**Essay topics to prepare for an examination**

**IYa1105-Foreign Language**

**Lecturer: Nurlangazykyzy Balnur**

**Unit 1A: Everyday Life**

1. "The Impact of Technology on Modern-Day Routines: Are We More Productive?"
2. "Balancing Work and Leisure in Today's Fast-Paced Society: A Personal Perspective."

**Unit 1B: Around the World**

1. "Cultural Diversity: How Globalization Is Shaping National Identities."
2. "Tourism and Its Effects on Local Communities: A Blessing or a Curse?"

**Unit 2A: Ghost Towns**

1. "The Rise and Fall of Industrial Towns: Lessons from Ghost Towns."
2. "Exploring the Mystery of Abandoned Cities: Why Do People Leave?"

**Unit 2B: The Kindness of Strangers**

1. "The Role of Kindness in Building Stronger Communities: Can We Rely on Strangers?"
2. "Acts of Altruism in Crisis Situations: How Strangers Come Together in Times of Need."

**Unit 3A: In My Fridge**

1. "How Our Eating Habits Reflect Our Cultural Identity."
2. "The Importance of Food Choices: Is What’s in Our Fridge a Mirror of Our Values?"

**Unit 3B: Burger or Broccoli?**

1. "Fast Food vs. Healthy Eating: How Dietary Choices Affect Our Well-Being."
2. "The Global Fast-Food Culture: Convenience or Health Crisis?"

**Unit 4A: Moving House**

1. "The Psychological Effects of Relocation: Is Moving a New Start or a Stressful Experience?"
2. "Challenges of Moving to a New Place: Adapting to New Environments."

**Unit 4B: A Room of My Own**

1. "Personal Space and Individual Identity: Why Having a Room of One’s Own Matters."
2. "The Significance of Personalizing Spaces: How Our Environment Reflects Our Inner World."

**Unit 5A: Taking Risks**

1. "Risk-Taking and Personal Growth: How Stepping Out of Your Comfort Zone Can Lead to Success."
2. "The Thin Line Between Risk and Recklessness: When Does Taking Risks Become Dangerous?"

**Unit 5B: Too Young, Too Old?**

1. "Age and Achievement: Are There Really Limits to What We Can Accomplish?"
2. "Debating Age Stereotypes: How Society’s Perceptions Influence Opportunities."

**Unit 5C: Fears and Phobias**

1. "Understanding the Roots of Fear: How Phobias Develop and Affect Our Lives."
2. "Overcoming Fears: Can Exposure Therapy Help Us Conquer What Scares Us?"

**Unit 5D: Antarctic Adventure**

1. "Exploring the Last Frontier: The Role of Scientific Expeditions in Antarctica."
2. "Surviving in Extreme Environments: What We Can Learn from Antarctic Exploration."

**Unit 6A: A Hard Lesson**

1. "The Importance of Failure: How Learning from Mistakes Shapes Success."
2. "Lessons in Life: How Difficult Experiences Can Lead to Personal Growth."

**Unit 6B: Hungry to Learn**

1. "The Role of Curiosity in Education: Why Lifelong Learning Matters."
2. "Barriers to Education in Developing Countries: How Hunger and Poverty Affect Learning."

**Unit 6C: The Best Things in Life**

1. "Are the Best Things in Life Really Free? Exploring the Value of Non-Material Experiences."
2. "The Pursuit of Happiness: Can Material Wealth Guarantee Contentment?"

**Unit 7A: Big and Small**

1. "The Role of Small Businesses in a Global Economy: Why Size Doesn’t Always Matter."
2. "Big Cities vs. Small Towns: The Pros and Cons of Different Lifestyles."

**Unit 7B: Be an Entrepreneur**

1. "The Entrepreneurial Spirit: What It Takes to Start and Sustain a Successful Business."
2. "Entrepreneurship in the Digital Age: How Technology Is Changing the Game."

**Unit 8A: Against All Odds**

1. "Resilience in the Face of Adversity: How People Overcome Unimaginable Challenges."
2. "The Role of Determination in Achieving Success: Stories of People Who Beat the Odds."

**Unit 8B: Foul Play**

1. "The Impact of Cheating in Sports: How Dishonesty Affects Fair Play and Integrity."
2. "Exploring Corruption in Professional Sports: How Foul Play Undermines Competitions."

**Unit 9A: In the News**

1. "The Role of the Media in Shaping Public Opinion: How News Influences Society."
2. "The Ethics of Journalism: Should News Outlets Prioritize Truth Over Sensationalism?"

**Unit 9B: Multitasking**

1. "The Myth of Multitasking: Does It Really Make Us More Productive?"
2. "The Cognitive Costs of Multitasking: How Switching Tasks Affects Our Focus and Efficiency."

**Unit 9C: Behind the Scenes**

1. "The Hidden Effort Behind Success: What We Don’t See in Creative and Professional Work."
2. "The Role of Teamwork in Achieving Greatness: Why the People Behind the Scenes Matter."

**Unit 9D: The BBC Story**

1. "The Evolution of the BBC: How Public Broadcasting Has Shaped Global Media."
2. "The Role of the BBC in Upholding Journalistic Integrity: A Historical Perspective."

**Unit 10A: Make a Difference**

1. "Social Activism: How Individuals Can Make a Positive Impact on Their Communities."
2. "Small Acts, Big Changes: The Power of Grassroots Movements in Society."

**Unit 10B: Where Does It Come From?**

1. "The Journey of Everyday Products: Understanding the Global Supply Chain."
2. "Ethical Consumption: How Our Choices Impact the Environment and Communities."

**Unit 10C: Protest**

1. "The Role of Protests in Social Change: Can Public Demonstrations Bring Real Reform?"
2. "Nonviolent Resistance vs. Violent Protests: Which Is More Effective in Achieving Goals?"

**Unit 10D: Eyes in the Sky**

1. "The Role of Satellites in Modern Society: From Weather Forecasting to GPS."
2. "The Ethical Implications of Satellite Surveillance: Balancing Security and Privacy."