



Historia

Nombre del Alumno: Yolanda Felipe Francisco

Nombre del tema: Historia

Tercer Parcial

Nombre de la Materia: inglés III

Nombre del profesor: María Fernanda Monserrat campos Roman

Nombre de la Licenciatura: Lic en enfermería

Tercer Cuatrimestre

Fecha: 28 de julio del 2025. Lugar: Comitán de Domínguez Chiapas

Lately, I've been feeling very tired and unmotivated during the day. I go to bed very late because I spend hours watching videos on my phone or scrolling through social media. Sometimes, I stay up until 2 or 3 a.m., and then I have to wake up early for school. This makes me feel exhausted, I can't focus in class, and I'm starting to fall behind in my studies. I also get headaches and feel irritated easily.

You should set a specific time to stop using your phone at night.

You must prioritize your health and get at least 7 to 8 hours of sleep every night.

If you start sleeping earlier and use your phone less at night, you will feel more focused and energized during the day.

Claro, aquí tienes una opinión sobre las tareas (homework) usando las expresiones en inglés: "I think that", "I believe that", e "In my opinion":

- Homework

I think that homework is important because it helps students practice what they learn in class.

I believe that doing homework can improve responsibility and discipline.

In my opinion, teachers should not give too much homework, because students also need time to rest and enjoy other activities.