Internet can be addictive. Some people just can't live without it. They have no real friends and when Internet is down they are getting furious.

Finally, I think that using the internet is very important in spite of its disadvantages so we should use it to a certain limit in order to avoid being unsociable people.

(5) Someone from the past who made important achievements

فقرة عن شخصية من الماضي حققت انجازات هامه

Al-Hasan Ibn al-Haytham

Al-Hassan Ibn al-Haytham was born around a thousand years ago in present day Iraq. Al-Hasan Ibn al-Haytham (known in the West by the Latinised form of his first name, initially "Alhacen" and later "Alhazen") was a pioneering scientific thinker who made important contributions to the understanding of vision, optics and light. His methodology of investigation, in particular using experiment to verify theory, shows certain similarities to what later became known as the modern scientific method. Through his *Book of Optics* (Kitab al-Manazir) and its Latin translation (De Aspectibus), his ideas influenced European scholars including those of the European Renaissance. Today, many consider him a pivotal figure in the history of optics and the "Father of modern Optics". Ibn al-Haytham was born during a creative period known as the golden age of Muslim civilization that saw many fascinating advances in science, technology and medicine. In an area that spread from Spain to China, inspirational men and women, of different faiths and cultures, built upon knowledge of ancient civilizations, making discoveries that had a huge and often underappreciated impact on our world.



6) The Future of the World (كما تتخيل مستقبل العالم):

Our future of the world on Earth is very encouraging. More than 200 countries in six continents are working continuously for growth, prosperity and development. The basis and strength behind this positive expectation are the knowledge, skill set and technology. Further the constant effort of people to better their living standards, cooperate with each other, share the progress help all.

In future all of us will have gadgets that make our work easier and of higher level. We have capable scientific minds researching and inventing newer methods and devices. They will improve our health, performance and fulfill our desires better.

Social living and political conditions are improving drastically. This is due to availability of social media and world connectivity. Wars are histories of previous centuries. Economic, academic and sportive competition is the alternatives of the future. Poor people of the world are getting help from international bodies like UNO and other voluntary organizations.

The newer generations are so intelligent that they will take a good care of Earth. They will explore the far places in space and depths of oceans. People will as powerful and capable as superhuman in a few centuries.

Finally, I'd like to say that future will be wonderful for most nations and each of us will want to live for a thousand years.

(7) The importance of doing homework (اهمية القيام بالواجبات البيتية):

Homework is always considered as a daily practice or revision for the student to improve their learning skills. With their improved learning skills, they would able to be aware of subjects that the teacher is teaching them. Therefore, it is important to know about the benefits of homework. A tutor always tries to design homework that will relieve the subject that he has already taught his student.

It will help them to come across the difficulties to understand particular word or sentence. It will also help them to be prepared for upcoming lessons. Homework will broaden their knowledge, by applying what they have learned, to the new state of affairs. They can incorporate their intelligence by using various skills to a single task.

(8) Reading news from the internet and reading news from newspaper (قراءة الاخبار من الانترنت وقراءة الاخبار من الصحف (مقارنة)

As the 21st century progresses, online newspapers are going to be more popular than printed news. People have invented more efficient ways to start spreading news after the industrial revolution, nowadays in modern society and the high-tech world, people do like to browse news online as opposed to traditional newspapers.

An online newspaper can be read more easily than a printed one. You would read the old issues too very easily at the click of the news link. On another side, if any reader try to read any old news then they have to go through many steps and it will consume reader's time.

The print newspaper organizes the information with many pictures from different sections located at the top, bottom, and sides. On the other hand, online newspaper articles are broken up into long segmented paragraphs. Online news is published specifically for the internet and has a tendency to be additional concise than print paper, as it makes it easier to understand and scan on a computer screen.



(9) The negative effect of fast food on health : التأثير السلبي للأطعمة السريعة على الصحة :

Junk foods are food and drinks with low nutritional value and high in kilojoules, fat, sugars and/or salt. On the other hand, fast foods are a type of food you get from a restaurant designed to be delivered to you in the quickest way possible. Some fast foods can be healthy, but typically most fast foods are junk food. For example, salad, sushi and sandwiches are healthy forms of fast food.

