

Sample Answers for 2022 SPM Trial Questions (Part 2)

TERENGGANU (2022)

Your class has been discussing the different ways people can do to protect the environment. Your teacher has asked you to write an essay about saving the environment at school.

In your essay, you should write about:

- an environmental activity that can be done at school
 - why the activity is important
 - how to get students to join the activity
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C1 – An environmental activity? Campaign to reduce the use of plastic

C2 – Reasons? 1. Tool to raise awareness / 2. More effective

C3 – How to get students to join? 1. Use social media / 2. Organise a competition with grand prizes

Nowadays, our environment is facing many issues such as pollution and climate change. There are many ways to help protect the earth, but did you know that more than eighty percent of students today are not aware of the role they can play? In this essay, I will suggest an activity that can be done at school and ways to attract students to join.

For your information, the best activity that can be done at school is a **campaign to reduce the use of plastic**. This is because plastic is not biodegradable and detrimental for animals and the ecosystem as it takes a long time to decompose and usually ends up in landfill or the sea.

Why is this campaign so important for school students? In my opinion, campaign is an important tool to **raise people's awareness**. Youngsters today rarely watch news so campaigns like this help them to learn about essential issues such as pollution and climate change. As a result, they will be aware about the danger of using plastic. On the other hand, campaigns are **more effective** especially among young people. It is as the saying goes, "charity starts at home." Or in this case, awareness can start at school.

However, activity like campaigns are not interesting for most students, so what can we do to attract students to join this activity? The best way to attract them is by **using social media**. Teenagers today spend most of their time on Tiktok or Instagram. We can use these mediums to spread awareness by sharing videos or posters about the danger of using plastic. Moreover, the school can **organise a competition with grand prizes** such as smartphone and shopping vouchers. This is because students are more interested to join programmes they find rewarding.

In brief, campaign to reduce the use of plastic can be a good way to protect the environment if it is held at school. However, it is important to get the students to join it if we want to make it work.

SELANGOR SET 1 (2022)

Your class has been talking about getting part-time jobs. Your teacher has asked you to write an essay about it as your homework.

In your **essay**, you should write about:

- suitable part-time jobs for teenagers
 - the benefits of having a part-time job
 - how to ensure it does not affect one's studies
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C1 – Suitable part-time jobs? 1. Working at restaurants / 2. Babysitter

C2 – Benefits? 1. Improve their social skills / 2. Earn money

C3 – How it won't affect studies? 1. Manage their time wisely / 2. Prioritise their studies

As we all know, money makes the world go round. However, being a teenager, they may not have sufficient money to satisfy their desire, hence why many of them want to get a part-time job. In this essay, we will look at the pros and cons of having a part-time job for teenagers.

OR

Do you know why many teenagers want a part-time job? It is because being a teenager, we may not have sufficient money to satisfy our desire. In this essay, we will look at the pros and cons of having a part-time job for teenagers.

For your information, there are many part-time jobs suitable for teenagers. The most popular one is **working at restaurants**. It is because they can work outside of school hours. In fact, teenagers can **improve their social skills** as they have to interact with customers. Another suitable job for teenagers is as a **babysitter**. They can do this job during weekends. Not only can they **earn money**, they can also use any spare time to finish their homework. It is like killing two birds with one stone!

However, having a part-time job often affect teenagers' studies. In this case, they should **manage their time wisely** by having a well-planned schedule. Another way to ensure part-time jobs do not get in the way, teenagers need to **prioritise their studies** first. They need to make sure that they have finished their homework or assignments before going to work.

In brief, having part-time jobs for teenagers has its own advantages and disadvantages. However, it is for teenagers to decide which is more important: Is it money or their future?

SELANGOR SET 2 (2022)

Your class has been talking about electronic gadgets used during online classes. Your teacher has asked you to write an essay about it as your homework.

In your **essay**, you should write about:

- the best electronic gadget for online learning
 - the reasons for it
 - applications you used for online learning
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C1 – Best electronic gadget for online learning? iPad Air

C2 – Reasons? 1. The performance / 2. The display

C3 – Applications for online learning? 1. Google Meet / 2. Telegram

Since the Covid-19 pandemic/outbreak, many things have shifted to online including learning. In this essay, we will look at the best electronic gadget and the applications to use for online learning.

