

P.E.E.L ESSAY FORMAT

EXPLANATION AND WORKBOOK

WHY DO WE USE THE P.E.E.L FORMAT?

When you are writing an essay it's important to make sure the paragraphs flow together so the writing is easy to read and the reader knows what to expect from your argument/opinion. Using the P.E.E.L essay format gives an essay a logical flow and ensures that your writing shows off your opinion/argument in the most easy-to-read way. So how does the P.E.E.L structure help increase your band score for the writing tasks?

1. Clear and Logical Structure

- IELTS examiners value coherence and cohesion.
- How it helps: PEEL ensures that each paragraph stays focused and develops a single main idea clearly, making your argument easy to follow.

2. Fully Developed Ideas

- Band 7 and above requires fully extended and well-supported ideas.
- How it helps: The 'Evidence' and 'Explanation' stages encourage you to support your point with relevant examples and deeper analysis, avoiding vague or underdeveloped arguments.

3. Higher Task Response Score

- You must address the task fully and provide relevant, extended arguments.
- How it helps: PEEL helps you stay on topic and avoid repeating ideas or going off track, which boosts your Task Response score.

4. Stronger Cohesion

- Linking within and between paragraphs is essential for Band 7+ in Cohesion and Coherence.
- How it helps: The 'Link' sentence wraps up the paragraph and connects it to your overall argument or the next paragraph, improving flow.

5. Easier Planning and Writing

- Time is limited during the exam.
- How it helps: PEEL offers a straightforward template to plan your essay quickly, reducing stress and improving time management.

WHAT IS THE P.E.E.L FORMAT?

Each letter stands for a section that is included in each paragraph:

P - Point - a statement that backs up your argument/opinion

E - Example/Evidence - a fact, statistic or real-world scenario that is an example of your point

E - Explanation - analysis of how this point and evidence support your argument/opinion

L - Link - a sentence leading into the next point or linking back to the argument/opinion

Turn to the next page for a more detailed explanation of each section.



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WRITING A P.E.E.L PARAGRAPH

P - Point - a statement that backs up your argument/opinion

- To introduce the topic of the paragraph
- Tip: should be specific - avoid using vague statements or trying to explain more than one point at a time

E - Example/Evidence - a fact, statistic or real-world scenario that is an example of your point

- Provides proof or context to strengthen your argument
- Tip: make sure it is relevant and realistic, even if it's made up

E - Explanation - analysis of how this point and evidence support your argument/opinion

- Shows critical thinking and extends your argument
- Tip: use this to explain why your evidence supports your point and the impact this has on your argument, don't just repeat what you've said in the Point or Example

L - Link - a sentence leading into the next point or linking back to the argument/opinion

- Maintains cohesion and keeps the essay focused
- Tip: Learn some sentence starters for linking ideas so you can naturally finish the paragraph and lead it into the next one

WHAT SHOULD YOUR ESSAY LOOK LIKE?

Introduction: 10-15% of word count

Paragraph 1: 30-35% of word count

Paragraph 2: 30-35% of word count

Paragraph 3 (optional) : 15-20% of word count

Conclusion: 10-15% of word count



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PRACTISE THE DIFFERENCE: POINT – EXAMPLE – EXPLANATION

Below are some example essay questions and some sentences from a sample answer, ranging in band scores from 5 – 9. Label the sentences after the questions with either: POINT, EXAMPLE or EXPLANATION.

Note: not every question is followed by one point, one example and one explanation – some may have more than one of each, so make sure you read carefully!

(1) Many people believe that working from home is more beneficial than working in an office. Do the advantages of working from home outweigh the disadvantages?

- Some people use the extra time they have during their lunch hour to do housework.
- Being able to do house-related tasks during this time means that workers can save time and energy, because they might otherwise be unproductive during their lunch hour, or be too tired from commuting to finish these duties when they get home. This would then have an impact on the quality time they spend with their friends and family.
- Working from home gives people more freedom to choose how they spend time with their loved ones.

Example: POINT

(2) Some people believe that parents should be strict with their children, while others think a more relaxed approach is better. Discuss both views and give your opinion.

- It is better to be stricter with children because they will be safer.
- Children with stricter parents do better in school.
- Children with less strict parents have a better relationship with their relatives.