While the occasional night of junk food won't hurt much, eating Junk foods regular has been shown to lead to increased risks of obesity and chronic diseases. Cardiovascular disease, type 2 diabetes, non-alcoholic fatty liver disease and some cancers all have causes in excessive junk food consumption.

(10) The importance of healthy diet: أهمية التغذية الصحية:

A healthy diet helps people maintain and improve their general health. It is important to intake the right nutrients daily to obtain a healthy diet. Nutrients can be obtained in many foods and thousands of diet plans. It is important that people watch their intake of diet plans. It is important that people watch their intake of food to maintain a healthy diet. Having an unhealthy diet can be a major risk factor for a number of chronic diseases including high blood pressure, obesity, and diabetes. It's very important to know how to lower high blood pressure because it's a condition that increases the risk for heart attack, stroke, kidney failure, and other health problems. The choices we make in our lifestyle can go a long way towards preventing high blood pressure. People, who don't already have high blood pressure, should become familiar with healthy habits to reduce their risk of ever getting it. People, who already have high blood pressure, should immediately start healthy habits to lower their blood pressure and decrease their risk of developing major complications. Managing stress is important because stress can take a major toll anyone and it can play a key role in high blood pressure.

(11) Obesity : البدانة

Obesity is often associated with various life threatening and debilitating disorders. Obesity is seen in people of all ages. But it is often seen that small children and woman are more obese as compared to men. Obesity is becoming a major issue throughout the world.

Major reasons behind obesity are life style preferences, cultural and environment factors. Obesity may lead to increase the risk towards cardiovascular diseases, coronary artery disease, sleep apnea, diabetes, respiratory diseases and low self esteem.

Finally, the best way to overcome obesity is start controlling your eating habits. Doctors say that a human being must eat (on time) 3 times in a day (in appropriate proportion). This frequency of meal should be 5-6 hours or more.

(12) The effect of emotions on health: اثر المشاعر السلبية على الصحة

It may be difficult to believe that negative emotions can cause lasting damage to the physical body – and you may not be aware of your level of stress or your emotional triggers. Short-term spurts of anger or anxiety are beneficial to our survival as a species, as they keep us alert when there is danger or aid us in confronting an attacker. Being in a perpetual state of negative emotion, in contrast, is harmful to the human body.

Negative emotions may be as clear-cut as anger and fear, or they may be more confusing and complex, like helplessness, guilt, and jealousy. It's important to name the feelings you're experiencing before you attempt to get rid of them entirely. Certain emotions are linked to physical health problems. Consider the four below and ask yourself whether you know how to recognize them in your own life.

(13) Preparing for the exams : الاستعداد للامتحانات

Preparing for the final exams is one of the most important phases of a student's life. It is a time of utmost hard work and dedication.

Preparation for final exams requires meticulous division of time to study and streamlining the other routine work according to one's study time. The best way to prepare is to make a timetable of the various subjects and how much time is to be dedicated to each subject. This has to be decided by understanding one's strong and weak subjects. Weak subjects should be given more time than strong subjects. Only making the timetable is not enough.

Finally I think one has to adhere to the same with dedication. One must also understand the fact that rest is equally important as in a healthy body lies a healthy mind. One should take proper rest and then study. Also, meals should be taken at regular intervals so as to kill the hunger, as hunger kills concentration

(14) The influence of education after school: اثر التعليم ما بعد المدرسة

Education plays a very important role in making my life as complete and fulfilling as possible. While in high school there are many goals that I have to set for myself. These goals are to make my future rewarding. To achieve my goals I must make important decisions about my education. The decisions I make will affect my future.

It is not an exaggeration to say that a great teacher can change a student's life. There are an endless amount of great teachers' stories that attest to the benefits of a strong relationship between an educator and pupil. For me many teachers have affected my future positively through guiding, inspiring and teaching me how to be a positive member in the community.

