Write an essay (with introduction and conclusion) on the suggested topic. Choose an aspect to speak about yourself.

Your introduction should include the thesis statement - main idea of the paper (here is more detailed explanation - https://essayshark.com/blog/how-to-write-a-thesis-statement-to-make-it-clear/). Don't include any new information in the conclusion. It should  restate the thesis statement of the paper.

Support your ideas with relevant arguments and examples (in-text citations).