

IDEAS 39

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



**International Online Teachers Society
Publishing Committee**



CONTENTS

THE 39TH INTERNATIONAL ONLINE TEACHERS SOCIETY ESSAY CONTEST

POTENTIAL I OF POTENTIAL AND BIBLICAL STORIES I	Kathlyn Barrozo I	2
POTENTIAL I OF MILK AND THE HUMAN POTENTIAL I	Kathlyn Barrozo I	3
POTENTIAL I REELING THE WORLD IN, ONE STEP AT A TIME I	Kathlyn Barrozo I	4
POTENTIAL I FOLLOW YOUR DREAMS I	Kathlyn Barrozo I	5
POTENTIAL I POTENTIAL - YOUR HIDDEN SUPERPOWERS I	Marian Baltazar I	6
POTENTIAL I YOUR UNLIMITED POTENTIALS MADE KNOWN I	Marian Baltazar I	7
POTENTIAL I DISCOVERING YOUR POTENTIAL – IGNITING THE GENIUS WITHIN I	Marian Baltazar I	8



OF POTENTIAL AND BIBLICAL STORIES

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

When people say things like: This is the start of something big; this could be the beginning of a beautiful friendship; or even, this is a new beginning, they apparently talk about what they foresee as potential. A newly-forged relationship, a significant breakthrough, or the commencement of a new chapter in whatever aspect of life could very well point to a future full of promises and good things, basically. Ideally, that is what the aforementioned phrases signify. And the world begins anew, filled with hope and vigor.

This was most likely what drove Noah and his family to leave the ark and repopulate the land after they had seen the dove bring back a leafy twig as proof that the floodwaters had finally receded, or even Moses before him who led the Israelites in their exodus out of Egypt. This was probably what led Pharaoh to confer Joseph the title Vizier of Egypt, in charge of all the land. Where Moses and Noah saw hopes renewed as well as faiths strengthened, Pharaoh saw Joseph's great potential to wisely see the country through seven years of plenty and seven years of famine. In all those three biblical stories, the main point had been promise, essentially identical to potential.

When people talk of potential, it basically means they see promise in an individual, an undertaking, or whatever else for that matter. This most definitely shows that potential is not entirely exclusive to people, but can also apply to certain events or situations, or even non-events or non-situations. For instance, business partnerships or conglomerations and mergers, where parties involved remain hopeful and subsequently work towards making inroads in the business relationship. Or when something expected doesn't actualize, which could mean further efforts to bring about expected events.

The world is filled with many potential events and non-events, just as we humans are said to have many possibilities of our own. What we are is a gift from the Almighty; what we become is our gift to Him. Hopefully, no one ever forgets the fact that we have all been placed into this world for a purpose: to discover whatever purpose we may have, to make use of whatever potential is within us to make the world a better place that when we first came into it.

If Moses and Noah saw promise—potential—in something that they couldn't visually perceive, so must we in our honest dealings with everyone else. If Pharaoh saw enough potential—promise—in Joseph to make him Vizier of all Egypt, so must parents recognize the inherent gifts that their own children possess.

If we continue to live our lives full of hope for the future, then the future will come with hope and a lot more.

QUESTIONS FOR DISCUSSION:

1. Have you ever felt pessimistic about the future? Why or why not?
2. What potential do you see in your particular area of discipline?
3. Is potential always instantly recognizable? Why or why not?
4. Why does it sometimes entail a lot of hard work for potential to come out?
5. What would you do if you were bypassed for a job promotion despite having great potential?



OF MILK AND THE HUMAN POTENTIAL

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

Can a parent truly unlock a child's potential with a milk formula? Maybe, the most essential nutrients are needed in order to make a child grow and develop into a strong individual, but who is to say that a single type of food can really bring about geniuses to rule this world? This has started me wondering whether Einstein, Michelangelo and Mozart were fed with the most superior stuff, which brought about their incredible talents and skills. Although, of course, the unrivalled goodness of mother's milk is beyond question here.

In Science, we have been taught about the difference/s between kinetic energy and potential energy, and it is simply that Kinetic energy is energy of motion while Potential energy is stored energy, or energy at rest. To rationalize this in terms of human potential, what we basically have not made full use of remains stored capability. How wonderful the whole world would be if we were all given certain elements to unlock our potential most assuredly. But then, imagine the consequences if the world's evil geniuses found out sooner what sort of havoc they could wreak upon the planet: the human race might be extinct by this time.

Unlocking the human potential can never be attributed to one type of component, such as milk formula, alone. As parents have always known, a child's potential may not always be easily recognized, often remaining hidden until a certain, opportune moment when the child—or the child in his more advanced stages of growth—comes entirely to his own. We are not always born with a certain kernel of genius or skill within us, for most times we only have to discover them, quite often accidentally, on our own.