From my perspective, the best electronic gadget for online learning is an iPad Air. The first reason is the performance. For your information, Apple products are safe from virus attacks so this will ensure our files are safe from corruption. Next, the display is not only large but also crystal clear. This will be very helpful in learning.

As we all know, there are many useful applications for online learning such as Google Meet and Telegram. In case you did not know, Google Meet is a powerful app where you can have video conference with multiple people at the same time. What about Telegram? It has unlimited cloud storage where we can store and share documents such as notes and past year questions.

In conclusion, iPad Air is the best electronic gadget for online learning. However, it all depends on how we use it.

SEBERANG PERAI SELATAN SET 1 (2022)

In your class, you have been talking about obesity with your friends. Your teacher wants you to write about obesity among teenagers. In your essay, you should write about

- reasons for obesity
 - diseases caused by obesity
 - ways to overcome the problem
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C1 – Reasons? 1. Unhealthy lifestyle / 2. Rarely engage in active activities

C2 – Diseases caused? 1. Serious diseases / 2. Weaken immune system

C3 – Ways to overcome? 1. Eating balanced and healthy food / 2. Live an active life

Nowadays obesity has become one of the most common problems in Malaysia. Did you know that 8 out of 10 teenagers today are obese? In this essay, we will discuss about the reasons for obesity among teenagers and how to overcome it.

In case you did not know, there are many reasons contributing to obesity. The main reason is **unhealthy lifestyle**. For instance, many teenagers today love to eat fast food such as McDonald's, Tealive and Starbucks. These food are high in sugar and cholesterol and they can cause **serious diseases such as diabetes and heart failure**. Another reason for obesity is because teenagers today **rarely engage in active activities** such as jogging and cycling. Their **sedentary** lifestyle may **weaken their immune system**.

However, we must remember that prevention is better than cure. The first way to overcome obesity is by **eating balanced and healthy food**. Make sure to follow the food pyramid when eating our meals. Next, we should **live an active life**. For example, we should exercise at least twice a week. This can help to improve our immunity and prevent chronic diseases.

In brief, obesity can cause many dangerous diseases for teenagers and must be overcome. Thus, it is important for us to live an active and healthy lifestyle.

SEBERANG PERAI SELATAN SET 2 (2022)

In your class, you have been talking about going out with your friends. Your teacher has asked you to write an essay on what you and your friends do when you spend time together.

Use the information given below to write your essay.

- your favourite place to spend time at
 - describe the activities you do together
 - explain why friends need to spend time together
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C1 – Favourite place? Darul Aman Lake

C2 – Activities? 1. Going around the lake / 2. Picnic / 3. Feed the fish and ducks

C3 – Why spend time together? Strengthen bonds

Friends play an important role in our life. More than ninety percent of teenagers today spend most of their time with their friends. They usually have a special place to spend time together. In this essay, I will share about my favourite place and the activities I do with my friends.

If you could choose a special place, where would it be? For me, it is **Darul Aman Lake or popular among Kedahan as "Tasik Jitra."** This place is located in Jitra. It has many facilities such as public toilet, food court and prayer hall. I often spend my weekend with my friends here.

For your information, there are so many activities that we can do at Darul Aman Lake. My favourite activity here is **going around the lake**. My friends and I often rent the bicycles and take them for a ride. Sometimes, when we are in the mood, we jog together while enjoying the picturesque view. Other than that, we also love to **picnic by the lakeside**. While eating scrumptious food we bring, we often catch up with each other's life. Sometimes, we **feed the fish and the ducks** with our leftovers. It feels good to be one with nature and be kind towards animals.

To conclude, it is great to have a special place to spend time with our friends because spending time together can **strengthen our bonds**.

PERLIS (2022)

Your class has been discussing how they help out with household chores. Your teacher has asked you to write an essay about your favourite activity.

In your essay, you should write about:

- ✓ what household chore do you like best
 - ✓ why we must do house chores
 - ✓ how to encourage teenagers to help out at home
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C1 – Chore you like? Help mom in the kitchen

C2 – Reasons? 1. Learn many new skills / 2. Strengthen bonds

C3 – How to encourage teenagers? 1. Monetary reward / 2. Praise them

Teenagers today rarely help out their parents at home. Did you know that only 4 out of 10 teenagers actually help their parents to do house chores? In this essay, we will discuss about the benefits of doing house chores and how to encourage teenagers to help out at home.

