

Writing Topics

Problem & Solution · Paragraph & Essay Practice

TOPIC 1

PROBLEM & SOLUTION

THE PROBLEM

Some people throw away too much food. This creates waste and environmental problems.

SOLUTION IDEAS

plan meals carefully buy less food store food properly donate extra food cook with leftovers
compost food scraps

USEFUL COLLOCATIONS

waste food throw away food buy too much food forget food in the fridge let food expire
produce food waste plan meals carefully make a meal plan buy only what is needed make a shopping list
store food properly keep food fresh freeze leftover food check expiration dates reduce food waste
donate extra food share extra food cook with leftover food compost food scraps avoid buying in bulk
support food banks

TOPIC 2

PROBLEM & SOLUTION

THE PROBLEM

Some people believe everything they see on social media.

SOLUTION IDEAS

check information sources learn media literacy follow reliable accounts discuss information with others
think critically before sharing report false content

USEFUL COLLOCATIONS

believe social media posts trust online content easily accept information without checking
read false news online follow unreliable sources share false information spread misinformation
check information sources verify online information compare different sources look for evidence
question online claims follow reliable accounts share verified information think critically about content
report misleading posts improve media literacy

THE PROBLEM

Some cities have serious traffic problems because too many people use private cars.

SOLUTION IDEAS

use public transportation ride bicycles improve bus systems encourage car sharing work from home
build more cycle lanes

USEFUL COLLOCATIONS

have heavy traffic face traffic congestion drive private cars spend time in traffic wait in traffic jams
waste time on the road cause air pollution use public transportation take the bus ride bicycles
walk short distances share rides with others reduce traffic congestion invest in public transport
build cycle lanes encourage remote work reduce car emissions improve road infrastructure

THE PROBLEM

Some university students feel very stressed because of study pressure, money problems, and personal responsibilities.

SOLUTION IDEAS

improve time management provide counseling services create peer support groups take regular breaks
exercise regularly seek financial support

USEFUL COLLOCATIONS

feel stressed about studies face academic pressure deal with many responsibilities worry about the future
struggle with deadlines lack free time lose sleep because of stress manage time better
plan study schedules talk to counselors share problems with friends improve mental wellbeing
apply for financial aid join support groups take breaks between study sessions practise stress management
build a healthy routine

THE PROBLEM

Some people do not read books these days because they spend more time on phones and social media.

SOLUTION IDEAS

promote reading habits create reading programs reduce screen time organize book clubs
use e-books and audiobooks set daily reading goals

USEFUL COLLOCATIONS

stop reading books lose interest in reading spend time on phones watch short videos
scroll through social media prefer digital entertainment develop reading habits encourage people to read
start book clubs visit libraries borrow books from libraries enjoy reading for pleasure set a reading goal
use e-book applications listen to audiobooks limit screen time replace scrolling with reading

THE PROBLEM

Some people, especially young people, start smoking. This can cause serious health problems.

SOLUTION IDEAS

educate young people about health risks limit cigarette advertising create anti-smoking campaigns
offer quitting programs increase cigarette taxes provide support groups

USEFUL COLLOCATIONS

start smoking at a young age develop smoking habits smoke regularly become addicted to nicotine
face health risks damage lung health feel peer pressure to smoke raise awareness about smoking
show the dangers of smoking reduce smoking rates quit smoking increase tobacco taxes
ban cigarette advertising join a quit-smoking program offer nicotine replacement therapy
support smokers to quit

■ THE PROBLEM

Some people have difficulty controlling their anger when they face stress or problems.

■ SOLUTION IDEAS

practice relaxation techniques take a break before reacting learn communication skills exercise regularly
 seek professional support keep an emotions journal

■ USEFUL COLLOCATIONS

lose control of anger react with anger argue with others create conflicts damage relationships
 feel frustrated easily calm down quickly take a deep breath think before reacting express feelings calmly
 communicate problems clearly practise mindfulness attend anger management sessions write about emotions
 avoid triggering situations resolve conflicts peacefully

■ THE PROBLEM

Some students lose motivation when learning English.

■ SOLUTION IDEAS

use interesting learning materials set clear learning goals create interactive activities
 practice English in real situations reward progress connect English to personal interests

■ USEFUL COLLOCATIONS

lose motivation to learn feel bored in class struggle with vocabulary make slow progress
 feel afraid of mistakes avoid speaking English set learning goals practice speaking regularly
 build confidence improve language skills use authentic materials watch films in English
 reward small achievements join conversation clubs track learning progress celebrate language milestones

THE PROBLEM

Some students want to study at private schools instead of public schools.

SOLUTION IDEAS

improve public schools invest more in education train teachers better provide better facilities
 reduce class sizes offer scholarships

USEFUL COLLOCATIONS

prefer private schools apply to private schools pay school fees believe private schools are better
 have better school facilities smaller class sizes unequal education opportunities improve public schools
 train teachers better create fair education systems invest in school resources offer government scholarships
 attract qualified teachers modernize school facilities reduce education inequality

THE PROBLEM

Some men do not get therapy when they face problems at home or at work.

SOLUTION IDEAS

reduce stigma about therapy promote mental health awareness encourage open conversations
 offer workplace counseling share positive stories normalize asking for help

USEFUL COLLOCATIONS

face personal problems deal with work stress hide personal struggles avoid talking about feelings
 ignore emotional problems feel social pressure seek professional help talk to a therapist
 attend counseling sessions express emotions openly reduce stigma about therapy
 normalize mental health conversations share personal stories offer workplace mental health support
 build emotional resilience ask for help