I have read somewhere that certain stereotypical characteristics do not always mean a person will eventually become what many have become. For instance, just because an individual likes playing teacher in his childhood, it doesn't always guarantee that he will become a teacher nonpareil—he could surprisingly turn out to be a dictator with a moustache. Or just because a teenager likes reading under the covers with a flashlight late at night doesn't consistently mean he'll become a successful, published writer someday—he might turn out to be a famous cat burglar instead. Or just because a child likes to take things apart doesn't always mean he'll be an expert engineer someday—he could very well become a suicide bomber, too.

There are really just some forms of potential that remain undiscovered, unfortunately. It is sometimes upon the individual himself to discover whatever it is he already has and take everything from there. No shortcuts like milk formulas can ever fully guarantee unlocking what you already have from the start.

QUESTIONS FOR DISCUSSION:

1. What type of potential did you have when you were a child? Did they truly guarantee what you have become today?
2. Talk about certain types of food or practices believed to be good for the brain. Do you believe such food or practices are always so?
3. Why is it sometimes difficult to recognize a child's potential? What sort of advice would be useful for a parent trying to unlock a child's potential?
4. Do you think you still have potential waiting to be unleashed from within you? Why do you think they have remained hidden all this time?
5. Is potential important? Why?



REELING THE WORLD IN, ONE STEP AT A TIME

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

At one point in my life, a dear friend and mentor recognized a certain potential in me. I always knew before then that my real calling was not in the field I had been engaged in, yet I refused to acknowledge my beloved friend's advice. Now, several years later, I am grateful for that friend's advice, since it has allowed me to seriously pursue what I have always wanted.

Sometimes, the voice of reason comes in many forms: it could be a nagging doubt as to your abilities; a well-placed word of advice, as what I had gotten; or simply a journey of self discovery. Nevertheless, the outcome remains the same: it is still the individual himself who chooses the path he wants to take.

Humans are frail human beings, no matter how infinitely strong the human spirit really is. We easily succumb to doubts and uncertainties, which eventually leads us to question our abilities. It doesn't help that the world is often run—I believe overly so—by critics whose main priority is to pull everybody else down so they can continue to raise themselves higher. Thus, budding journalists, teachers, writers, artists, etc. are often discouraged to take their abilities a bit further, simply because the world doesn't always tolerate mediocrity and talent that has not been broken in yet is deemed absence of talent. It's a dog-eat-dog world, after all.

When you feel you have the makings of a great singer, then by all means, work hard to get a voice coach. When you want to impress the world with written work, then there's absolutely no one in this world who can tell you that you don't have what it takes to make it. Sing like there's no tomorrow, write like the whole world's your notebook. It is not the number of times that you have been ridiculed for being untalented or a complete upstart, but it all lies in the number of times that you have attempted to prove everyone else wrong. As long as you have a willing audience or a certain amount of appreciation from certain sectors, then go for your dreams and follow them where they may lead.

What would ultimately lead to the ruin of your dreams is when you yourself begin to seriously doubt what you are capable of. The universe is vast just as the Earth itself is round. The possibilities are endless for everyone, just as the concept of human potential is infinite for all. Whatever it is you have now will ultimately lead back to you, so go ahead and do what you do best.

Perhaps, your one and only true limit is your own self.

QUESTIONS FOR DISCUSSION:

1. If there is one thing that other people don't know about your abilities, what is it? Why have you chosen all this time to keep this fact hidden?
2. Is there a certain person you admire for developing his/her potential fully? Be able to talk about this person in class.
3. What does potential signify to you? Share your thoughts on this topic.
4. What potential do you believe you possess? How are you taking steps to unleash that potential?
5. Is it always easy to recognize one's own potential? Why or why not?



FOLLOW YOUR DREAMS

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

In high school, my best friend and I always repeated to ourselves and to each other certain sentences from a novel we had both loved. I am not entirely sure of the exact words, but they went something like this: Follow your dreams. Never let them go...and even if those dreams seem to be fading away, hold on to them, cherish them, continue holding them in your heart. Or something to that effect. Now, many, many years later, my best friend is abroad, enjoying her life as a TV network correspondent, and I am here enjoying what I have always loved doing since high school, no, elementary.

We all have potential early on in our lives—at least that’s what I like to believe. No good parent would ever admit that his child hasn’t shown at least a little bit of promise. Sometimes, parents read signals wrongly, but oftentimes, upon seeing a child’s potential, many parents encourage their child to grow further, reach higher. Ideally, that should be the scenario.

During my earliest years as a young parent, I was guilty of suppressing my eldest child’s potential. In fact, there are times when I still find myself doing that to his younger siblings. My eldest had always loved basketball like his father before him. My eldest had often come home with ripped pants and atrociously dirty shirts, and worse, a sprained ankle. Only last week, he came home from work, left the house soon after, and came back a little over an hour later with a sprained ankle from—you guessed it---playing basketball. He’s 21 years old, nearly 22 in fact. But I sure as hell raised my blood pressure anew by berating him for getting injured. However, young as he is, my eldest went to work Monday despite a still visibly swollen ankle.