As we all know, there are many benefits of doing house chores. The main benefit is we can **learn many new skills**. I personally love to **help my mom at the kitchen**. For example, I can learn cooking skills while helping her to prepare the ingredients. Next, we can **strengthen the bonds** with our family members. Imagine washing the car or cleaning the backyard while talking and laughing together with them.

Since teenagers rarely help out at home, we need to encourage them. First, we can **reward them with money** for their hard work so they will be more motivated to help. Another way is by **praising them**. This will help them to boost their morale to be more proactive at home.

In brief, doing household chores offers many benefits. However, it is the parents' responsibility to encourage teenagers to be more helpful at home.

PERAK SET 1 (2022)

You and your classmates are discussing about the different types of music genre. Your teacher has asked you to write an essay about music among teenagers.

In your **essay**, you should write about:

- what type of music you like
- reasons for your choice
- how can music brings people together

C1 – Type of music? K-Pop

C2 – Reasons? 1. Catchy melody / 2. Shared message

C3 – How music bring people together? 1. Compare prices / 2. Make a list (spend within budget)

It is said that music can bring people together. Did you know that more than ninety percent of teenagers today love Tiktok because of the music used in the videos? In this essay, I will share about the type of music I like and how it can bring people together.

For your information, there are myriads of music genres such as pop, rock, jazz and instrumental. However, my favourite type of music is **pop particularly K-Pop**. My favourite artists are BTS, Enhypen, NCT and BlackPink. The first reason why I like this genre is **because of the catchy melody**. To be honest, I do not really understand the lyrics but the tunes are very captivating and I often dance to it. Another reason is the **message shared by these Korean bands**. Most of their songs touch about important issues such world peace and loving ourselves. For example, 'Answer: Love Myself' by BTS is about self-love.

Did you know that music can bring people together? From my own experience, **I made many friends** from around the globe who are also passionate fans of K-Pop music. They are very supportive and friendly. In fact, the message shared through the songs can **break through any language barrier**. It is because even though the songs are in Korean, people from all walks of life listen to it despite their race.

In brief, music is more than just tunes as it can also bring people together despite their differences.

PERAK SET 2 (2022)

You and your classmates are discussing about choosing a career as a social media influencer or working in an office. Your teacher has asked you to write an essay about your choice.

In your **essay**, you should write about:

- your choice of career
 - pros and cons of your choice
 - do you think academic qualification is required to become successful?
-

C1 – Choice of career? Social media influencer

C2 – Pros? 1. Make money / 2. Power to influence the crowd

C2 – Cons? 1. Invite haters / 2. Drop out of school

C3 – if academic qualification is important? Important – to pursue dream

Nowadays, teenagers prefer popularity and freedom over stress and repetition. This is why, if you ask 10 teenagers, 8 might tell you that they would opt to be a social media influencer rather than working in an office. In this essay, we will explore the pros and cons of being a social media influencer.

For your information, there are many benefits of being a **social media influencer**. As we all know, TikTok is a prominent platform especially among teenagers. Being an influencer, it means that you can get sponsorship from various brands and companies depending on your popularity. It is an easy way to **make money**. Additionally, influencers have the **power to influence the crowd**. For example, you can share tips or promote awareness on any important issues such as global warming and human rights.

However, being an influencer is not all sunshine and rainbows. Despite all the good things you may do, popularity often **invites haters**. They will leave nasty comments that may tarnish your reputation. We all know that it is easy to gain followers and become popular even at such a young age. Some teenagers might **drop out of school in their pursuit of fame**. Little do they know, fame is short-lived so they will **need their academic qualifications to pursue another dream** such as becoming professionals or government servants.

In brief, being a social media influencer has its own advantages and disadvantages. While being popular is great, it is not the sole measuring stick for success.

PENANG SET 1 (2022)

You have decided to further your studies locally after SPM. Your mother has asked you to stay home but your friends are inviting you to share a rental. What is your opinion regarding this?

In your essay, you should write about:

- the advantages
- the disadvantages
- which do you prefer?

