

# IDEAS 59

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



**International Online Teachers Society  
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## TRUST IS NOT A FIVE-LETTER WORD

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

That's right, you've read it correctly. The word trust is not merely a word; it's a conglomeration of five distinct words. You know what this writer believes? Trust means: Total Reliance Unto Someone's Truthfulness. Okay, okay. Pummel me all you want with your mockery and allegations of cheesiness. But in this often insane world, TRUST has often been bandied about and made a mockery of so openly. Getting it from those reading this essay should prove to be a learning experience.

How much does it take to break someone's trust? As many of you are most likely to agree, very little. Make one mistake and the slightest whisper of doubt travels down the spine. Make two, and the sliver of doubt becomes an incision. Make one more, and the incision becomes a whole chunk taken off. Make some more, and the cuts become bites that hurt really, really deep. Sad to say, many of us build trust according to the number of times it is breached, not the number of times it is structured slowly and with care. In other words, when you see a clean whiteboard, you'll just take it for granted as being a clean whiteboard. But when someone draws a black or dark dot or even a short line on the board's immaculately-white surface, you'll say the board hasn't been thoroughly cleaned. Get it?

Finger snap to real life.

During my clinical lab internship at a medical hospital, I made the mistake of doing the morning readings on lab samples taken that morning using a different (totally incorrect!) parameter. It was a few minutes before my co-interns and I were about to wrap up our 24-hour tour of duty for the week. I think my stupidity was caused by the struggle to fight sleepiness or the number of exhausting blood sucking (read: extractions) that I had to do prior to doing the readings. Memory evades me now. But what I distinctly remember was when the laboratory technologist on duty that morning became really (!) upset at my mistake. I profusely voiced my apologies, of course, while she went about doing the readings properly-and expertly. She graciously took them, my apologies I mean. However, I was issued a very (!) stern oral warning NOT.TO.COMMIT.THE.SAME.MISTAKE.EVER.AGAIN. Or else. Fortunately, the "ever again" stuck to my brain like a leech. I was always careful since then not to let sleepiness, or whatever it was, get the better of me.

We learn from our mistakes after the mistakes are made, never before. However, the trust that gets broken can be difficult to bring back. However, what we can do as human beings is to admit things in a most sincere manner and work ourselves up from there. Who knows? What can be broken can ultimately be repaired, or made much stronger. N'est-ce pas?

### QUESTIONS FOR DISCUSSION:

1. Define "trust".
2. How do you personally value the trust that others place in you?
3. Why is trust so difficult to gain back once it gets broken?
4. Cite instances when you have broken others' trust. Cite instances when others have broken your trust.
5. Give suggestions on how to regain trust. Be as specific as you need to be.



## TRUST - TOTAL CONFIDENCE

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

Trust is defined as having total confidence with the integrity, ability or character of a person or thing. It is also a noble but a difficult virtue that mankind could have. There are many times people fail to be trusted. Actually, it is the most important and respected virtue that one can have in life. Trust in one's friend, a relative, a neighbor and almost always this is often reciprocated. Trusting someone is having faith in them, knowing that this person will see you through in whatever you are experiencing in life.

In any kind of relationship, trust is essential and a basic requirement. It is this crucial thing that develops and nurtures that relationship, which eventually make us true friends. When you trust someone, you are confident that this person is trustworthy and dependable. You also trust a person for the sole reason that you have faith on that person. You do believe that he or she will always be thinking to the best of your interest.

When we speak of trust, we refer to both the emotional and logical act of a person. In the emotional aspect, we talk or rather expose our vulnerabilities to people, that is we are being transparent to them. We have the thinking that if we do expose ourselves, we believe that the people around us will not take advantage of our openness. We trust people because they are trustworthy and because we simply feel it as every human being do. Some other emotions that can actually be associated with trust are: friendship, companionship, agreement, love, relaxation and comfort.

Trust is synonymous to reliance, dependence and faith to name a few. I guess it also means being transparent to people meaning you are not afraid to show your true self and true color. Apparently, it exposes our self in such a way that at times they take advantage of our vulnerability too. Take for instance, my being confident in telling a person whatever my problems are at work, that person might take it against me and may use it to further his own career at my expense. Therefore we see trust here as allowing people to take advantage of your vulnerabilities but at the same time expecting that they will not really do this to you.

In general, trust is having that total confidence and believing that people around you will act accordingly or will act correctly. This is the sole reason why we are able to hand over our children to be under the care of the teachers, give our vote to the politician we believe will rule justly, sit back and relax while the pilot flies the plane, invest and save our money in the bank, share the roads with other motorists and many more! We readily do all these things for we believe that others involved share our values too. Henceforth, we know pretty well that these people will act responsibly and look after our interests. Trust allows us to share responsibilities and information for our mutual benefits.

I don't really think we can live without some degree of trust. This is attributed to the fact that we live complex lives and relationships that will make it hard to control and monitor completely. We could never succeed in our life if no one will trust us. People need to believe in us, have confidence in us and depend on us too. So, let us try and do all our best to be a trustworthy person. It will always be that degree of trust that will be commensurate so that they will have total confidence in everything we do.

Questions for discussion:

1. Are you a dependable and trustworthy person? How can you support your answer?
2. Are you confident enough that people you mingle with trust you?
3. Can you totally be trusted and believed by people around you?
4. How could you prove your trustworthiness to other people?
5. Do you believe that trust is crucial to be a person of integrity?



## The ideology and Concept of Trust

Joseph Arre  
Class of 2008, University of Baguio  
B.S in Nursing

The concept of trust can be traced back to various degrees. In the social setting, trust can be based in relationship level or in various groups. One person can actually trust another and the bond that they have will be a deciding factor in their relationship. In addition, the concept is that the trustor is willing to rely upon the actions of the trustee and they are required to create a deal on how certain situations will be directed in the future. Trust is actually based on several rules and regulations. If the trustor breaks the belief of the trustee, then there will be mistrust among the two parties. This is actually the concept behind trust.

Erick Erickson, a German-American psychoanalyst, created a theory about the development of trust. According to his Theory of Human Development, he pointed out how a person can rely to another individual in order to aid him in his survival. During the 12 to 18 months of an infant, there is the issue of trust versus Mistrust. The infant's bond with his parents deeply relies on love and trust. The trust between child and parent is manifested on the touch and the tender stare that an infant gives to his mother. If the parents fail to provide the infant with his needs, then mistrust will happen and the neurobiological structure or activity of the brain of the child will be altered.

The concept of trust is actually questionable today. Most married couples have intimacy and trust issues while companies are also questioned because of their business practices. One of the major reasons why most couples have trust issues is because of the lack of fidelity. In terms of business, the public has utmost trust with a certain brand or service. If that company that provides that provides that service will not be able to meet the expectations of the consumer, then the consumer will move on to another brand.

Of course, trust can also be found in the political setting and education setting. Political leaders have been selected according to their integrity and their public relations. Once a politician loses the interest and trust of the general public, he also loses the chance to gain political power. In the end, politicians which are mistrusted by the people are often the ones which are not re-elected. That is why politicians strictly need to protect their public image and they should not be charged with graft and corruption. In schools, students also have a strong trust with their teachers. It is important for trust to exist between teacher and student because without it students will no longer follow the instructions of their educators and learning will no longer be possible.

### Questions:

1. Who is the psychoanalyst who pointed out the concept of trust?
2. What are the different settings for trust?
3. Why is trust needed inside the classroom?
4. What is the manifestation of trust between infant and mother?
5. What happens when the public's trust is lost in a political setting?



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