

Writing Topics

Problem & Solution · Paragraph & Essay Practice

TOPIC 1

PROBLEM & SOLUTION

THE PROBLEM

Food waste is increasing in many societies because people often buy more food than they need.

SOLUTION IDEAS

meal planning food donations better storage smaller portions public awareness
responsible consumption

USEFUL COLLOCATIONS

generate food waste throw away edible food discard leftover meals buy excessive amounts of food
allow food to expire waste fresh products poor food management in households plan meals in advance
store food properly donate surplus food support local food banks reduce waste in households
raise awareness about food waste among consumers encourage responsible consumption among households

TOPIC 2

PROBLEM & SOLUTION

THE PROBLEM

Some people believe information on social media without verifying its accuracy.

SOLUTION IDEAS

fact-checking media literacy source evaluation digital education platform regulation reliable journalism

USEFUL COLLOCATIONS

spread misinformation online share unverified content believe misleading information trust unreliable sources
repost inaccurate information influence opinions through social media verify information sources
check facts before sharing evaluate the credibility of sources question suspicious online claims
identify misleading posts promote media literacy among young people
encourage critical thinking among social media users

THE PROBLEM

Many cities experience severe traffic congestion due to excessive reliance on private vehicles.

SOLUTION IDEAS

public transport bike lanes car sharing traffic control congestion charges urban planning

USEFUL COLLOCATIONS

experience severe traffic congestion rely heavily on private vehicles spend long hours in traffic
 face daily commuting difficulties increase road congestion in city centers contribute to urban air pollution
 expand public transportation networks encourage people to use public transit
 promote environmentally friendly transport introduce car-sharing programs develop sustainable mobility solutions
 raise environmental awareness among drivers

THE PROBLEM

University students often experience high levels of stress because of academic pressure, financial challenges, and personal responsibilities.

SOLUTION IDEAS

counseling services stress programs financial support peer support healthy routines mentoring systems

USEFUL COLLOCATIONS

experience high levels of stress face intense academic pressure struggle with heavy workloads
 balance academic and personal responsibilities deal with financial difficulties worry about career prospects
 develop unhealthy coping habits access counseling services on campus develop coping strategies for stress
 maintain work–life balance participate in peer support programs improve wellbeing among university students

THE PROBLEM

Reading habits are declining as people spend more time on digital entertainment and social media.

SOLUTION IDEAS

reading culture book clubs library programs less screen time school initiatives daily reading

USEFUL COLLOCATIONS

decline in reading habits spend excessive time on digital entertainment consume short online content
develop shorter attention spans lose interest in long texts prefer quick digital media
promote reading culture in schools organize community reading programs support public libraries
encourage reading among young people develop lifelong reading habits

THE PROBLEM

Smoking remains a major public health issue, particularly among young people.

SOLUTION IDEAS

health campaigns higher taxes advertising bans cessation programs age restrictions healthy lifestyles

USEFUL COLLOCATIONS

develop nicotine addiction start smoking at a young age underestimate health risks
face long-term health problems increase tobacco consumption among youth
influence teenagers through advertising implement anti-smoking policies raise awareness about smoking risks
support smoking cessation programs reduce smoking rates among young people

THE PROBLEM

Poor anger management can damage personal relationships and create conflicts in professional environments.

SOLUTION IDEAS

emotional awareness conflict training counseling support stress control communication skills
wellbeing programs

USEFUL COLLOCATIONS

lose control of emotions react aggressively during conflicts escalate interpersonal disagreements
damage long-term relationships experience emotional frustration respond impulsively under stress
manage emotional reactions effectively practice conflict resolution skills
develop emotional awareness among employees improve communication in difficult situations

THE PROBLEM

Many students struggle to stay motivated while learning English.

SOLUTION IDEAS

interactive lessons clear goals technology use real communication positive feedback
supportive environment

USEFUL COLLOCATIONS

lose motivation to learn English struggle with language learning lack confidence in speaking
feel discouraged by mistakes face difficulties with vocabulary develop communicative competence
engage students in classroom activities create motivating learning environments
encourage participation among students improve language proficiency

THE PROBLEM

The growing preference for private schools may increase inequality in access to quality education.

SOLUTION IDEAS

school funding teacher training better facilities smaller classes equal access education reform

USEFUL COLLOCATIONS

create educational inequality widen the gap between schools prefer private education over public schools
 experience unequal learning opportunities improve public school quality strengthen national education systems
 invest in school infrastructure enhance teacher training promote equal access to education among students

THE PROBLEM

Some men avoid seeking therapy when they experience personal or professional difficulties.

SOLUTION IDEAS

reduce stigma mental health campaigns workplace counseling affordable therapy open discussions
 community support

USEFUL COLLOCATIONS

avoid seeking psychological help suppress emotional difficulties struggle with mental health challenges
 internalize emotional stress fear social judgment about therapy face relationship conflicts due to stress
 access counseling services seek professional psychological support reduce stigma around therapy among men
 encourage open discussions about mental health promote emotional wellbeing among men