Phil
Hi! I'm Phil from BBC Learning English. Today, I'm going to tell you the difference between affect with an 'a' and effect with an 'e'.

Just remember that affect with an 'a' is a verb. It means 'to influence'. So, for example: Tiredness is affecting my work.

Effect with an 'e' is usually a noun, and it means 'the result of something'. The effect of not having breakfast is to feel really hungry.

Effect can be a verb. It's very formal and it means 'to implement something'. The management effected a new policy.

So if you find this difference affecting your English, just remember that affect with an 'a' is a verb and that effect with an 'e' is usually a noun. And the effect will be that you don't make any more mistakes!