C1 – Advantages? 1. Freedom / 2. Convenient

C2 – Disadvantages? 1. Budget / 2. Do not have privacy

C3 – Preference? Choose share a rental

In this modern era, furthering studies is very important especially for teenagers. Did you know that 7 out of 10 young people choose to continue their studies closer to home? As such, they prefer to rent a house than staying at home. Personally, I would **choose to share a rental**. In this essay, we will discuss about the pros and cons of staying at a rented house.

For your information, there are many advantages of renting a house. First and foremost, we have **freedom** to do anything we want. For example, if we stay home, our parents set a curfew and we have to obey it. Next, it is more **convenient** and easier to have group discussion. It is because we normally stay together at the rented house with our friends. In fact, it is easier to invite our friends over for sleepover.

However, renting a house also has disadvantages. The first problem is our **budget**. In case you did not know, renting a house is expensive. Not only that, we also need to budget our expenses for food. Besides, we **may not have privacy** when we live in a crowded place. We may waste our time or feel uncomfortable sharing facilities such as toilet and shower.

In conclusion, living in a rented house has its own benefits and problems. We need to think wisely before making a big decision like this.

PENANG SET 2 (2022) – not discussed

MELAKA (2022)

Your class has been discussing ambitions and your teacher has asked you to write an essay about an occupation you would like to explore in the future.

Question 2

In your **essay**, you should write about :

- What occupation would you like to explore
 - Reasons for your choice
 - The impact of the profession on society
-

C1 – Which occupation? Teacher

C2 – Reasons? 1. Contribute to the society / 2. Stability

C3 – Its impact on society? 1. The backbones of our country / 2. Good role models

It is important for teenagers to have an ambition. Did you know that 7 out of 10 teenagers today have no idea what they want to be in the future? In this essay, I will share about the occupation that I would like to explore in the future and its impact on society.

For your information, many teenagers today are aspired to become streamers such as Soloz and DaddyHood. However, I prefer a more conventional job which is to be a teacher. The main reason is because I can contribute to the society. As a teacher, I can educate young minds to become good citizens. Another reason is stability. Teachers are government servants and they receive monthly salary. As a government servants, it is also easier to make loans and receive better medical benefits.

Did you know that teachers can impact our society? First and foremost, teachers are one of the backbones of our country. Without teachers, there would be no other professions because they are responsible to educate young people. In fact, teachers are also good role models. In our society, teachers are often viewed as educated and noble. This is the reason why many people look up to them.

In conclusion, it is very important for teenagers to have ambition. However, they need to make careful decision because their choice can impact the society.

KELANTAN (2022)

Your class has been discussing the benefits of having outdoor activities. Your teacher has asked you to write an essay about it.

In your **essay**, you should write about:

- most common outdoor activities
 - the benefits of having outdoor activities
 - which activity suits you most
-

C1 – Common outdoor activities? 1. Jogging / 2. Hiking

C2 – Benefits? 1. Improves stamina and overall health / 2. Make new friends / 3. Learn more about nature

C3 – Most suitable activity? Jogging – more convenient

Nowadays, outdoor activities are becoming a trend among Malaysians. Did you know that outdoor activities offer many benefits to us? Read further if you want to learn about it.

A recent survey has found that most Malaysians love to spend time outdoors. The most common activity they do is **jogging**. Some people do it in the morning while others do it in the evening. In fact, this outdoor activity **improves our stamina and overall health**.

Apart from that, many Malaysian prefer **hiking**. It is because there are many challenging hills that offer great view from the top. In case you did not know, hiking is usually done in groups. People who participate in hiking activity can **make new friends** while **learning more about nature**.

In my opinion, **jogging** suits me the most. This is because it is more convenient than hiking. I do not need special gears/equipment and it can be done almost anywhere.

In brief, outdoor activities are beneficial to us. It is important for us to join these activities if we want to reap the benefits.

JOHOR (2022)

Your class has been discussing ways to spend your money wisely as a teenager and your teacher has asked you to write an essay on it.

In your **essay**, you should write about:

- what you spend your money on
- how you save money when shopping
- the importance of being a wise consumer

C1 – What I spend money on? 1. Food / 2. Fashion

C2 – How I save money when shopping? 1. Compare prices / 2. Buy during sales

C3 – Importance of being a wise consumer? 1. Save money / 2. Not scammed

Some people say that money makes the world go round. Money is important for people from all walks of life to do or buy things they want. However, did you know that 7 out of 10 teenagers today do not know how to save money when shopping? Therefore, in this essay, I will share about how I save money when shopping and the importance of being a wise consumer.

