**TimeOut,** a website for students who want to learn about managing their time well, has posted a notice on their site asking readers to send in essays in which they give their opinion on the pace of life these days.

**TimeOut – Essay Competition**

Do you often feel like the girl on the left?
- Too much pressure?
- Too much schoolwork
- Not enough free time?

Are we young people living at a pace that is not good for us? Post an essay on our website!

You have decided to take part in the competition. In your essay argue for or against the idea that the pace of life is getting too much for young people.

In your essay you should:

- comment on the pace of modern life
- analyse why young people are not able to cope with it
- suggest ways of pacing one's life in an ideal way.

Write around 300 words and give your essay a title!