

Many feel that happiness is mainly an individual responsibility while others feel that there are important external factors.
Discuss both views and give your own opinion

Response (335 words)

Happiness can be influenced by both internal and external factors. Many believe it is a personal ~~business-matter~~ to manage one's own emotions including ~~joy~~ happiness, while, others hold ~~a-the~~ ~~different-differing~~ view that there are ~~various-more important~~ ~~other~~ external elements affecting personal feelings. This essay will discuss both views and ~~ultimately~~ state that it is the individual's personal mindset that serves as the primary driver for one's happiness.

Comment [Dave1]: This part of the is crucial

Comment [Dave2]: Great – clear opinion!

Although happiness is ~~a~~-subjective ~~by~~ definition, ~~there-it~~ is a reasonable assumption to claim that one's emotion is often affected by the surrounding environment. People express their emotions, such as joys, anger, and satisfactions ~~lots and so on~~, as ~~their~~ spontaneous responses to the experience they ~~are~~ receiving. ~~Based-Extrapolating from this same on the same basic~~ theory, many large corporations have advocated strongly to promote a positive team culture in order to improve team morale and ~~increase-contribute to~~ their employees' happiness ~~level~~. On this basis, it is reasonable to ~~consider-claim~~ that one's happiness is influenced ~~largely~~ by the external factors.

Comment [Dave3]: Too informal

Comment [Dave4]: Careful with mis-using this word sometimes.

Nevertheless, whether the individual ~~could-can~~ achieve a desired level of joys is ~~almost~~ entirely determined by a personal mindset. A resilient and optimistic mind ~~would-is~~ always ~~be~~ able to feel happy regardless ~~of~~ how ~~-challenging~~ the current situation ~~could-be~~ is. By contrast, a pessimistic attitude ~~would-tends~~ to be rather ~~reserved-passive~~ and might fail to recognise the signs of positivity in ~~any~~ given situation. An interesting medical research ~~study~~ has revealed that patients who are undertaking oncology treatments ~~s~~ ~~can-often~~ display completely different emotions despite going through the same treatment and physically suffering from very similar ~~medication-medical~~ side-effects. Those who ~~own-display~~ a more optimistic mind ~~set~~ about their recovery are expressly happier. Therefore, happiness is ~~a-the~~ personal ability to see beyond ~~the~~ current circumstance and hold ~~firmly to~~ a strong ~~internal~~ belief for the future ~~internally~~.

Comment [Dave5]: Present simple for facts that are true now

In summary, happiness, as ~~an-kind-of~~ emotion, can be affected by both internal and external factors ~~for-an-individual~~ ~~depending on the individual~~. This essay ~~has~~ discussed the degree of impact from both aspects and ~~drew-has drawn the~~ conclusion that it is the individual's own mindset ~~that~~ determining whether one ~~would-can~~ achieve the desired level of happiness in the end.

Good length on this one!

Task achievement: 8

Comment [Dave6]: Good main ideas with mostly clear support.

Cohesion/Coherence: 7

Comment [Dave7]: Easy to follow with minor mistakes related to substitution, referencing, etc. Some over-use of linking phrases.

Vocabulary: 8

Comment [Dave8]: Great collocations throughout and largely accurate.

Grammar: 7

Comment [Dave9]: A lot of small mistakes, especially with tense.

Overall: 7.5

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Band Score	Task Achievement (Opinion and ideas)	Cohesion and Coherence (Organisation and linking of ideas)	Lexical Resource (Vocabulary and spelling)	Grammar: Range & Accuracy (Grammar and punctuation)
9	<ul style="list-style-type: none"> Fully answers all parts of the question. Overall opinion - very clear, consistent and fully explained throughout the essay. Ideas - well-supported, very suitable and very relevant. 	<ul style="list-style-type: none"> Organisation - very clear and very easy to follow throughout. Linking of ideas - very good throughout. Paragraphing - very natural. 	<ul style="list-style-type: none"> Wide range of vocabulary, used very naturally and very flexibly Mistakes are very rare and similar to a native-speaker 	<ul style="list-style-type: none"> Wide range of grammar, used very naturally and flexibly Mistakes are very rare and similar to a native-speaker
8	<ul style="list-style-type: none"> Answers all parts of the question very well. Overall opinion - clear, consistent, and well-explained throughout the essay Ideas - well-supported, suitable and relevant. 	<ul style="list-style-type: none"> Organisation - very clear and logical throughout. Linking of ideas – good throughout. Paragraphing - very good. 	<ul style="list-style-type: none"> Wide range of vocabulary, used naturally and flexibly to explain exact meanings Rare mistakes with incorrect words and collocations Rare mistakes with spelling and incorrect form of words 	<ul style="list-style-type: none"> Wide range of grammar. Mistakes are very rare – most sentences are 100% correct.
7	<ul style="list-style-type: none"> Answers all parts of the question well. Overall opinion - clear, consistent and supported throughout the essay. Main ideas - relevant and clearly supported. Supporting ideas – some are too general or less relevant. 	<ul style="list-style-type: none"> Organisation - clear and logical throughout. Linking of ideas – overall good, but occasionally linking phrases are repeated or missing Paragraphing – good, with one clear topic for each 	<ul style="list-style-type: none"> Good range of vocabulary, sometimes used naturally and flexibly to explain exact meanings. Some good use of more natural collocations. Rare mistakes with incorrect words, spelling and/or incorrect form of words 	<ul style="list-style-type: none"> Good range of complex grammar. Many sentences are 100% correct. Rare mistakes with punctuation.
6	<ul style="list-style-type: none"> Some parts of the question are not answered fully. Overall opinion – relevant and supported but may be unclear, inconsistent or repetitive. Main ideas - relevant but not always clearly supported. 	<ul style="list-style-type: none"> Organisation – clear and logical overall but not throughout Linking phrases – some good use but some are incorrect or robotic. Referencing - may be unclear or incorrect. Paragraphing – not always logical. 	<ul style="list-style-type: none"> OK range of topic vocabulary. Tries to use less common and more natural vocabulary, sometimes successfully. Some mistakes with incorrect words, spelling and/or incorrect form of words but meaning is always clear. 	<ul style="list-style-type: none"> A good range of complex and simple grammar. Some mistakes but meaning is nearly always clear. Some mistakes with punctuation.