Like most teenagers, I also love shopping as it can be the perfect therapy to relieve my stress. I mostly spend my money on **food** as I love to experience new taste. I also love to follow the latest **fashion trends** and I would buy fitting dress and attire. Despite my love for shopping, I sometimes waste my money. So how do I save money when shopping? My first tip is to **compare prices**. Sometimes two different shops sell the same thing at two different prices. This is why it is important to compare prices so I could get the best deal. Next, I usually **buy during sales** such as Raya sale or 12.12 Flash Sale. During sales, seller usually reduce the price or offer more discounts than usual. Isn't a good idea to purchase when the price is low?

It is important for teenagers today to be a wise consumer. The first reason is because they can **save a lot of money**. Knowing when to buy, where to buy and how to buy things can save teenagers a lot of time and money. They can keep the money they saved as funds for their future. Another reason is to **avoid scammers**. Scammers will try anything to deceive consumers. Therefore, being a wise consumer will let us know the difference between trusted sellers and scammers.

In conclusion, it is important for teenagers to spend their money wisely. In my opinion, teenagers who learnt to be a wise consumer will have better and brighter future.

KEDAH (2022)

Your class has been discussing the rise of online shopping trend among teenagers. Your teacher has asked you to write an essay on it.

In your **essay**, you should write about:

- things teenagers prefer to buy online
 - benefits of online shopping
 - tips to be smart online shoppers
-

C1 – things teenager buy online? Food or apparels

C2 – Benefits of online shopping? 1. Contribute to the society / 2. Stability

C3 – Tips to be smart online shoppers? 1. Do not reveal personal information to strangers / 2. Make a list

Nowadays, online shopping has become a trend among teenagers. Did you know that 8 out of 10 teenagers love to spend money on shopping platforms such as Shopee and Lazada? Read further if you want to learn about the benefits of online shopping and how to become a smart online shopper.

For your information, there are many benefits of online shopping. The first benefit is the **products are cheaper** if you buy them online. Teenagers often buy **food or apparels** such as dresses, hoodies and jerseys because these products are expensive from retail stores. (Other than that/Moreover) (Another benefit is/In fact,) we can **save our time and energy**. If we buy online, everything is at our fingertips. However, if we buy from retail stores, we need to (queue/line up) and most of the time, we often get stuck in congested traffic.

Although there are many benefits, online shopping also has its (cons / problems / disadvantages). The first problem is scammers. They are everywhere. To be a smart online shopper, we **should not reveal our personal information to strangers**. Remember to check the seller's profile/page before giving your information. Next, we should **make a list of what we need to buy**. It is because as we scroll through online shopping websites, we are attracted to buy everything. That's why we should only buy what we need.

In conclusion, online shopping has its own pros and cons. In my opinion, it all depends on us how we use it.

SMKA & SABK (2022)

Your class has been discussing the issue of pupils smoking and vaping. Your teacher has asked you to write an essay about how to improve the situation.

In your **essay**, you should write about:

- what the issue is
- the reasons for the issue
- ways to overcome smoking and vaping among pupils

Write your **essay** using all the notes and giving reasons for your point of view.

C1 – What’s the issue? Vaping at school among pupils

C2 – Reasons? 1. Peer pressure / 2. Stress

C3 – Ways to Overcome? 1. Organise campaign – give talk / 2. Enforce stricter rules

Nowadays, vaping is becoming a serious issue among youths. Did you know that more than 70 percent of pupils today have been exposed to vaping? In this essay, we will discuss about the reasons why vaping becomes a problem among pupils and how to overcome this issue.

For your information, vaping is the act of inhaling chemical substances via the use of electronic device. Vaping is prohibited at school yet many pupils are found guilty of getting involved in this disciplinary problem. This begs the question: What may be the cause of this issue? The main reason for this problem is peer pressure. Why teenagers are easily influenced to do bad things such as vaping? It is because they are still looking for an identity and thus, easily pressured by their peers to do things they may not want to do, just for the sake of getting accepted. Moreover, pupils today are burdened with mountains of homework and expectations. When they are stressed, they seek a way to relieve it and one of the easiest and most accessible outlet is through vaping.