Finally, I feel that being involved in any work field will give me the opportunity to give something back to my community. I can achieve this through learning and I hope to be a good role model for children. I want to let them know that high school and college education is a very important part of life. I also want to teach others to always believe in their dreams and how can they have a better life through education.



(15) Space school experience : تجربتي في مدارس الفضاء / اكتب ايميل لصديقك

-Dear (اسم المرسل اليه)

I just came back from a fantastic residential week at Scottish Space School and I just thought it would be great to share this great experience with you all.

The Scottish Space School, as I mentioned several months before is a residential week aimed at students in their second last year of high school who are interested in pursuing a career in Engineering or Space Exploration. This year I was one of the lucky 100 students to be selected from over 500 applicants based around Scotland to attend the week running from 10th to 15th June 2019. The week-long programme included different engineering workshops, lectures from senior NASA guests, talks from people who worked in the Space industry, fun social events and many more.

The first day was obviously nerve-wracking for everyone, as most of the people were the only students to get selected from their school. Fortunately, a friend from my Physics class was also on the programme with me, and kept me company, for a little while, before being split into groups. Throughout the entire week, we were pretty much in our groups all the time for the workshops and projects because we received a certain number of points each time which in turn decided the winning team of the week.

As a team, we were involved in several activities like designing a container for an egg to be dropped from a 4 metre height, a miniature rocket, and a space frame. I wish you were one of our team.

Best wishes

(اسم المرسل كما هو مقترح من قبل واضع السؤال)

(16) The importance of education : أهمية التعليم

Education is very important tool for everyone to succeed in life and get something different. It helps a lot in lessening the challenges of life difficult life. Knowledge gained throughout the education period enables each and every individual confident about their life.

Better education is very necessary for all to go ahead in the life and get success. It develops confidence and helps building personality of a person. School education plays a great role in everyone's life. The whole education has been divided into three divisions such as the primary education, secondary education and Higher Secondary education. All the divisions of education have their own importance and benefits. Primary education prepares the base which helps throughout the life, secondary education prepares the path for further study and higher secondary education prepares the ultimate path of the future and whole life. Our good or bad education decides that which type of person we would in the future. Finally, I'd like to say that education gives many purposes to the life such as enhancement of the personal advancement, increase social status, economical progress and success to the nation. It helps us to set goals of life and make us aware towards many social issues.



(17) The Importance of learning a foreign Language : أهمية تعلم لغة أجنبية:

Language helps us to express our feelings, desires, and queries to the world around us. It is a key part of any family, community, culture and the race. Without languages the world today would be much different. The ability to speak, read, write and understand more than one language is also remarkable and expands the liberties in life.

A second language can also help when traveling, especially a common one such as English or French. Vacations to foreign countries would be more enjoyable, and it would open people's minds to the different cultures of the world. Bilingualism at a young age also leads to many advantages in the long run, such as getting into a good college and having more career options. A second or third language can boost your chances of getting into a more academically advanced institution.

Finally, I'd like to say that learning a foreign language *increase* employment opportunities and bring many benefits to those who speak more than one language. It also offer a unique experience to travelers. People, who love to explore different parts of the world.

(18) The Ideal Job: الوظيفة المثالية

How I imagine an ideal job? If you have a well-paid job, you can consider that you have a good job, but an ideal job has a lot of good things. In my opinion, an ideal job is when you sit in your own office and make your own rules. To have a good secretary and he would make your work more comfortable. Of course, nowadays techniques operates all, and it is important to have high technologies at work. And it would make your job much comfortable and easier.

Nowadays it is normal to work eight hours in a day, but some people try to work longer to increase a salary. It has a bad influence on their health. For ideal it is necessary to have a free schedule but it just a dream about an ideal job.

There no such ideal job in the real world. If person wants to have an ideal job, he must choose his future profession in early years. That's why we choose our future profession in schools. Then we go to universities or institutes to get this profession. After graduating we start our career. At the beginning we must work hard to get promotion.

Finally, my Ideal job has something to do with my passion. A job that let me pass each day without realizing that i was working. A job that will always make me smile and teach me more to enhance my skills and talents. Probably the job that I am applying for.

