

Topic: The negative effects of smartphone addiction (for university students)

Brainstorming:

1. Decreased academic performance
2. Difficulty concentrating and retaining information
3. Increased stress and anxiety
4. **Sleep deprivation**
5. Social isolation
6. Reduced physical activity
7. **Increased risk of obesity and other health problems**
8. Addiction to social media and other online platforms
9. Cyberbullying and online harassment
10. Financial problems
11. Relationship problems
12. Difficulty managing time and priorities
13. **Increased risk of depression and other mental health problems**
14. Difficulty developing critical thinking skills
15. Difficulty developing social skills
16. Difficulty finding a job after graduation
17. Difficulty maintaining a healthy work-life balance

Outline:

S1 - Definition Sentence: Smartphone addiction is defined as excessive and compulsive usage of smartphones, using them so much that it has a negative impact on a person's life.

S2 - Topic Sentence: Smartphone addiction can cause a lot of problems for university students, including a lack of sleep, an increased risk of obesity or other health problems, and even depression.

S3 - Primary Effect #1: Sleep deprivation

S4 - Intermediate Effect #1: Staying up late at night wasting time (doing what? Watching netflix, chatting with friends, looking at social media, playing games.)

S5 - End Effect #1: Lack of sleep causes problems with brain function and can limit concentration, focus, memory, problem solving skills, and creativity. This often leads to lower exam scores and lower GPAs overall.

S6 - Primary Effect #2: Increased risk of obesity or other health problems.

S7 - Intermediate Effect #2: Lack of exercise due to long hours spent sitting or laying down can cause students to have poor health, including problems with weight and posture and even a reduced immunity to disease and illness.

S8 - End Effect #2: Poor health can also have an impact on academic performance. Students with suppressed immunity may miss classes more often than healthier students.

S9 - Primary Effect #3: Depression

S10 - Intermediate Effect #3: Excessive phone usage can cause social isolation and excessive social media usage has been linked to low self-esteem and depression.

S11 - End Effect #3: Students may suffer from a variety of mental issues, and all of these can reduce academic performance. In extreme cases students may even quit school, fail to graduate, or even feel suicidal.

S12 - Conclusion: Smartphone addiction is very bad for all of the reasons stated here, and it is one of the biggest problems facing university students today.