Do you agree or disagree with the following statement? Because modern life is very complex, it is essential for young people to have the ability to plan and organize. Use specific reasons and examples to support your answer.

Modern life have too much difficulties and complex situations. It is mostly due to technological progress of human and industrailzation. Everything get fast and so many things happen in a particular moment. These occurred things can have effects on various subjects while nobody can be able to find out the correlation between them. Some caracteristics should be learned to survive this new form of life which are different by past. It is said that young people must gain the skill of organization and plan making in order to deal with challenges. I agree with the statement and will elaborate my reasons in what follows.

First, learning how to plan and organize things prevents people from wasting their time. Today’s people have limited time and various tasks to do. It is necessary to divide energy and time between productive tasks in order to do them well. Every person should have decisions about every single hours of his life. The times which belongs to rest and hobbies or the time for study and work should be determined. It improves a person’s functionality. People can use best of their time if they have a special plan because their mind are already told and programed for a special job and there is no need to spend a lot of time to decide what to do. Also, entering a task is very difficult and there are lots of quotes saying if you begin to do a task the rest of it will be very easy and fast. Being Comitted to a special program erases the hesitations which happen in beginning of doing a job, so this will decrease the amount of wasted .time

Second, having plans and being organized lead to a better mental health including not having stress and depression. When a person does not have a plan for his day, he probably will face difficulties doing his tasks. This person are in danger of getting depressed if he uses this (not having plan) method. Depression has an adjacent relation with being confused. A person that is not organized cannot make things go well with preserving his mental and physical health. He will probably lose his deadlines and this will make him disappointed and depressed and will waste all of his time. For instance, a study has shown that the people who have a better mental health have more tendency to plan everything and be organized. Because their time is not wasted, they do all of their tasks and have better feelings.

In conclusion, it is necessary for everybody to learn how to plan and organize their tasks. Young years of life are the best time to practice these skills and develop them. These will provide so much benefits which are explained completely.

Time: 33min