(19) Bad and good qualities of a product : تحدث عن مزايا وعيوب منتج من اختيارك (الهواتف الذكية Mobile phones)

Nowadays, mobile phones plays a major role in our lives, which brings many benefits to us but also contains some drawbacks. In this essay I am going to discuss these sides in a simple and clear way.

Generally, mobile phones will certainly bring about a lot of advantages. First of all, mobile phones are considered the quickest means of communication in our daily life, we can contact easily with our friends and our relative wherever by calling or sending messages. Second, mobile phones are also considered a means of entertainment for people such as listening to music and playing games.

On the other hand, mobile phones have also many disadvantages. First, telephone user become to addicted their mobile phone if they are too depends on it, moreover, the ability of human communication is limited if the mobile phone is more present in some event such as class meetings, on the bus, in the park...some people only focus on their phone without communicating.

In conclusion, mobile phone is necessary for our modern lives today. However it is helpful or not, which



depends on our ways of using it.

التقدم بطلب وظيفة :رسالة توظيف/ (20) A letter of Application

Dear Mr. ... (اسم المرسل اليه اذا كنت تعرفه...)
Dear Sir/Madam, (اذا كنت لاتعرف الاسم)

I am writing to you for the job of (اسم الوظيفة) at your company. I enclose my CV for your information.

As you can see, I have had extensive vacation work experience in office environments, the retail sector and service industries, giving me varied skills and the ability to work with many different types of people. I believe I could fit easily into your team.

I am a conscientious person who works hard and pays attention to detail. I'm flexible, quick to pick up new skills and eager to learn from others. I also have lots of ideas and enthusiasm. I'm keen to work for a company with a great reputation and high profile like [اسم الشركة].

I have excellent references and would be delighted to discuss any possible vacancy with you at your convenience. In case you do not have any suitable openings at the moment, I would be grateful if you would keep my CV on file for any future possibilities.

Yours faithfully (اذا كنت لا تعرف اسم المرسل اليه)
Yours sincerely (اذا كنت تعرف اسم المرسل اليه)
(اسمك كما هو محدد من قبل واضع الامتحان)

وسائل التواصل الا (ايجابيات وسلبيات : (21) Social medias (Advantages and disadvantages) اجتماعي

What has characterized the modern era is the tremendous progress in communication technology, and the social networking pages of various types and forms. And these means of communication have great positive and negative effects.

-Benefits of social media

Exchange life experiences in multiple life areas, through conversations with friends. Acquiring important information, from many sources.

Allows for creativity, in drawing up specific intellectual, cultural and political considerations, especially through multi-headings, Which are joined by many members, and renewed, and linked to the views of social and cultural convergence that achieve the purposes of fast and inexpensive social communication with friends and relatives. To acquire the appropriate awareness of the events and developments of human beings, and in various fields.

-Harmful means of social media

Isolation from close society; In order to integrate with the remote virtual society, one sometimes finds himself in the presence of his guests busy with his friends on Facebook at the expense of hospitality.

Neglecting some duties, whether family or in terms of performance of various job.

An introduction to the culture of moral decay and corruption, because these means, especially (Facebook) is an open society, before all cultures, including the promotion of the values of corruption and disintegration.

استخدام وسائل التواصل الاجتماعي في التعليم: (22) Using Social Media In Education

Today, we can see education institutions adapting these developments into their systems and relying on group resources and mechanisms to improve student life. The use of social media in education helps students, teachers and parents to get more useful information, to connect with learning groups and other educational systems that make education convenient.

Social network tools afford students and institutions with multiple opportunities to improve learning methods. Through these networks, you can incorporate social media plugins that enable sharing and interaction. Students can benefit from online tutorials through YouTube, online courses delivered by universities abroad through Skype and a wide array of resources that are shared through social networks.

There is valuable knowledge to be gained through social media such as analytics and insights on various topics or issues for study purposes.

Finally, the great thing about using social media in education is that you soon learn who the experts are in different fields and subjects. When you start following these experts you learn more and gain useful content from them, this empowers you to produce great results.