Even though vaping is rampant among pupils, it is never too late to solve this issue. One way to overcome it is by organising campaigns at school. School can invite speakers from National Anti-Drugs Agency (AADK) who can bring exhibitions about the danger of vaping. Not only that, the school administration can enforce stricter rules at school. For example, if any pupil is caught vaping within school grounds, they can be expelled. These actions may help pupils to stay away from vaping.

In conclusion, vaping is dangerous problem among pupils at school but it is never too late for remedy. However, if no serious action is taken, it may cause a bigger problem in the future.

NEGERI SEMBILAN (2022)

Your class has been talking about the importance of self-care. Your teacher has asked you to write an essay about it as your homework.

In your **essay**, you should write about:

- A few examples of self-care
- how you take care of yourself
- why self-care is important.

C1 – Examples of self-care? 1. Eat healthy meal / 2. Exercise / 3. Drink water

C2 – How I take care of myself? 1. Take a walk / 2. Eat balanced diet

C3 – Why is it important? 1. Manage stress / 2. Better health and well-being

Did you know that 7 out of 10 mental health cases reported recently involves young people? Why would such a thing happen? I personally think it is due to the lack of self-care among teenagers. Therefore, in this essay, we will explore different types of self-care and why it is important.

In case you did not know, there are many activities that can be considered as self-care. **Eating healthy meal at the right time every day** is an act of self-care. **Engaging in exercises three times a week** is an act of self-care. **Drinking at least eight glasses of plain water to hydrate ourselves** is also an act of self-care. Basically, everything we do to take care of our overall well-being can be considered as an act of self-care.

Personally, I prefer to **take a walk outside** whenever life becomes a bit overwhelming. For example, when I have too much homework to finish or when I am too stressed with my studies, I would go outside and take a walk in the park. Feeling sunlight on my skin and hearing the sound of nature keep me calm. Another self-care action I do regularly is to **eat balanced, healthy food**. Eating the right portion of food keeps me energised for the whole day and eating enough nutrients and nutrition build stronger immune system for my body.

Engaging in self-care activities is very important for everyone as it has myriads of benefits. First, it can **help us to manage our stress**. Self-care activities such as doing hobby or having an active lifestyle can help reduce stress level and improve our mood. In fact, when we live a stress-free life, it can also **lead to better health and well-being**. Consequently, we will live longer in a more meaningful life.

To sum up, self-care activities are important for our overall physical and mental health. In my opinion, no one else is responsible for our own body except ourselves, so start taking care of it starting today!

SBP (2022)

Your class has been discussing eco-friendly products. Your teacher has asked you to write an essay on it.

In your **essay**, you should include:

- an eco-friendly product you use in your daily life
- reasons how the product helps to save the environment
- a way how the product can be promoted to the community

C1 – An eco-friendly product? Reusable bag

C2 – Reasons? 1. Can be reused multiple times / 2. Can reduce waste – less landfill / 3. Prevent natural disaster

C3 – A way to promote to community? Organise a campaign

With the advance of technology, people are becoming more aware of the danger plastic has caused to our environment. However, more than 70 percent of human activities still depends on the use of plastic. This is why we need to play our part to reduce the use of plastic. In this essay, I will talk about an eco-friendly product that can help to save the environment.

For your information, the eco-friendly product in question is **reusable bags**. It is an alternative to using normal plastic bags which are harmful to the environment. There are many reasons why I chose to use reusable bags. The main reason is because the bag **can be used multiple times**, as the name suggests. Reusable bags are usually made of cloth or strong synthetic materials which is more durable. When more people use reusable bags, the use of normal plastic bags can be significantly reduced.

Furthermore, normal plastic bags are used only once and when thrown away, they make up more than half of landfill. In fact, they can also kill marine life. Hence, the use of reusable bags can considerably **reduce waste**. In fact, when we reduce waste, we also **prevent natural disasters** such as flash flood and avalanche from occurring. It is because plastic usually will pollute the land and clog the drainage.

While reusable bags are good for the environment, it is still unpopular in our community due to how more convenient the normal plastic bags are. Therefore, it is important for the authority to promote it. In my opinion, the best way to promote reusable bags is by **organising a campaign**. The local authorities can give away free reusable bags to the community members or simply advertise its benefits via social media.

In conclusion, reusable bag is an eco-friendly product that should be used by all walks of life. If everyone does their part even a little, saving the environment is not impossible.