



American Expression E2316 Good account of

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The phrase "good account of" refers to presenting oneself or one's actions in a positive, commendable manner. When someone is said to have given a "good account of" themselves, it means they have performed admirably or behaved in a way that reflects well on them, often in challenging or competitive situations. This expression can be used in various contexts, including personal conduct, professional performance, or even in storytelling and reporting.

In a personal context, giving a good account of oneself might involve demonstrating integrity, competence, and resilience. For example, during a job interview, a candidate who answers questions confidently, highlights their skills effectively, and responds thoughtfully to challenges can be said to have given a good account of themselves. This positive impression can influence the interviewers' decision, showcasing the candidate as a strong contender for the position.

In a professional or academic setting, this phrase often refers to performing well under scrutiny or pressure. A student who presents a well-researched project, articulates their ideas clearly, and handles questions with poise gives a good account of their capabilities and understanding. Similarly, an employee who successfully manages a difficult project, meets deadlines, and contributes positively to the team exemplifies giving a good account of their professional skills and dedication.

In competitive environments such as sports, giving a good account of oneself means performing with skill, determination, and sportsmanship, regardless of the outcome. An athlete or team that plays with intensity, executes strategies effectively, and maintains a positive attitude even in defeat is recognized for giving a good account. This acknowledgment reflects their commitment and effort, earning respect from peers and spectators alike.

The phrase can also be applied to how events or stories are reported or recounted. A journalist or storyteller who provides a detailed, accurate, and engaging narrative gives a good account of the subject matter. This thorough presentation helps the audience understand and appreciate the significance of the events described, highlighting the narrator's ability to convey information effectively.

Giving a good account of oneself or one's actions involves more than just the end result; it encompasses the approach, attitude, and effort put forth in the process. It reflects a person's character, work ethic, and commitment to excellence, often earning admiration and respect from others.

In summary, the phrase "good account of" signifies presenting oneself or one's actions in a commendable manner, demonstrating competence, integrity, and effort. Whether in personal interactions, professional performance, competitive sports, or storytelling, giving a good account involves performing admirably under scrutiny and making a positive impression. This concept underscores the importance of how actions and behaviors are perceived and valued by others, highlighting the broader impact of one's conduct in various aspects of life.

Questions for Discussion

1. Can you share an experience where you or someone else gave a good account of themselves in a challenging situation?
2. What qualities or actions do you think are essential for giving a good account of oneself in a professional setting?
3. How can giving a good account of oneself impact career progression and opportunities?
4. In what ways can athletes or teams give a good account of themselves, even in defeat?
5. How does effective storytelling contribute to giving a good account of an event or experience?