الدراسة في الخارج : (23) Studying Abroad

Studying internationally offers a wider variety of courses, some also including research options and skill-based training for students. This helps expand your horizons and opens up a world of new educational opportunities. Not only this, certain programs abroad also allow you to take different courses at the same time.

Studying abroad helps you learn new approaches to handle different situations, manage time between your studies and part-time jobs, experience international methods of instructing and deal with a cosmopolitan crowd.

Finally, Students who study abroad develop a well-informed mindset and wider perspective towards other cultures and people. Whether you're studying science, politics or finance, being able to think from a multinational perspective will help you face modern challenges and come up with innovative solutions in future.

التعلم عن بعد : (24) Online Learning

Online learning is a new way of learning, made popular with the technology advancements. With almost everyone having a personal computer and a busy schedule, eLearning has become many people's favorite way of attending classes and expanding their knowledge. But many are still skeptical that you can attain the same knowledge and skills through a computer as you would in a classroom.

Online learning can be conducted in any environment, at any time, as long as there is a computer, an internet connection, and a person willing to learn. The content of the courses can be transmitted through an LMS in many different multimedia formats. The learning can be interactive and engaging, or it can be simple and lecture style. Online learning has the flexibility to adapt to many people's preferences. That is one of the ways how eLearning benefits employee training and development.



There are many advantages of Online Learning like being cheaper and less time consuming. Also, it is flexible. On the other hand there are many disadvantages of Online Learning such as it is hard to follow if you have no self-discipline

(25)The impact of tourism on economic growth: اثر السياحة في النمو الاقتصادي

Tourism is now one of the world's largest industries and one of its fastest growing economic sectors. For many countries tourism is seen as a main instrument for regional development, as it stimulates new economic activities. Tourism may have a positive economic impact on the balance of payments, on employment, on gross income and production, but it may also have negative effects, particularly on the environment.

Unplanned and uncontrolled tourism growth can result in such a deterioration of the environment that tourist growth can be compromised. The environment, being the major source of tourist product, should therefore be protected in order to have further growth of tourism and economic development in the future. This is especially true with regard to tourism based on the natural environment as well as on historical-cultural heritage. Sustainable tourism has three interconnected aspects: environmental, socio-cultural, and economic.

Sustainability implies permanence, so sustainable tourism includes optimum use of resources, including biological diversity; minimization of ecological, cultural and social impacts; and maximization of benefits for conservation and local communities.

(26)Modern technology: advantages and disadvantages: ايجابيات وسلبيات التكنولوجيا الحديثة

Today, technology is very important because it is used for almost everything and like everything, technology has advantages and disadvantages. In the world today, people cannot live without technologies such as televisions, mobile phones, computers and others.

So, what are the advantages and disadvantages of the so called "Modern Technology"? Take a look below.

-Advantages:

-Improved communication – advanced communication technology tools;

-Easy access to information – at anytime and anywhere;

-Improved entertainment - we have more video games now, good music to listen and visual systems -like smart TV's;

-Social Networking – great improvement for individuals and businesses;

-Disadvantages of technology

- Job loss – replacing humans;
- World destruction weapons – increasing endless wars;
- Increased loneliness – social isolation;

Finally, as most technological discoveries aim to reduce human effort, it would imply that more work is done by machines. This equates to less work for people: the human is becoming ever so obsolete by the day, as processes become automated and jobs are made redundant



اجازة / عطلة مع العائلة : (27)A holiday with the Family

Five years ago, I went to India for a family vacation. It was the first time that I had travel the country. It was frustrating and exciting for me. It was very stressful to pack because I didn't know what to bring to wear there. When I arrived at India I met both sides of my family. I stayed with my dad family and visited my mom's family daily. It was so hot, I thought I was going to die. The second night I stayed there I got sick because my body wasn't used to the food. I had to drink special type of water because my body could only handle filtered water. I was so afraid to eat. I only ate what my mom brought, which was package food. Haiti is the poorest country in the western hemisphere. Most of my family members live there.

Najadat