(3) Some people say that mobile phones should be banned in public places such as libraries and shops. Do you agree or disagree?

- Loud noises in libraries can disturb the concentration of other people using the same space.
- If mobile phones were banned then there is less chance that other patrons would be disturbed due to unnecessary noise from phones going off, meaning that people could work in a quieter space.
- If mobile phones were banned in shops then it could cause a lot of issues.

(4) In some countries, people do not recycle waste materials such as bottles and newspapers. What are the reasons for this? What can be done to encourage recycling?

- Some people do not recycle because they do not have access to safe places to put their household waste.
- In Germany they encourage recycling by offering people money for their empty bottles.
- By offering people money, more people would be willing to undertake the extra effort to take their waste to recycling centers.

For the answers to all exercises, see the final page.



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PLANNING YOUR ESSAY

Planning your essay properly will not only mean that your writing will make more sense, but it will also save you time during the exam. There is no use in jumping straight into writing your paragraphs if they don't follow a logical format and you miss out important bits of information. When you are planning your essay you should first ask yourself these questions:

- What type of question is it? - Argument? Opinion?
- What type of answer does it need? - Both sides of the argument? Just one?

Analysis of the question should take no more than 30 seconds, so you can move onto the next stage of planning:

- Think of at least 2 points that will support your answer and write them briefly - there is no need to write full sentences whilst you are planning, but if you think of any relevant words/phrases then it's good to write them down for later.

Once you've written the points you want to make that will support your argument, you need evidence:

- Think of at least 1 example of each point. These should not be further explaining your point, but real-world situations, facts or statistics that exemplify what you are trying to explain. Make sure you know the difference between explaining and examples.

Now you have the first two parts of each paragraphs, you can use these to outline your introduction and conclusion:

- Thesis statement: a sentence to start your essay, paraphrasing the question and briefly summarising your standpoint
- Include all the points you are going to make (practise and use sentence starters for this), and one of the examples
- Link it to your first point

Notice anything?

The introduction also follows the P.E.E.L format, but in a very concise way. The introduction is there for one purpose: To Introduce! Each sentence should be brief, and not include any unnecessary information. It also should only include points that you are going to make further in the essay. Do not mention any irrelevant points that won't get brought up again later.

Next up are the explanations for each paragraph:

- Make sure they are not just more examples, or making different points. Each explanation should say why the example is relevant to the point of the paragraph and why the point of the paragraph is relevant to your whole argument. Again, they only need to be written briefly in the planning stage.

Finally, the link:

- Even if you are using a generic linking sentence (keep reading for some examples), make a note to add it in so you don't forget later.

Turn to the next page for an example of an essay plan.



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ESSAY PLAN EXAMPLE

Essay question:

Some people believe that having a pet is good for people and families.

Do you agree or disagree?

- What type of question is it?
 - Opinion
- What type of answer does it need?
 - Choose one side to argue for (I am AGREEING)
- Think of at least 2 points that will support your answer and write them briefly:
 - Pets improve emotional well-being
 - They teach children responsibility
 - They encourage people to exercise (only 2 points are needed but if you think of another one, write it down just in case)
- Think of at least 1 example of each point:
 - Point 1: therapy animals in hospitals/nursing homes
 - Point 2: children with pets learn discipline to feed, walk etc
 - Optional point 3: dogs need regular exercise so their owners also get exercise
- Introduction:
 - Thesis statement:
 - "Some people think that... This essay will argue..."
 - Include all the points you are going to make:
 - "Not only do pets..., but they..."
 - Link it to your first point:
 - "One of the most important ways pets contribute is..."
- Explanations for each point:
 - Point 1: Lower stress levels of patients (shows that having pets are a good thing)
 - Point 2: Pets give children necessary life skills (which means that having a pet is a good thing)
 - Optional point 3: Exercise is beneficial for long-term health (which means that having a pet is a good thing)
- Links:
 - Point 1 to point 2: "Not only that, but..."
 - Point 2 to conclusion: "Which adds to the overall benefits of..."



