

# EPL E

## TRAIL 3

# ESSAY

### WRITTEN EXPRESSION

PREPARATION FOR THE BRAZILIAN  
ARMY LANGUAGE PROFICIENCY  
EXAMINATION



#### ACADEMIC ESSAYS

Master essay writing  
at C1 level



#### CRITICAL THINKING

Develop logical arguments  
and support ideas  
with evidence



#### ADVANCED STRUCTURES

Use complex grammar  
and academic vocabulary  
with accuracy



#### EXAM STRATEGIES

Learn planning, organization  
and revision techniques

### ★ STRATEGIC FOCUS

COHERENCE, PRECISION  
AND ACADEMIC  
EXCELLENCE

*Prof. Zoraia Benvenuti*

**26 YEARS TRANSFORMING LIVES  
THROUGH KNOWLEDGE**

### PART OF THE EPL E TRILOGY



#### TRAIL 1

##### Informal Texts

Build strong  
✓ writing foundations



#### TRAIL 2

##### Formal Texts

Master professional  
✓ written communication



#### TRAIL 3

##### Essay

Reach C1 level and  
✓ write with excellence



#### EXAM FOCUS

Prepared for the  
EPL E standard



#### PROFESSIONAL LANGUAGE

Academic vocabulary  
and formal expressions



#### SOLID STRUCTURE

Coherence, cohesion  
and logical flow



#### HIGH PERFORMANCE

Strategies for high scores  
and exam success



# EPLE EE

English Language Proficiency Exam

**Written Expression**

**Level 3 - Essay**

A complete 3-level path to your success!

Path 1: Informal Texts | Path 2: Formal Texts | **Path 3: Essay**

Master essay writing for the EPLE EE exam  
Develop critical thinking and argumentation  
Achieve C1-level written proficiency

Zoraia Benvenuti - Knowledge  
Builder

# What is the EPLE EE?

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The EPLE EE (English Language Proficiency Exam – Written Expression) is a standardized assessment designed to evaluate written English proficiency in professional and military contexts.

The exam measures the candidate's ability to produce clear, coherent, and well-organized texts that demonstrate accuracy in grammar, vocabulary, and structure.

At Level 3, candidates are expected to write essays that present logical arguments, support ideas with evidence, and maintain a formal academic tone throughout.

## About Benvenuti

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Benvenuti Language Course and Professional Mentoring has over 26 years of experience helping professionals achieve their language goals.

Our approach combines innovative teaching methods with personalized mentoring, ensuring each student receives the support they need to succeed.

We specialize in exam preparation, professional communication, and career development through language mastery — always with a focus on measurable results and real-world application.

# About the Author

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Professor Zoraia Benvenuti is an English language specialist and professional mentor with over 26 years of experience in language education.

Her mission is to develop confident and competent writers who can communicate effectively in professional and academic contexts.

Through the Benvenuti Method, she guides students step by step — from understanding text structures to producing high-quality written work that meets international proficiency standards.

# The Benvenuti Method

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The Benvenuti Method is an integrated approach to language learning that combines five key elements:

1. Language Development - Building solid grammar and vocabulary foundations
2. Writing Strategies - Teaching techniques for clear, organized writing
3. Critical Thinking - Developing analytical and argumentative skills
4. Vocabulary Expansion - Growing academic and professional word banks
5. Continuous Practice - Regular writing with structured feedback

This method ensures learners progress systematically toward exam-ready proficiency.

# How the Method Works

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Each lesson in the Benvenuti Method follows a six-step sequence designed to build writing skills progressively:

1. Explanation - Clear presentation of the concept or structure
2. Model - A complete example of the target text type
3. Analysis - Guided examination of the model's key features
4. Practice - Structured writing exercises
5. Feedback - Detailed correction and suggestions
6. Revision - Rewriting based on feedback to consolidate learning

This cycle repeats throughout the course, ensuring continuous improvement and building confidence at every stage.

# Why This E-book?

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This handbook was created for learners who want to reach C1-level essay writing proficiency for the EPLE EE exam.

It provides a complete, structured path from understanding essay fundamentals to producing high-quality academic texts that meet international standards.

Inside you will find:

- Clear explanations of essay structure and components
- Strategies for developing logical arguments
- Academic vocabulary and useful expressions
- Annotated model essays
- Practice activities with guided feedback
- Self-assessment checklists

# How to Use This Material

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To get the most out of this material, follow these guidelines:

1. Follow the lessons in order - each one builds on the previous
2. Read the explanations carefully before looking at examples
3. Study the model essays and their annotations
4. Complete all practice exercises
5. Compare your writing with the models provided
6. Use the checklists to evaluate your own work
7. Revise and rewrite based on your self-assessment

Remember: consistent practice is the key to improvement. Set a regular study schedule and commit to writing every day.

# Content Organization

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This e-book is organized around the following key topics:

1. Essay Structure - Understanding the components of a well-organized essay
2. Argument Development - Building logical, persuasive reasoning
3. Academic Writing - Mastering formal tone and conventions
4. Advanced Grammar - Using complex structures accurately
5. Model Essays - Annotated examples for study and reference
6. Practice Activities - Guided exercises with feedback criteria

The content follows the Trail system, progressing from foundational concepts to advanced production tasks.

