

Nowadays, there is more and more competition for getting into university.

Is this a **positive** or negative development?

As the number of **university applicants** continues to rise, a debate has emerged regarding whether this growing competition **yields** positive or negative **consequences**. In my opinion, competition is **positive** in this case despite the increased **emotional burden** it **engenders**.

One of the major drawbacks of increased university competition is the **mounting pressure** it places on students. **Intense** competition often leads to **heightened** stress levels, anxiety, and **mental health issues**. Countless students face **sleepless nights, burnout, and compromised well-being** due to the **overwhelming** pressure to **outshine** their peers. For instance, research conducted by the American Psychological Association revealed that **high-stakes academic competitions** and examinations can contribute to elevated levels of stress and anxiety **disorders**. Consequently, this negative impact on mental health can **hinder** students' overall development and **well-rounded** growth.

On the other hand, intense competition can also act as a **driving force** that motivates students to **strive for excellence and unleash their full potential**. When faced with a **highly competitive environment**, students are incentivized to become more **focused, disciplined, and goal-oriented**. They are then **more likely** to develop a **strong work ethic, perseverance, and resilience**, which are **essential qualities** for success in various aspects of life. There is therefore an **increased likelihood** that students who have **overcome intense competition** during their university admissions process will display higher levels of **determination** and **tenacity** in their future **endeavors**, leading to **potentially** greater achievements in their careers.

In conclusion, **escalating** competition for university admission increases **stress levels** among students, **yet** more importantly **fosters** personal growth. Individuals must learn methods to **manage their anxiety** as it will prepare them for greater achievement later in life as well.

Nowadays, there is more and more competition for getting into university.

Is this a **positive** or negative development?

Body part	Key idea	Key vocab
Introduction	Competition is positive	University applicants Increased emotional burden it engenders
Body 1 Negatives	Mounting pressure	One of the major drawbacks Intense competition Heightened stress level Anxiety Mental health issues Sleepless nights Burnout Compromised well-being Overwhelming pressure Outshine High-stakes academic competition Anxiety disorder Hinder Well-rounded
Body 2 Positives	Strive for excellence and unleash their full potential	Driving force Focused / disciplined / goal-oriented Strong work ethic Perseverance Resilience Essential qualities for success Overcome intense competition Determination / tenacity Endeavor
Conclusion	Fosters personal growth	Escalating competition Methods to manage their anxiety

University applicants – abituriyentlar

Emerge – paydo bo'lmoq

Yield – olib kelmoq

Emotional burden – emotsional bosim

Financial burden -

Family burden –

Engender – tug'dirmoq

One of the major drawbacks of –

Mounting – to'planib boradigan

Increased / intense / stiff / fierce + competition – shiddatli raqobat

Heightened – yuqori darajadagi / elevated

Anxiety – tashvish

Mental health issues – aqliy muammolar

Outshine / outperform – o'zib ketish

Countless – son sanoqsiz

Sleepless nights – uyqusiz tunlar

Burnout – energiya tugashi

Compromised well-being – qaysidir jihatlari qurbon qilingan salomatlik

Overwhelming – o'ta katta / very big

Overwhelming majority of my subscribers like my videos

High-stakes – katta yutuq yoki zarar ko'rish mn holat

Academic competition – akademik musobaqa

Disorder – odatdagidan yuqori

Sleep disorder –

Hinder – halaqit bermoq

Students who ask questions that are not directly related to the class hinder the flow of the lesson.

Well-rounded – har tomonlama

Well-rounded individual –

Driving force – turtki

The driving force to achieve C1 certificate is the salary bonus.

strive for excellence – zo’r bo’lishga harakat qilish

unleash their full potential – potensialini to’liq ochish

unleash your hidden energy –

I hope this course will be instrumental in unleashing your full potential -

Incentive – turtki

Incentivized – motivatsiya paydo bo’lishi

Goal – oriented – maqsad sari intiladigan

Work ethic – the principle of hard word

Resilience – chidamlilik

Essential quality – asosiy sifat

Overcome – yengib o’tish

I had to overcome a number of obstacles to achieve C1 certificate.

Determination – qat’iyat

Tenacity – boshlagan ishni davom ettirish

Endeavor – ish

Escalating – ko’tarilib borayotgan

manage their anxiety – stresni yengish

it can be hard to attend online evening lessons, yet this will help you to achieve your desired score.