

IDEAS 19

**International Online Teachers Society
Debate
Educational Materials For
Advance and Upper Intermediate
Students**



**International Online Teachers Society
Publishing Committee**



CONTENTS

THE 19TH INTERNATIONAL ONLINE TEACHERS SOCIETY ESSAY CONTEST

ATTITUDE I START YOUR DAY RIGHT I Rolando P. Nagtalon Jr. I 2
ATTITUDE I YOUR ATTITUDE SUCKS I Kathlyn Q. Barrozo I 3
ATTITUDE I TEACHING KIDS ABOUT ATTITUDE I Kathlyn Q. Barrozo I 4
ATTITUDE I WHY ATTITUDE IS EVERYTHING I Kathlyn Q. Barrozo I 5
ATTITUDE I ATTITUDE – 100% YOU I Marian Baltazar I 6
ATTITUDE I ATTITUDE – THE POWER TO STEER THOUGHTS I Marian Baltazar I 7
ATTITUDE I POSITIVE AFFIRMATIONS REINFORCE YOUR ATTITUDE I Marian Baltazar I 8



Start Your Day Right

Rolando P. Nagtalon Jr.
Class of 2002, Polytechnic University of the Philippines
B. S. Industrial Engineering

...

The only difference between a good day and a bad day is your attitude. Things happen unexpectedly; gadgets break, shoes get rotten, jackets get worn out, and people come and go. There are things that we cannot control; earthquakes, twisters, flood, blizzards, and there are things that we can; like forgiveness, gratitude, appreciation, and most of all attitude. The way we look on things defines our attitude. The way we live our day defines our attitude. The way we control our attitude makes or breaks our day and it defines us.

People are getting too busy nowadays that we no longer notice how we begin our day. I believe that the way we see it first in the morning is being carried out until we end our day. Not everyone believes in this matter but actually, a positive mind anticipates happiness, good health and successful outcome of every action.

It is common to hear from people, "I got up on the wrong side of the bed", when you see them with a distorted face on a bright morning, which I see that non-sense since we are putting the blame on the sides of the bed and which I see so unfair for the bed to be blamed. What can be more frustrating than blaming something that has not done anything at all to us at all? Like the sides of the bed. Do not let the bed decide on how you would face our day.

Uncertainties; these usually happens in the morning, that's most especially when you are in a hurry and you're running out of time because of something is on due. These uncertainties actually won't affect you that much and put all the stress in the world on you unless you let it and unless you let yourself see it that way. It just depends on how you look into them. They might seem very big and unhandy but you can just look at it as small as a mustard seed and as handy as your favourite mobile gadget.

By the way, let me just add that this great attitude on the start of our day is contagious. Truly, I say to you that somehow, in a way or another, we affect people that we meet with this good attitude. When we start our day right, when we start our day with good attitude and good outlook, we will have positive view of the day. Everything will seem to be working fine and will be doing great. It will create positive thought and smile that will affect other. Facial expressions really make a difference and these are effects of our attitudes.

We may probably believe it or not but one thing is for sure, we can choose on how we will start our day so we can end it the way we want it to.

Question for discussion:

1. How do you define attitude in your way?
2. Have you ever experienced being on a rush and then suddenly something went wrong?
3. Is attitude really necessary in the society?
4. How can you practice a good attitude?
5. Aside from smiling, how do you think you can pass on to other people your good attitude?



YOUR ATTITUDE SUCKS

Kathlyn Q. Barrozo
Class of 1991, University of Santo Tomas
B.S. Medical Technology

A person's attitude shows his definitive posture or stance that serves a specific purpose, circumstance or situation. We are creatures designed with intellect and a soul, which contribute to our ability to adopt certain attitudes in life. However, some people seem to have a type of attitude that turns off others; their attitude is found to be lacking in finesse and sensibility.

Funny thing is, these people seem to think the world owes them a huge favor, so everyone else has to accept their dispositions as they are—no ifs and buts. They go through life thinking that the sun rises and sets at their behest, and the world revolves around them. They run roughshod over everyone else, not bothering to stop and see if their inconsiderate disposition has hurt others or wrought irreversible damage.

With the start of a new year, it is imperative that each and every one of us take careful stock of how we have gone through the past year thus far. It is time to take a long and hard look at how we have faced and interacted with other people in our day-to-day lives. Have we perhaps hurt others with the words we have uttered? Have we been compassionate enough to let others know that we were with them during their time of need? Have we been sensible to the cries of others who were helpless? Have we been human in all our dealings?

It can be rather challenging to channel a positive attitude in times when every other person is bent on being negative. It can prove a fruitless exercise to have prudence and circumspect when your neighbor seems to be happy making your life miserable. It can become a true test of humanity when you feel that nothing seems to be going as planned, and all things seem to be going any which way but not your way.

