

## **Dạng 2 – part questions**

### **Children today find it difficult to concentrate on or to pay attention to school. What are the reasons? How can we solve this problem?**

In recent years, there has been a perceived decrease in the ability of children to focus or pay attention in class. This essay intends to examine the causes of this issue and propose potential solutions.

While different factors contribute to the decreased attention span among students, the main ones may be technological distraction and academic pressure. Regarding the former, children's increased exposure to fast-paced, instantly gratifying digital content is causing their brains to be constantly stimulated. This overstimulation can make the slower pace of traditional classroom learning seem uninteresting in comparison, which can explain their struggle with staying focused during lessons. Another possible explanation is the increased academic pressure on children over the past few decades can lead to impaired cognitive functions related to attention and concentration. This is because high-stakes standardized tests, competition for college admission, and parental expectations can create a negative environment that raises students' levels of stress and anxiety, both of which are known to have adverse impacts on the capacity to focus at length.

To address these challenges, it is helpful to consider a multi-faceted approach that considers both the larger societal context and the individual needs of students. One strategy is for schools to incorporate digital literacy into the curriculum, which can help equip students with the skills to navigate the digital world effectively. This includes understanding the potential pitfalls of excessive screen time and learning to use technology as a tool for learning rather than a source of constant distraction. Another important solution involves reducing the excessive academic stress experienced by a large number of young students. This can be achieved by moving away from high-stakes standardized tests towards more holistic methods of assessment or by implementing stress management programs, whereby teachers could be trained to recognize and respond to signs of stress and anxiety in students.

In conclusion, the rampant technological distractions and undue study-related stress contribute to the declining ability to concentrate among students today. To improve the situation, it is imperative to make digital literacy part of the learning program and promote a stress-free learning environment through holistic assessment methods and stress management programs.