Level 3 represents the final stage of the EPLE EE Written Expression Trilogy, targeting C1 proficiency.

# Introduction to Trail 3

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Trail 3 is the final stage of the EPLE EE Written Expression Trilogy. It focuses on producing persuasive, coherent, and professional essays that meet C1 proficiency standards.

Learning Outcomes:

By the end of this trail, you will be able to:

- Plan and organize essays effectively
- Develop logical and persuasive arguments
- Use advanced grammar and academic vocabulary accurately
- Write essays that meet C1 international standards
- Evaluate and improve your own writing independently

This is where all your previous learning comes together — from informal texts to formal writing — culminating in the ability to produce sophisticated academic essays.

Part 2

## Trail 3.1

### Understanding the Essay

Learn what makes a successful C1 essay  
and how the EPLE EE evaluates your writing.

# Lesson Objectives

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By the end of this lesson, you will be able to:

- Identify the key characteristics of a high-quality C1 essay
- Understand what the EPLE EE expects from candidates at this level
- Recognize common essay prompts and their requirements
- Distinguish between different types of essays
- Begin developing a strategic approach to essay writing

# What Is an Essay?

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An essay is a structured piece of writing that develops and supports a central idea or argument. At the C1 level, essays require:

- Logical organization of ideas
- Critical thinking and analysis
- Advanced vocabulary and grammar
- Clear argumentation with supporting evidence
- Coherent paragraphing with smooth transitions

In the EPLE EE context, the essay demonstrates your ability to communicate complex ideas in a professional and academic manner, showing command of English at an advanced level.

# Why Essays Matter in the EPLE EE

The essay section of the EPLE EE evaluates your ability to:

- Communicate ideas clearly and persuasively
- Build and sustain a logical argument
- Organize information coherently
- Demonstrate linguistic accuracy and range

Assessment Criteria:

1. Task Achievement — Did you address the prompt fully?
2. Organization and Cohesion — Is your essay well-structured?
3. Vocabulary Range and Accuracy — Do you use varied, precise vocabulary?
4. Grammatical Range and Accuracy — Do you demonstrate advanced grammar?
5. Overall Communicative Effectiveness — Does your essay communicate its message clearly?

# Types of Essay Prompts

In the EPLE EE, you may encounter the following types of essay prompts:

1. Opinion Essay — State and defend your personal viewpoint on a topic
2. Discussion Essay — Present both sides of an argument before giving your opinion
3. Advantages and Disadvantages — Analyze the pros and cons of a situation
4. Problem-Solution — Identify a problem and propose practical solutions
5. Cause and Effect — Explore the reasons for and consequences of a phenomenon
6. Compare and Contrast — Examine similarities and differences between two subjects

Each type requires a different approach to organization and argumentation. Understanding the prompt type is the first step to planning a successful essay.

# Teacher Zoraia's Tips

Here are some practical tips to help you write better essays:

1. Read the prompt carefully — underline key words and identify exactly what is being asked
2. Plan before you write — spend 5 minutes organizing your ideas into a clear outline
3. Support every argument with examples, evidence, or logical reasoning
4. Use a variety of linking words and transitions to connect your ideas smoothly
5. Review your work — check for grammar, spelling, and coherence before submitting

Remember: a well-planned essay is always stronger than one written in a rush. Take time to think, organize, and revise.

# Common Mistakes

Avoid these frequent errors when writing your EPLE EE essay:

1. Writing off-topic — not addressing the prompt directly
2. Weak or missing thesis statement — failing to state your main argument clearly
3. Poor organization — jumping between ideas without logical structure
4. Repetitive vocabulary — using the same words instead of varied, precise language
5. Informal tone — using slang, contractions, or overly casual expressions
6. Missing conclusion — ending abruptly without summarizing or restating your position

Always proofread your essay. A single reading can catch most of these issues before submission.

# Lesson Summary

A successful C1 essay in the EPLE EE requires:

- Clear organization with a logical introduction, body, and conclusion
- Convincing arguments supported by examples and evidence
- Advanced and varied vocabulary appropriate to the topic
- Grammatical accuracy demonstrating C1-level command
- Coherent use of linking words and transitions
- A strong thesis statement and a clear conclusion

In the next lessons, you will learn how to plan, draft, and revise essays that meet all of these criteria. Practice is the key to mastery.

# Practice

Exercise 1: Identify the essay type for each prompt below:

- a) "Some people believe that university education should be free. To what extent do you agree or disagree?"
- b) "What are the causes of air pollution in large cities, and what effects does it have on public health?"
- c) "Compare and contrast online learning with traditional classroom education."

Exercise 2: Write a thesis statement for the following topic:  
"Artificial Intelligence in Education — Is it a benefit or a threat?"

Exercise 3: Create a brief outline (introduction, 2 body paragraphs, conclusion) for an opinion essay on the following topic:

"Remote work has more advantages than disadvantages for professionals." Do you agree or disagree?

## Trail 3.2

# Essay Structure

EPL E - Written Expression

Level 3 - Essay