But it is still upon us to try our best to show the proper attitude, no matter how infinitely difficult it may be. Look upon the fable of the crow and the pitcher. One can learn a lot about attitude based on that fable. In the story, a really thirsty crow found a pitcher with very little water. When at first he thrust his beak into the pitcher, he found out that he couldn't quite get what he needed. He tried giving the pitcher a hard thump, hoping to break it; he tried shoving against it in hopes of turning it over. When none of his earlier efforts gave him what he wanted, he used pebbles. With hard work and sensible thinking, he made the water rise up so he could drink up.

So, if you were the crow, would you consider the pitcher half empty or half full?

Questions for Discussion:

1. Be able to tell the story of The Crow and The Pitcher in your own words.
2. What lesson can we learn from the fable of The Crow and The Pitcher?
3. Is there a similar story you know of? Be able to tell the story in class.
4. Why is having a positive outlook essential?
5. Have there been times when you think you have not had the proper attitude? Why do you think so?



TEACHING KIDS ABOUT ATTITUDE

Kathlyn Q. Barrozo
Class of 1991, University of Santo Tomas
B.S. Medical Technology

Have you ever wondered how some kids can have positive dispositions and a mature way of thinking while others never seem to grow wiser at all? Teaching one's own kid about attitude is a duty that every parent must take responsibly. But what is the most practical way of teaching a child about proper attitude?

I once read this story many years ago from a guide to parenting book.

The writer talked about how she taught her kid the proper attitude to take about learning and exploring. She had been working in the garden with her five-year-old. While she and her child were busy digging in the dirt, they both saw a worm. The natural inclination, the writer knew, was to express disgust. But she wanted to teach her own kid proper disposition, so she took the worm with her shovel and showed it to her child, not expressing dislike for the creature. She talked about how the worm helped the plants they were cultivating, and she also told her child not to harm the helpful worm. I believe that her child will have grown into a very sensible and considerate parent herself.

Our children learn by example---more often, they imbibe values from what they see, not from what they hear. They learn to emulate things a lot better based on what we show them. The huge responsibility of being a parent includes knowing this small fact by heart. If you are to teach a child the way he should go, then live the way he should live. See things the way he should see things. Consider other people the way he should consider other people. If we fail in this respect, then we are not fit to be called a parent.

If all that our children see are enmity, disdain and complete disregard for other people, how can they see how extremely important it is to be considerate and sensible to others? If they see us quarrelling with our spouses or family or friends, how can we teach them about how essential it is to build relationships? If all they see is blatant disregard for basic rules and regulations, how can we teach them to become responsible future citizens?

As parents, it is our sole duty and responsibility to practice what we preach to our children. We have been pre-ordained to teach them how to live life and how to be human by showing them how to do so and be so. Talk is cheap; it is actions that speak much louder. Most important of all, let us teach our children proper attitude by accepting that we are not perfect beings ourselves. By doing so, we equip them with a humble attitude to accept that they can also make mistakes, but are meant to learn from those mistakes. Such is the attitude that they must learn to have.

QUESTIONS FOR DISCUSSION:

1. Are you an optimist or a pessimist or both? When are those times when you are more of one than the other?
2. Is it easy to face life with a positive attitude all the time? Elaborate on your answer.
3. What attitudes about life have you learned from your parents?
4. How will you teach your own child about proper attitude?
5. Why do you think some people fail and some don't? Give examples to expound on your answer/s.



WHY ATTITUDE IS EVERYTHING

Kathlyn Q. Barrozo
Class of 1991, University of Santo Tomas
B.S. Medical Technology

There are people who seem to be extremely good at what they do. They win everything—respect, glory, fame, admiration, wealth. They go through life much easier than others do. They gain so much without losing anything. If you ask them what their secret is, their usual answer is: having a positive attitude. Yes, ladies and gentlemen, attitude IS everything.

If you wake up in the morning begrudging having to leave your bed in order to do what you have to do, your day is doomed. If you just plod on the whole day without knowing why you have to do so, then you are living a zombie-like existence not fit for humans at all. If you consider all your relationships as inconsequential, burning your bridges along the way, you might never get to where you are going.

But if you wake up to each sunrise with a happy smile and a great outlook, your day will be replete with great things and wonderful blessings. If you go through the day with a smile in your heart and a skip in your step, you channel a great aura that is sure to inspire others. If you nurture your relationships whether they are personal or career-related, you open yourself to fruitful interactions and fulfilling companionships.

If you look at your work as mere drudgery, then you set yourself up for career disappointments. If you consider other people as competition, you will never find yourself good enough. If you consider the things you do as cumbersome, you will never find satisfaction at all with anything.

If you consider work as a way of giving back for all the blessings you get everyday, you will find growth and more potentials for self-development. If you consider other people as colleagues and associates that you have to cooperate with towards attaining a common goal, you are sure to earn the respect of true friends. If you consider everything you do as a way of improving yourself, you will find satisfaction quite easily. And although they say that finding contentment easily is the nemesis of success, contentment is in actuality the very essence of success. This is especially so when each and every small success you reap inspires you to go further and do more.

Life is not meant to be a romp in the park. It is crafted to be a challenge every which way and at every turn. If we hold on to a negative attitude about life and its facets, we will never live up to our calling; we will never find our true purpose. Those who truly succeed are equipped with a pleasant disposition in life and a prayerful existence that speaks of maturity and true humanity. Strive to have optimism--it's the only attitude that will win you the gold.

QUESTIONS FOR DISCUSSION:

1. Why is it difficult to have the proper attitude in everything?
2. How can we have the proper attitude at all times? Give specific examples.
3. Do you feel you have a great attitude in life? Explain your answer.
4. Why is attitude an important factor for living life?
5. Is there anyone whose attitude you admire the most? Be able to talk about this role model in class.



ATTITUDE – 100% YOU

Marian Baltazar
Class of 1980, University of the Philippines College of Manila
AB Political Science

Attitude has various definitions and one of which is, it is a point of view about a situation. Whether you are in a pensive mood or you are feeling cheerful, frivolous and light-hearted, a person, no matter what situation he is in, always has a certain thought about it. Not only that, you also have an emotional response to it. Hence, we can say that attitude refers to what you think, what you do and what you feel.....these are what creates the real “you”.

In reality, attitude is the “advance man” of our true selves. We can be successful because of our attitude. It is like a fruit that branches outward and is exposed for everyone to see. Apparently, attitude can be both our best friend and our worst enemy. It is more honest and more consistent than our words. It is a demeanor or the manner which can draw people to us or shoo them away. Attitude is therefore 100% you, for our attitude is 100% within our control. There are a lot of things in life that we have no control over and the only thing we can do is to control the manner in which we react to it. It seems disheartening when people allow the reactions of others figure out or determine their outlook in life. For instance, how do we react to failure? Do we just walk or run away from it having that heavy feeling of discouragement or are we in full control, staying focused, considering it a lesson learned and move on? As the saying goes, “Experience is the best teacher”. Sometimes it takes to experience a lot of failure for us to succeed once. This entire genre and the way we react are a reflection of our attitude, of which we really are or what kind of person are we.

Yes, all of us want the most out of life and everyone would want to experience the fullness of our existence. We would like the best of the best, be it God’s will of course. We must remember that God created each one of us for a purpose and our mission is to accept it and be responsible Christians in this world we live in. Bear in mind that Christians are more than believers, they are doers!

We can not hide it, our attitude reveals the inner us neither can we deny it. It is who we are; it is the outside of your inside. Our words can not belie our actions, because our attitude will always come out in the open, no matter how much we hide it. Let us ask ourselves now, what does your attitude say about you? Your attitude will make you or break you. Lastly, try to write ATTITUDE in a piece of paper and assign each letter the number that letter corresponds to and add those numbers. Guess what? It will sum up to 100%. Yes, A=1, T=20, T=20, I=9, U=21, D=4, E=5 = 100%. Attitude is everything, so let’s face the fact that, “Attitude is 100% you.”

Question for discussion:

- 1.How can you describe your attitude?
- 2.Does your attitude reveal the real you? How?
- 3.When can you say that your attitude is your best friend? Or worst enemy?
- 4.Are you biased when it comes to your attitude?
- 5.Can your attitude make or unmake you? How?



ATTITUDE – THE POWER TO STEER THOUGHTS

Marian Baltazar
Class of 1980, University of the Philippines College of Manila
AB Political Science

In this world that we now live in, most of the time we experience failures and frustrations which lead us to being biased and pessimistic in utmost situations. Our minds always wander but we never wonder why such things are happening, those grueling misfortunes that accidentally trample our way. Everyday, we deal with different persons from all walks of life. Sometimes we tend to turn away when confronted with a high-intensity negative person. Not only that, there are times too that we are bombarded with bad news, hard times and difficulties in life that we begin to be stuck with a negative mindset. How we deal and handle all these mishaps and circumstances in our life give us also the chance to steer our thoughts, and that is where attitude comes in. We have the power to steer our thoughts by developing a positive attitude which can eventually bring happiness into our lives. Yes, learning how to steer life towards a positive attitude can lead us to attain and find peace, joy and excitement, even contentment in life. We should believe that we can create a positive life and thoughts, and then inevitably realize that we can take full control of our attitude, thoughts and life.

Yes, it is just a matter of attitude so we can get hold and have a mindset of acquiring that beautiful and wonderful aura that reaches deep within our soul. Like what Abraham Lincoln once said: "It has been my observation that people are just about as happy as they make up their minds to be.", which means that we can head and move on to be in a state of "nirvana" in any way we want it to be. Some other points which may guide us to get by are: "There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative."; "If you share happiness, and all that is good and desirable, you will attract happiness, and the good and desirable. Steer towards calm waters."; If you share misery and unhappiness, you will attract misery and unhappiness. Release, forgive and then steer forward."; "If you find the 'Land of Happy' put down the anchor of happiness, first for yourself and then for others."

For me, attitude is more than facts, than money, than education, than failures, than successes. It is more than what other people think, say or do. It is more important than appearance, talent or skill because it can break or make a company, a church or a home. What matters most is how we take things, make our choice of attitude that we will embrace for that day. We do not have the power to change the past nor change the way people act or think for we cannot change the inevitable. The only and primary thing to do is to focus on our attitude for us to play it right. I am truly convinced that life is 10% of what happens to me and 90% of how I react to it. How about you? Bear in mind that we are in charge of our attitudes and it has the power to steer our thoughts too. Take full control of this crucial mental position for you to have the right aptitude in life!

Question for discussion:

1. Do you have the right attitude when you wake up every morning feeling good in life in general?
2. How would your attitude be when you are faced with life's odds?
3. Does your attitude prove to be detrimental to your health too? Why and how?
4. Are you happy with who you are right now? Explain further.
5. How can you describe the impact of attitude in your life?



POSITIVE AFFIRMATIONS REINFORCE YOUR ATTITUDE

Marian Baltazar
Class of 1980, University of the Philippines College of Manila
AB Political Science

Do you often wake up in the morning feeling grouchy, irritated, heavy and not feeling good? Or do we feel that we have a good vibes that makes us feel great for that particular day? The latter overrules the... former for that matter because it is more important to have positive affirmations rather than negative affirmations. A positive affirmation is a statement that expresses a positive attitude, thought or fact. Positive affirmations should reinforce good thoughts and positive attitudes while getting rid of negative thoughts from your mind. It helps improve one's self-esteem and attitude through repetition. It also changes our personal thoughts and attitude through careful redirection. It gives us a better and healthy outlook in life making us optimistic persons. Positive affirmations help us relieve and reduce stress and give us better relationships due to those good thoughts. We need to focus this positive thought that helps us improve our minds and thoughts to the present time rather than where or what you want to be in the future.

If we keep on thinking negatively, it will reach us nowhere and this will eventually make us a failure. Whereas, we can use affirmations to help us get out of depression, build our self-confidence and self-esteem. It can also be used to control our fear and anxiety leading to stress management. Therefore, positive affirmations are used successfully in personal growth and self-improvement. Our minds will learn fast if we do "Mass Practice", meaning repeating these affirmations five times in a row. On the contrary, it also results to forgetting quickly, which is called "Spaced Practice." This is the process of repeating all the affirmations three or more times during the day which produces slow learning and slow forgetting. So combining both "Spaced and Mass" practice will be better to produce best results, fast learning and slow forgetting.

Using these positive affirmations will help and make us better individuals. All these will support us in manifesting powerful change in our attitude and outlook in life. It can reinforce in us the attitude of being optimistic in life. As William Blake puts it, "You become what you behold.", which means these affirmations empower and support us in manifesting powerful change in our lives. As we work in these intentional affirmations, whether they are written, spoken, read and chanted, it will create in us a lifestyle and gradually see these affirmations working in us.

It definitely true that positive affirmations can reinforce that positive attitude every individual hopes for to have a transformed life for the betterment of an individual. Irrespective of your current circumstances, the power of affirmations will create in us the better "You". We should profess what we want to be true in our life, and then you will mentally and emotionally see and feel it as true, thereby attracting it into your life. Let us not regress, but we should always progress for the future of humanity.

Questions for discussion:

- 1.How do you deal with your negative thoughts?
- 2.How can you transform your negativity with having positive affirmations?
- 3.How true are the positive affirmations that you adapt in your life? How can it make you a better individual?
- 4.Would you like to have a transformed life and create a new lifestyle having these affirmations?
- 5.How can you best describe the affirmations that you experience in your life?

WebRepOverall rating



International Online Teachers Society(IOTS) is an independent non profit international organization committed to improving the state of online and offline education in the world by engaging all kinds of language teachers with fluent English speaking skill in the world to shape global, regional and education agendas.
www.iotsonline.com