I guess, if I had encouraged him more when he was little, he might have grown to become a basketball player. In his high school yearbook, he had been praised for his talent in the playing court. Even his late father had remarked to me once that my eldest was a strong player, and my husband loved basketball as much as he liked playing it. Looking back now, I can only ask myself: If I had been a more encouraging mother to my son, would he have turned out differently?

Presently, I can only rationalize that my decision not to push him to pursue his interest in the sport was the best decision I had made at that time, considering that I was a young mother. At that time, education was more essential to me than anything.

Hopefully, I will see greater potential in my son in his chosen career. After all, that’s what potential is basically about: promise and possibility. Only time can tell, surely.

QUESTIONS FOR DISCUSSION:

1. What is a “disaster waiting to happen?”
2. In this modern world, why is it important for a parent to recognize and encourage a child’s potential?
3. How can a child’s hidden potential be unleashed? Is the process easy?
4. What would you do if you had a child who showed great potential in playing a certain sport? Would you encourage your child to fully pursue that sport?
5. If you had a child whose potential pointed in a different direction to what you had planned for him, what would you do?



POTENTIAL - YOUR HIDDEN SUPERPOWERS

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

We sometimes dismiss the idea that we have all the power to do things at our best or even far beyond that we can ever imagine and these can be referred to as potentials, our hidden superpowers. The word itself comes from the root words,... “potency” or “potent”, meaning powerful or mighty. These potentials are usually locked up in our minds and we also find ourselves trapped with it. Why is it so? It is all because we have dreams that are unrealized and worst that can happen is that we have ambitions that have never been met.

All of us have the potential, that hidden superpowers in us, that needs to be discovered. We were all born with natural abilities. There are some who are very good in dancing, singing, acting, writing and many more that we can think of and imagine. These passion and desire in our hearts are our greatness; our abilities which when used will contribute and make the world a better place to live in. We only have to use that greater power of our imagination, which are actually limitless when it comes to the desires of our heart.

I firmly believe that what we are dreaming since childhood and this still linger in our minds and in our hearts even up to now. In order for us to unleash these superpowers in our mind, we should eradicate all doubts that cloud our minds. Meaning, we have to actually believe without doubt in the deepest recesses of our heart and mind that we can and be able to fulfill our desires. Believing deeply inside will create that level of intensity in your thinking that your desire will then become a burning obsession. When it consumes you and you reach that level of believing that you can overcome all the obstacles and adversities that life may bring, you will do anything to reach your goal. Apparently, you invoke the superpowers of your mind and you will alter reality.

Not everybody can see their potential but if they do, it can not only change their life but also their world too. If you really know and find out what your potentials are, it will change your fate, redefine your destiny and it will change your life in the process of developing your potential. Yes, knowing your potential will impeccably change your life for it will make you understand what you can excel at and who you can become. Subsequently, it will allow you to make your dreams come true. Break through that wall of defiance, getting out of your comfort zone, break out of all these fears that hamper your growth.

Let not your potentials lie dormant, inhibiting you from that opportunity to grow. Breaking through your comfort zone, requires support and encouragement and therefore we need to heal our state of mind, reconnect with our inner guidance and take responsibility for our life. Thus, empowering ourselves to make changes for the betterment of ourselves, for the best that is yet to come. Develop and use your gifts, your talents and your natural abilities. More importantly, don't waste time; instead embrace your inner potential, your hidden superpowers that lie within you.

Questions for discussion:

1. Have you known your inner potential? How?
2. Do you believe that you have all the potentials to have a changed life for the better? Why or why not?
3. Did you find out whatever potentials that you have as of now? Describe them.
4. Do you feel intimidated by other people's abilities that it hampers you to discover your potentials? Why or why not?
5. Do you agree that your potential is that hidden superpower that lies within you? Explain your answer.



YOUR UNLIMITED POTENTIALS MADE KNOWN

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

Would you believe that each one of us can be called as “Magicians of Our Life” which means allowing us to discover our unlimited potential that are not made known to us? Have you ever thought of what you really wanted to do in life and ...what drives you to do it? What really makes you happy when you have accomplished it? I strongly suggest that we should explore and look into what we really wanted, try to learn more about it and try to grow in it. Let us try to find out whatever is that possible passion and do all we can to nourish it. Therefore, we should give our commitment and dedication for it, trying to work hard to realize all our dreams and what we hope for to be a success. Try on that enigma and see through that process of working our way out to reach that dream we aim for.