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ESSAY PLAN BLANK

- What type of question is it?
 -
- What type of answer does it need?
 -
- Think of at least 2 points that will support your answer and write them briefly:
 -
 -
 -
 -
- Think of at least 1 example of each point:
 -
 -
 -
 -
 -
- Introduction:
 - Thesis statement:
 -
 - Include all the points you are going to make:
 -
 - Link it to your first point:
 -
- Explanations for each point:
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- Links:
 - Point 1 to point 2:
 - Point 2 to conclusion:



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P.E.E.L IN ACTION

Task 1: Read the essay below and highlight each part that corresponds to a POINT, EXAMPLE, EXPLANATION or LINK.

Task 2: Each point corresponds to a supporting argument. How many times is each point mentioned in the essay?

Some people believe that having a pet is good for people and families.
Do you agree or disagree?

Having a pet is often seen as a valuable part of family life. Some people think that pets bring nothing but extra work, but I believe the benefits far outweigh the drawbacks. This essay will argue that not only do pets improve emotional well-being, but they also teach children responsibility. One of the most important ways pets contribute to a family is by supporting mental and emotional health.

Firstly, pets have been shown to significantly boost emotional well-being. Animals provide companionship, reduce stress, and even help alleviate symptoms of anxiety and depression. For instance, therapy dogs are frequently used in hospitals and nursing homes to calm patients and improve their mood. These positive effects demonstrate how having a pet can enhance the quality of life for individuals and families alike.

Not only that, but pets also help children develop a sense of responsibility. Looking after an animal requires commitment, routine, and care—skills that are essential for personal development. For example, children who are in charge of feeding or walking a pet learn discipline and time management from a young age. These life skills stay with them into adulthood and encourage more responsible behaviour in other areas of life.

Which adds to the overall benefits of pet ownership, especially when we consider the positive impact on physical health. Dogs, in particular, need regular exercise, which encourages their owners to go outside and be active. This not only helps maintain a healthy lifestyle but also promotes bonding within the family through shared activities like walks or playing outdoors.

In conclusion, I strongly agree that having a pet is good for people and families. Pets do not just provide emotional support and companionship; they also help children grow into responsible adults and encourage healthier habits. For these reasons, pet ownership can be a highly positive influence on family life.



EXPLANATION AND WORKBOOK

As you can see from the essay on the last page, each point is mentioned 3 times in the essay. Once in the introduction (to introduce the point), once in the main body paragraphs (to explain it), and finally, once in the conclusion (to connect all the arguments together). To make sure your essay is cohesive, for every point you make, it should be mentioned three times. There should not be any points mentioned for the first time in the main body of the essay, or in the conclusion! This is why it is so important to be able to recognise what a point vs an explanation is. You don't want to accidentally introduce a new point while you are trying to explain another one. This is also why the planning stage is so important; if you have all your points planned out properly, you will know the order they are going to be written in and the examples to be used with each.

Use the table below to think of some examples and explanations for each point. Don't worry about writing out the entire explanation/example, just use brief sentences like you would in your plan. Use the second and third columns to think of synonyms or different ways to describe the main point that can be used in the introduction/conclusion so you're not repeating the same words/phrases.

POINT	SYNONYM 1	SYNONYM 2	EXAMPLE	EXPLANATION
Dogs help improve the health of their owners	Dogs help increase people's well-being	Dogs can help humans live a healthier lifestyle	Dogs need to be walked at least once a day	People who walk regularly have better cardiovascular health



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FINAL WORDS

By now, you should know what the P.E.E.L writing format is, why it's used and how to implement it. Congrats - you are well on the way to improving your IELTS Writing score!

As with all the IELTS tasks, practice makes perfect. So don't stop once you've read through this workbook and done all the exercises.

You should also practise:

- Paraphrasing
- Recognising question types
- Using a variety of sentence lengths and structures
- Recognising and using synonyms

For more information about the Writing tasks and recommendations for practising the above, see www.IELTsWithIzzy.com

2 - Each point is mentioned 3 times - once in the introduction, once in a paragraph and once in the conclusion

PEEL IN ACTION:

1 - point, explanation, example 2 - point, explanation, example 3 - point, explanation, point 4 - point, example, explanation

PRACTICE THE DIFFERENCE: POINT - EXAMPLE - EXPLANATION.

Answers for exercises:

