

# IDEAS 34

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



**International Online Teachers Society  
Publishing Committee**



## CONTENTS

### THE 34<sup>th</sup> INTERNATIONAL ONLINE TEACHERS SOCIETY ESSAY CONTEST

TIME I CAN YOU SPARE THE TIME? I Kathlyn Barrozo I 2
TIME I CARPE DIEM I Kathlyn Barrozo I 3
TIME I CARPE DIEM 2 I Kathlyn Barrozo I 4
TIME I TIME IN A WOMAN'S PERSPECTIVE I Kathlyn Barrozo I 5
TIME I TELL ME ABOUT TIME I Alex Badion I 6
TIME I TIME - A CLOAK OF INDISPENSABILITY I Marian Baltazar I 7
TIME I TIME - ITS PERFECT MEANING IN OUR LIFE I Marian Baltazar I 8



## CAN YOU SPARE THE TIME?

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

Time is often something we always have but do not exactly know how to use. How many times have we heard the often-used excuse, "I just don't have the time." ? This writer is not immune to the annoying time trap, composed mainly of procrastinating and trying to get things moving at the eleventh hour. We don't act like there's no tomorrow; goodness knows we only do that when we're really pushed for time. What we think about is the number of tomorrows we still have before getting up and actually doing what we have to do. Funny, but the whole system, although undoubtedly stressful and hypertension-inducing, often gives us a greater sense of accomplishment. That flawed perspective only stems from the fact that we need to do a greater number of things at a more limited time, which in reality, wouldn't have been so stressful had we managed our time better. Oh, the perils of having deadlines!

Anyway, the more gifted of us on the time management scale are a breed apart from the rest, I believe. They get on with everything without delay, stopping only when they've reached certain milestones along the way. By so doing, they are able to live life in a more complicated manner, having their schedules set out beforehand. On the other hand, those (we) who are not as successful at time management also live their (our) lives leisurely, taking things in stride. And then, come crunch time, they (we) jump to the task at hand, punishing themselves (ourselves) to the core trying to make the most of what little time they (we) have. Time ceases to be an ally altogether. It becomes one's greatest enemy and worst taskmaster.

The mystery to all these is the propensity we have of subjecting ourselves to the same thing over and over again. We never learn. I, for one, have always found that the extra 5 minutes in bed early in the morning can easily stretch to 30 at the most. And then, I scramble out of bed like a total idiot wondering how I could wake up so late when my alarm clock's been set to 5 minutes before the hour. Utter stupidity, I tell you. There was this one time when I decided to have a back-up alarm to my cellular phone alarm: I got myself an alarm clock. But I only ended up shutting off both alarms when they went off, and then going like mad (again!) doing multiple things at the same time before breakfast. Crazy, I tell you.

Well, so much for idle chitchat now, chum. I still have that deadline staring me in the face, and it's for tomorrow. I just don't have the time, you see.

## QUESTIONS FOR DISCUSSION:

1. Are you the type who plans ahead or just goes with the flow? Are you effective that way? Why or why not?
2. Why does the writer use first person pronouns enclosed in parentheses in the second paragraph starting with sentence 4?
3. Why do people tend to procrastinate?
4. Why does time become "one's greatest enemy"?
5. How can we manage time effectively?



## CARPE DIEM

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

I once received an email from a former colleague about the value of time and have searched for the most likely source of the poem she had sent me. This is how it goes:

To realize the value of TIME

To realize the value of ONE YEAR – Ask a student who has failed his final exam.

To realize the value of ONE MONTH – Ask a mother who has given birth to a premature baby.

To realize the value of ONE WEEK – Ask an editor of a weekly newspaper.

To realize the value of ONE DAY – Ask a daily wage laborer who has ten kids to feed.

To realize the value of ONE HOUR – Ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE – Ask a person who has missed the train.

To realize the value of ONE SECOND – Ask a person who has survived an accident.

To realize the value of ONE MILLISECOND – Ask the person who has won a silver medal in the Olympics.

Treasure every moment that you have! And treasure it more because you share it with someone special . . . special enough to have your time. . . (Unknown) Taken from: <http://wizdompath.wordpress.com/2008/05/29/to-realize-the-value-of-time/>

How I wish I knew who the author was, for he capably captured the essence of the value of time in a manner I can never do. My online jaunts have also brought me to several other sites that have used the poem as a background for their own versions, but the original one I still consider the best. It encapsulates how we take time for granted so easily, but only realize its significance once it's all too late. A pity it is, truly, but that's just what makes us humans. We don't see the value of anything, even of time itself, until we lose it.

Time is a gift which we must learn to appreciate and use fully as God designed it to be. We may dilly-dally with our time as much as we can, but the losses are ours alone and nobody else's. When we give in to the temptation of procrastinating as often and as much as we can, we only end up regretting the waste we eventually get as a result. We may give all sorts of excuses for our failures, but the bottom line is: we were still the ones who ultimately made the decisions and called the shots. This also applies to how we choose to make use of our time, either wisely or foolishly.

It is never easy; in fact, time management takes a lot of skill and practice. Maybe, that is just one thing we have to take the time to learn how to do.

## QUESTIONS FOR DISCUSSION:

1. How valuable do you consider time is?
2. Why is it never wise to waste time?
3. Are you able to easily manage your own time? What makes time management difficult?
4. If you had all the time in the world, how would you spend it?
5. If you had only a week to live, how would you spend it?



## CARPE DIEM 2

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

Have you ever been advised to live each day like it was the last day of your life? Personally, this writer has taken that advice to heart, knowing and fearful that this day or the next could be the last day of her life. Short of getting morbid here, this writer does not feel death is near, mind you. But for this writer, that fact has never been more significant than any other because of the circumstances I have found myself in, among other considerations.

For one, I was widowed early at 37. That's when I realized that nothing is ever certain in this life—oh, except death and taxes of course. One moment you're on top of the world, the next moment you're down in the dumps, absolutely. Before you know what hit you, you find yourself down on the ground with only your dignity intact and the responsibilities you have to face staring right back at you. The ride can be scarier than any amusement park offering, you see. But I often realize how truly strong we become when the going gets real tough, and it helps that people believe in you and ceaselessly find ways to support you as much as they can.

Life is a roller coaster ride, and it seems like time is always on our side. But reality bites, like I once said, and it does bite long and hard. We are not indestructible; neither are we untouchable. The fact of the matter is, we are not immune to the complexities and challenges of life, and it is only time that can heal all wounds and that will help us grow with each step we take, with each decision we make. This is precisely why we need to learn as much as we can and wise up in the ways of this world. Otherwise, time will seem to imprison us in its unforgiving clutches when we end up doing the same mistakes over and over again, which will lead us to question ourselves even more. We will never know the sweetness of success that way.

Being young is an easy time to learn our perspectives, grab the opportunities that come our way. The youth have time on their hands which their elders often do not have. They are given every option to explore and discover as much as they can, in direct contrast to their elders who can only sigh in desperation and disappointment for misused options and wrong decisions. Such is the cruelty of age; such is the wickedness of time.

Time well-spent is time saved. It is a matter of knowing how it should be spent before one can actually enjoy the benefits of truly having time on our hands. Time is a gift we all have, but unfortunately do not often have the luxury of knowing how to use.

### QUESTIONS FOR DISCUSSION:

1. Why should we “seize the day”?
2. Was there ever a time you did something you regretted right after? What were the circumstances surrounding that particular situation?
3. Do you always feel that you have time on your hands? Why or why not?
4. If you could change one particular event in history, what would that event be? Why would you wish to change it?
5. Do you consider other people's time as important as your own? Why or why not?



## TIME IN A WOMAN'S PERSPECTIVE

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

Time is a woman's worst enemy, and I am not particularly sure if that's also true for the male species. Women have an uncanny tendency to age quickly when subjected to stress, and in this modern era, the sources of stress are so diverse that age-defying products always make brisk sales. Females are constantly on the search for the elusive fountain of youth, and will spend as much as they can to get it. Ageless beauty sells, and we often fall victims to merchants of it. Notwithstanding the hefty price tags they carry, age-defying products will always find more-than-willing buyers out there.

Trends come and go. That is the beauty of trends—they never really get permanent with time. They only get revisited and developed further and reshaped. That's precisely why they are called trends. But the trend for age-defying products seems to last the longest. Is it because more and more people realize the value of lost youth only when they get old? Perhaps that is so. Who wouldn't want to have skin as soft as a baby's? Or complexion as supple as a five-year-old's? What 40-year-old wouldn't want the face and body of a goddess? This is why whitening products that are touted to combat skin ageing sell fast in this country. This is why women are forever on the lookout for various health, fitness and beauty trends that are cited to be all-in-ones.

Unfortunately, products that are advertised as genuinely effective often carry a disclaimer: Results depend on blah-blah; Results may vary; Users are advised to seek professional advice prior to using blah-blah product. Or variations of this type. Why can't we learn to accept that we will all get wrinkled with age? Okay, so there's always the argument that we can always try to delay the inevitable as much as we can. But really, is there no end to all the delaying? And when will we ever know when to stop?

Others might consider these the rants of one whom time has caught up with. That may be true in some respects, and I honestly marvel at how others can afford to look ageless with time. That, and the even greater consideration of spending power. I've read that a certain screen goddess uses caviar (CAVIAR!) on her skin. Truly, some women have all the luck and money! And the only fish eggs I have ever seen are inside fish bellies, you know, those yellow, spindly sacs inside the fish we have for supper. At least, that's what my mother calls them: fish eggs. Time is rather unfriendly to us women. What we can always do is delay ageing as much as we can, but time can and will eventually catch up. It is, after all, the great equalizer.

### Questions for Discussion:

1. Why are women fixated on age-defying products? Is it the result of advertising and media, or something else?
2. They say that time heals all wounds. Why do you think this isn't true with getting old?
3. What are the most common age-defying products in your country? Why do some products sell faster than others?
4. Is there a particular person you admire who ages gracefully? Can you tell why that individual seems to age gracefully?
5. What advice would you give to someone who seems totally obsessed about staying young?



## TELL ME ABOUT TIME

Alex Badion

Class of 2001, Eastern Visayas State University - Tanauan Campus  
Bachelor of Science in Industrial Education

Each one of us enjoys the benefit of time. We are so lucky to have it. Some people enjoy it every second, every minute and every hour of their lives. Some people want it the most. They would like to have much time to accomplish something in a certain period or duration. But some people hate it because they are pressured. It is a fact that if man takes care of his minutes' then the 'hours' and 'days' will take care of themselves. It is said that 'Time is more precious than money'. This is because; money lost in business or otherwise, can be gained or earned again. But time once lost, can never come back. However, we cannot simply tell what a time is. What is time? This simple question needs an answer. We all grow in time, live in time and ultimately, perish in time. There may not be an exact definition of time, but we all know what it is and its great value in a person's life. A man has a lot of wants. We all want fame, success, money, happiness, love, etc. There is no end to our desires. However, only a few are successful, prosperous and happy. These few are the ones who realized the value of time. They made the best use of their time and attained a desirable and worth having position in the society. We have read several theories about time but it cannot be understood generally with theories alone. Many philosophers have defined time. Newton has defined time as a dimension in which events occur in sequence, one after another. Einstein has proved that time is relative. Similarly, Kant and Leibniz have defined time as neither an event nor a thing whereas they claimed it can never be measured nor traveled. Before making any further statement on time, one needs to understand what time is. There are times, while speaking, we generally say, "time is money", "time is limited", and "this is not the right time".

According to Santosh Kalwar, he stressed that the cycle of human life revolves around the sun. As sun rises and sets every day, every individual wake up and sleeps every day with or without some exceptions. It is vivid and clear that we live in time-space. Every moment of our time is like a flowing river. The moments that we share with friends, loved ones and family, once gone, could not have it back. These moments are then stored in the form of images in our brain. These images float around like the pendulum every now and then. For example, I have realized that my childhood days cannot come back again. Those times, when I used to ride hundreds of miles with a bicycle, bought by my father. The time when I met great and wonderful friends, who used to crack jokes, smile and sing a song, once I felt depressed. All such events are now, stored in my memory, in the form of images. Everything revolves around our visualization of past, present and future. It is extremely difficult to make our 'pendulum of life' static. Can you not think of past or future, living in the present?

Time must be valued. Time must be nurtured. Manish Rajkoomar pointed out the value of time management. Because our life is like a bubble, we should take good care and make the best use of it. In other words, we must understand the value of time. Time management is basically planning and dividing one's time in a constructive way. People, who made effective usage of time at their disposal, got the best from time. But those who forgot the value of time found to their utter dismay that it was harsh on them later. In other words, successful persons use time in the best possible manner to achieve their goals. Most of us waste our precious time in unnecessary things such as gossips, roaming-aimlessly, grieving over the past blunders or day dreaming. It must always be kept in mind that, Time and tide wait for none. Time can be spent wisely or foolishly. The choice is ours and so are its consequences.

William Penn once said "Time is what we want most, but... what we use worst." We should make the truly best use of good times. We should make arrangements for the bad times during the good times. When the bad times knock at our doorstep, we should face them bravely with enough courage and perseverance. A rational and strong man is supposed to fight his battles of life. Likewise, a seasoned and an experienced human-being would be able to master time with his resources, skills and careful planning. People who never learned to manage their time are unsuccessful in their lives. Significant time and opportunity once lost can never be recovered. The flow of time is ceaseless and eternal and we are like the small insignificant particles in this endless and continuous flow. Time is eternal and endless but human life is very limited, finite and short-lived. Hence, successful people make the best use of time in their lives. A word done is time earned. A decision taken at an appropriate moment can work wonders. Therefore, let us strike the iron while it is still red hot as the hands of clock tick on and tell the corresponding time.

Questions for discussion:

1. What's your opinion about time? Give an example.
2. Why should we value time?
3. How do you spend your time?
4. When do we consider time is precious? Cite an example.
5. Why do some people waste their time doing nothing?



## TIME - A CLOAK OF INDISPENSABILITY

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

People change and so does time, but their difference lies in the fact that people are dispensable whereas time is indispensable. Yes, this makes time a candidate for the cloak of indispensability. Regardless of whatever perspective or condition our state of mind is, time will always be irreplaceable. As the saying goes, "Time lost is lost forever." We can never turn back the hands of time. It is very important and essential to human beings. Time is subject to change and move on for neither can we hold it nor can we let it stand still not even for a minute. I know that you will agree with me that time is not only irrefutable but also imperative to mankind.

If we view it in a more philosophical sense, it represents special milestones in a person's life. It captures all significant events in our life like including birthdays, anniversaries, including the birth of our children. People actually make their diaries and journals to keep track of the passing of time. These records become our rich treasure troves of vital information of our daily achievements, activities, even our problems and all our routines and doings in life. The memories that time has created in our life is also indispensable for we only have one life to live.

We are all dependent of time and without it, we are nothing. It applies to all the areas and walks of our life. Dependent as in from high tide to low tide which is due to the moon, the seasons, from sunset till night, and these are all totally dependent on time. Time will never wait for anyone, instead we have to move with the time and never waste it. We were all given twenty-four hours a day, so let us not put it to waste. It is our sole duty to manage our whole time and spend it wisely and realize its value now before it is already too late.

As a matter of fact, nobody can escape the passing of time. We are all subject to aging and fear of mortality. Getting older is a natural thing and if you will just not value time itself, you will just wake up one day and find out that you never did value its importance in your life. Before you realize it, it is already too late for you to try and bring back the hands of time. Let us then live the time with a purpose and a meaningful one for that. We are only given this time to live our life significantly. Let us not worry too much and try to learn to associate with time by contemplating in using it effectively. Without time we are nothing, so let us cherish every moment of time and embrace this cloak of indispensability.

Questions for discussion:

1. How important is time for you? Explain your answer.
2. Do you believe that time is indispensable? Why or why not?
3. Are the innumerable times that you have lazily spent worth it? Justify your answer.
4. Do you value the importance time in your life? How true is it?
5. Do you treasure every moment of time that you have spent here on earth? How is it so?





## TIME - ITS PERFECT MEANING IN OUR LIFE

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

It is very apparent that time has its perfect meaning in our life. We are most likely living in a time space. Every instance of time in our life is like a flowing river, whose current never stops, and its continuous flow abounds. The moments of time that we have spent with our loved ones can never be forgotten and can't be brought back again. Reminiscing the times spent not only with them but with the special people in our life like our friends are worth remembering.

Time is the most important resource. Time is capital and is considered a non-renewable income. It is the most important gift of nature to humanity and it is also the most important gift that a person can give to another person. Time is like a human cycle of life that revolves around the sun. As the sun rises and sets each day, we human beings are no exception for we all sleep and wake up every day too. The precious time that we give our children makes us good parents. The same thing holds true with our subordinates for if we spare our time to listen to their problems, they truly acknowledge us as good superiors. We cannot actually spend beyond 24 hours a day simply because this is all that we've got in a day's time alone. Definitely we cannot stretch it but we can always find time for them.

For sure we have read a thousand and one times of theory about time but we must admit that it cannot be understood simply by theories alone. Time was defined in varied ways by Newton, Einstein, Kant and Leibniz but neither can one of them claim that it can be measured nor travelled. On the contrary, it plays a very important role in our life, especially in our time management. People should be able to manage their time table and be able to work in a proper time schedule in order for us not to face any problem at the end or maybe even minimize it. It should therefore enable us to perform our duties well.

We should realize the value and importance of time for it also serves as the key to success. Apparently, it can never be stored or saved at all, so using it wisely is the best resort that we can get hold of. It should never be wasted so we should all use it accordingly and effectively for that matter. No matter how simple or complicated our life is, we should always engage ourselves in a lot of ideal talks. In reality, time is not only considered gold nor money but it is evidently life itself in its truest form. Lastly, its perfect meaning in our life is not just like an ice-cream, so we better use it before it melts.

### Questions for discussion:

1. How important is time for you? Elaborate on your answer.
2. Do you value your time with your friends and loved ones? How?
3. Do you believe that time is crucial to your life? How?
4. Are you managing a regular time frame or do you just let it slip away? Justify your answer.
5. Does time have its perfect meaning in your life? Why do you say so?



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](http://www.iotsonline.com)