We have to inculcate in our mind that there’s nothing that we cannot do. Let it be made known that we have that unlimited potential in us to be anything or to be anyone that we wanted to be for that matter. That we can actually achieve and reach that goal of whatever we wish for. All we’ve got to do is give that 110% of our energy and focus on it. Then, you will excel at anything in your life. Not only do we have to prosper materially but we also have to be developed spiritually. We should reach that height wherein we learn how to resist and our conscience too will resist negative impulses and emotions that will lead us to negative actions.

Let all our mistakes be in the past and let all the corrections consist our future. Ruminates on the past to let us carry on and thread the path of improvement in all the aspects of our life. Don’t allow yourself to carry that burden forward for that will only mean that we will be anti-progressive. Sometimes there is that tendency in us to grow bitter and trying to bark at the wrong tree, meaning we storm at the wrong distribution of the good things of life. Then, it’s too late to find ourselves relapsed into a hopeless, fatalistic acceptance of what our condition is. There are times that we even envy the success of others when actually we should emulate the process by which the success came.

For us to know that unlimited potential we have within us, we must have self-control. A sensible and wise man should be able to know his weak points or whatever it is that hinders him to fully attain success. Self-control can help us address the reality for it moves man from the dreamy world with limited opportunities to the world full of opportunities. We should learn from our past mistakes but never dwell on it. Prove them wrong when the world behind you thinks you don’t have any potential or talent in you.

Love and having the right people around us can help us navigate our way to know and discover our unlimited potentials that lie within us. We can make things happen. Every step along our way can help us develop our potentials. The daily work of developing and using our potential can help us to be great at what we do and to make us a better person. All it takes to have our unlimited potentials to be made known is our courage to find the right niche for our talent that will let us create our own opportunities.

Questions for discussion:

1. Have you known what your unlimited potentials are? Elaborate on your answer.
2. Do you believe that you can be a “magician in your life” to make things happen and help you discover your potential?
3. Cite an incident/s in your life when you unleashed that potential in you. Explain them.
4. Do you leave your past behind and forget it for you to progress and develop your potential? Explain your answer further.
5. What are other ways to know or discover your unlimited potentials?



DISCOVERING YOUR POTENTIAL – IGNITING THE GENIUS WITHIN

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

Wouldn't you agree with me that you would want to delve deeper and try discovering your potential by igniting the genius within you? If you feel that you are stuck in life and would want to unblock whatever obstruction hindering your way, then maybe you need to have an inspiration for you to learn more about your full potentials. More often than not it is easiest for us to discover what we really do best or what are the things that you love and the tasks that you actually do well without even trying. Come to think of it, what are the things that make your heart beat faster by just even the thought of it? What do you fervently dream about and long to do in life?

Looking back around you, like in the past as a child, there are things or activities that you love to do specifically. We have always been dreaming of doing great deeds and of course to live a great life. Yes, inconsequentially, our dreams and ambitions hold the clues about what our potentials are. These exceptional abilities that every individual possess creates that genius within us. Unknowingly, there are things that we do best that just come naturally to us but we find others struggle with. When in fact these are the things that we are intuitively great at, coming naturally to point and define our potentials.

We are all born with innate potentials so we could achieve and produce extraordinary things. Potential is the ability and invisible resources that empowers a person to do and achieve what that individual is designed for. Some people are faced with the dilemma of its ignorance with regards to their potentials making them unable to function to the best of their ability. For this reason, it is crucial to discover and harness your potential so you could succeed in life. One way of uncovering it is to discover your purpose because it activates your innate capabilities. Maximize your potential by living a life with a purpose.

It is also imperative that you should discover your passion for it has the proclivity to unleash your potential which is your hidden abilities. For you to maximize your potential, find out what you love to do and facilitate a plan in achieving it. Another key to discover it is to take action, because you will never realize what you are capable of doing not until you take act on it. Some people have the wrong notion of not pursuing their objectives just because they surmise that they do not have what it takes to achieve their aspirations in life, but in reality, they are not taking action in the direction of their anticipated expectations. You will be amazed that you've got what it takes to achieve what you really wanted to do if only you do your due diligence to take action with what you really know and information that you have gleaned from great minds.

We are all loaded with unending capabilities to achieve our God-given dream. Nevertheless your potential will remain dormant not unless you discover and learn to harness it. So as not to be disappointed, take that step and act on it today and don't dilly-dally. Heading on these keys will set your foot to do your part on discovering your potential, thus igniting the genius within you.

Questions for discussion:

1. Have you discovered your potential? How?
2. Do you believe that unleashing your potential is uncovering the genius that is within you? Justify your answer.
3. Would you rather remain futile as to not discover your potential or go out of your way to do everything to find it out? Explain your answer.
4. What are your true potentials? Elaborate on your answer.
5. Have you discovered your God-given abilities by this time and have you learned about your potential? How?



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