

## BACS Writing Portfolio Awards 2018

Each year, BACS recognizes excellence in writing by awarding prizes to the best work in 1st and 2nd year Academic Writing classes. Students in both years are required to keep a portfolio of writing. These writings tasks - themed paragraph writing, book reports, research and opinion essays, and other kinds of writing - are produced in all Language Program courses (Oral Communication, Reading, Presentation and ITL Computer classes) and submitted to the Academic Writing teachers as part of the course assessment. Work is also added from the Academic Writing class. At the end of the year, 1st and 2nd year writing teachers meet to decide the the Best Essay, the Best Portfolio and the Most Improved Writer.

BACS is proud to announce the winners of this year's Writing Portfolio Awards. We would like to extend a warm thank-you to all teachers who worked with students on their writing this year.

## 1st Year Writing Awards

**Best Portfolio:**

Natsuki Imai

**Most Improved Writer:**

Seishou Takami

**Best Essay:**

Hiroya Yashima

for "Solutions to the Air Pollution Problem in China"

## 2nd Year Writing Awards

**Best Portfolio:**

Sayo Nishizawa

**Most Improved Writer:**

Sarika Miyata

**Best Essay:**

Ayano Ito

for "The Problems of Smartphone Addiction"

Best Essay by a First-Year Student

## Solutions to the Air Pollution Problem in China

HIROYA YASHIMA

Today, there are many environmental problems in the world. In particular, China is facing a serious problem: air pollution. Although Chinese officials have made some laws and there is more awareness, it is still a big problem. To solve the air pollution problem in China, Chinese officials have to take two actions: regulation of motor vehicles and expansion of public transportation.

Although Chinese officials tried reducing air pollution in 2013, it's still a serious problem because their attempts weren't effective. One of the Chinese officials' attempts was the Air Pollution Action Plan. However, it was costly and controversial because it forced the coal-fired power stations to be abolished. Despite official efforts, no city in China has reached the average of PM2.5 level of  $10 \mu\text{g}/\text{m}^3$  yet. Therefore, most people can not go out without face masks, and hundreds of thousands of citizens are being killed by severe air pollution every year. In addition, according to Edward Wong's research in 2013, 155,000 deaths were caused by PM2.5, and 86,500 deaths were caused by coal burning. The research also shows that the deaths from emissions from households was about 177,000 people.

The first solution to air pollution is that the amount of motor

vehicles in China has to be regulated by Chinese officials. In China, people often use motor vehicles as their main transportation. Emissions of motor vehicles are one of the main factors causing air pollution in China. According to Liu Bingjiang, as cited by David Stanway, automobiles in China produced about 34.6 million tons of carbon monoxide last year. It corresponds to 86.9 percent of total emissions of the gas. Surprisingly, vehicle emissions occupy 30 percent of them. In particular, big cities, such as Beijing, have been polluted due to population growth. As users of motor vehicles increase, the condition of the air is getting worse. For these reasons, regulation of motor vehicles should be done to reduce air pollution. The Chinese officials have to impose more taxes on motor vehicles and have to reduce production of motor vehicles. Otherwise, the air condition will continue to be severe. Therefore, it is important to regulate the number of motor vehicles.

Secondly, expanding public transportations will reduce the demand of motor vehicles and make the air clearer. If people in China start to use public transportation more, the emission of motor vehicles will be reduced. According to Jeffrey Hays, about 16 million people in Shanghai use public transportation, such as trains and buses. However, they are forced to wait in long lines to get to public buses. This is because the population in China is 1.42 billion. Public transportation is not adequate compared to China's enormous population. To solve it, Chinese officials should set more stations and stops. It will contribute to reducing

the demand of motor vehicles. Making the fares cheaper is also the way of expanding public transportations. As a result, people in China will be willing to use public trains and buses. Therefore, expanding transportations connects to making the air clearer and breathable.

In conclusion, there are serious air pollution problems in China even now, and official efforts have not done enough to improve air conditions. In order to reduce these risks of polluted air, Chinese officials have to make the plan to regulate the production of motor vehicles. In addition, the official should encourage people to use public transportations. Although some people may say these actions are not effective, these are easy ways to improve air conditions in China.

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Best Essay by a Second-Year Student

## The Problems of Smartphone Addiction

AYANA ITO

Smartphone addiction is a one of the most serious issues in Japan. According to the Ministry of Public Management, over 75% of Japanese people have smart-phones. Especially, 90% of people in their twenties and thirties use smart phones. How many hours a day do you use a smartphone? It is said that Japanese use their smartphones about 3 hours a day. People unconsciously use smartphones in various situations. For example, they use them as a wallet, commutation tickets, communication tool and so on. It is true that a smartphone is very convenient. However, there are some problems if you depend too much on the smartphone. Smartphone addiction causes declining academic ability, possibility of becoming depressed, and dilution of family relationships.

One of the biggest problems of smartphone addiction is declining academic ability. According to the survey of Tohoku University, academic performance decreases as the use time of the smartphone increases. Some children cut down their sleep as they use their smartphones. Lack of sleep reduces memory and judgement, so many junior high schools and high schools call on children and their parents to use smartphones properly. Other children study while using a smartphone. They use smartphones

when they watch TV and when they eat. They always pay attention to smartphones, so even if they study, they do not always acquire knowledge.

Another big problem of smartphone addiction is becoming depressed. Some people will not be able to concentrate on other things if they are caught up with a smartphone. Also, they are not good at communication other than using social network systems (SNS). They are bored with talking to people directly, and they tend to become homebodies. In recent years, depression by smartphone is on the rise, it is even called "smartphone depression." There are two major reasons for smartphone depression. First, the blue light from the liquid crystal of the smartphone has an adverse effect on the brain. Secondly, people look down when using a smartphone. By looking downward, the autonomic nerves of the neck are disturbed. Smartphone depression is different from conventional depression, so there is no medicine.

Finally, smartphone addiction is a serious problem because family relationships become thinner. The dependence on smartphones is not a matter only for children but also parents. Both parents and children use smartphones, and family time is decreasing. According to a survey conducted by Citizen Holdings, it turned out that the conversation time of the family per week decreased by 3 hours and a half in the last 35 years. This result is a reminder that time is decreasing not only among families but also with friends. People's valuable time is deprived by the smartphone.

In conclusion, smartphone addiction is a big problem as it



causes academic achievement decline, depression, and family relations. On the other hand, those who cannot use smartphones may be subject to bullying at school or workplace. Since smartphones can be used as TV, newspaper, money, it is very convenient. People should use smartphones correctly and with care.

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