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Another word for lesson

Contact Arkadium, the provider of these gamesTired of broken pencils, smudged eraser marks, and scribbles all over your word search puzzles? Fret not! In Daily Word Search, your computer becomes the pencil AND the eraser. Solve puzzles daily and see your word search skills improve! By Ken Michaels, Guest Writer In Shakespeare’s play “Hamlet,” Polonius inquires of the prince, “What do you read, my lord?” Not at all pleased with what he’s reading, Hamlet replies, “Words, words, words.”1 I have previously described the communication model in which a sender encodes a message and then sends it via some channel (or medium) to a receiver, who decodes the message and, ideally, understands what was sent. Surely the most common way of encoding a message is in choosing the most appropriate words for the listener or reader. In Hamlet’s case, he so disliked what he read that he described it elementally, as mere words, rather than a message. So I thought I’d devote a little ink to words themselves. “Nym” Words Have Specific Meaning Words ending in nym describe classes of words. Some of the more frequently used nym words are synonym (means the same as); antonym (means the opposite of); homonym (has the same sound as); and acronym (a word derived from the first letters of a more complex term, such as SCUBA or AIDS). Homo means “same,” and hetero means “different.” Therefore, if there are homonyms, it stands to reason that there are also heteronyms. While homonyms have the same sound but different spellings (like pair and pear), heteronyms are spelled the same but have different meanings and, often, pronunciation; a person who sews is a sewer, but a repository for waste products is a sewer. Sewer, then, is a heteronym. But the lexicon of nym words by no means ends here. One of the websites I visited recently2 lists no fewer than 26 nym words, many of which are pretty arcane and of interest to relatively few. Some are downright amusing. Do we really need a word to mean another word composed of two identical parts? If so, then tutu, pawpaw, yo-yo, and bye-bye are tautonyms. A couple of weeks back, my son asked me what is meant by a metonym. I didn’t know, so we looked it up. In retrospect, I ought to have been able to logic it out, as “meta” means change. A metonym is a word that designates something by a word that is associated with it. For example, Hollywood is a metonym used to mean the U.S. motion picture industry, while the Crown refers to royalty, and the bottle refers to alcohol. My use of the expression “a little ink” a couple of paragraphs back is also a metonym for written communication, even when no actual ink or writing on paper is involved. The point of all of this has to do with precision in the use of our language. It will do me no good to encode a message using a word like metonym, or heteronym, or tautonym, unless I’m certain that my listeners (or readers) are familiar with its meaning. Either that, or I’m prepared to add the definition for their benefit, in which case I might have just used the definition in the first place. Still, learning the proper use of words, however arcane, can be useful, and if you like words themselves, even fun. What’s Your Idiolect? In his book “The Half-Life of Facts: Why Everything We Know Has an Expiration Date,” Samuel Arbesman3 discusses the changes in language that occur over time, and the two camps that see this phenomenon differently. He explains prescriptive grammarians as those who focus on the way words ought to be used, and descriptive grammarians as those who are more concerned with the way they actually are used. Arbesman asserts that every individual develops his or her own set of rules about how to use words, and that all of us—you, me, and everybody else—have our own personal idiolect. This delightful term describes our unique language and speech pattern, as determined by what we learned when we were young, as well as by who’s around us, and includes our grammar, vocabulary, pronunciation of words, and even our accent. There’s an important lesson here. If we’re really going to communicate effectively, we need to be mindful that every time we encode a message, someone whose idiolect is significantly different from our own may very possibly decode it in such a way as to get a different message entirely. So it pays to be careful about our choice of words; is it really a message, or simply “words, words, words”? © 2013 Ken Michaels. All rights reserved. References: Shakespeare, William: “Hamlet,” act 2 scene 2. Arbesman, Samuel: “The Half-Life of Facts: Why Everything We Know Has an Expiration Date,” New York: Penguin Books, 2012, page 190. Ken Michaels, retired manager of Visual Communications, Leidos Biomedical Research, is a special volunteer for NCI at Frederick. Keep up with the latest daily buzz with the BuzzFeed Daily newsletter! If you’re my age, you probably knew about David Cassidy because of your older sister.In the early 70s he was like a combination early-stage DiCaprio and Bieber, starring on a hit TV show while simultaneously selling millions of records as a pop singer. He was on the cover of seemingly every teen magazine my sister brought home. His posters adorned the walls of my her bedroom. She made our family watch every episode of The Partridge Family. (Spoiler alert: The show hasn’t aged well. But then again neither have I.)So I paused for a moment when I heard last week that David Cassidy had died from organ failure at the age of 67. My sister’s infatuation was one of the touchstones of my youth. And then I paused a lot longer when I heard his daughter, Katie Cassidy, talk about his last moments.“My father’s last words,” she said, “were, ‘So much wasted time.’”Think of all the things you have wanted to do... but never did. What did you do instead?If you’re like me, you can’t recall. All that time is just gone -- and whatever I did instead clearly wasn’t even worth remembering.Then think about one thing you dreamed of doing five or ten years ago but didn’t work to do -- and think about how good you would be today at that pursuit if you had started doing it five or ten years ago.In short, think about all the time you have wasted and can never get back.Then, today, start pushing yourself to do what you want to do so that five or ten years from now you won’t look back with regret.Sure, the work will be hard. Sure, the work will be painful. But it’s a lot less painful than thinking back on what will never be.The pain of regret is always, always, always worse than the pain of effort.So don’t wait for the right time. While you wait, life passes you by.The right time is always right now. Last Updated on July 20, 2021 You’re standing behind the curtain, just about to make your way on stage to face the many faces half-shrouded in darkness in front of you. As you move towards the spotlight, your body starts to feel heavier with each step. A familiar thump echoes throughout your body - your heartbeat has gone off the charts.Don’t worry, you’re not the only one with glossophobia(also known as speech anxiety or the fear of speaking to large crowds). Sometimes, the anxiety happens long before you even stand on stage.Your body’s defence mechanism responds by causing a part of your brain to release adrenaline into your blood - the same chemical that gets released as if you were being chased by a lion.Here’s a step-by-step guide to help you overcome your fear of public speaking:1. Prepare yourself mentally and physicallyAccording to experts, we’re built to display anxiety and to recognize it in others. If your body and mind are anxious, your audience will notice. Hence, it’s important to prepare yourself before the big show so that you arrive on stage confident, collected and ready.“Your outside world is a reflection of your inside world. What goes on in the inside, shows on the outside.” - Bob ProctorExercising lightly before a presentation helps get your blood circulating and sends oxygen to the brain. Mental exercises, on the other hand, can help calm the mind and nerves. Here are some useful ways to calm your racing heart when you start to feel the butterflies in your stomach:Warming upIf you’re nervous, chances are your body will feel the same way. Your body gets tense, your muscles feel tight or you’re breaking in cold sweat. The audience will notice you are nervous.If you observe that this is exactly what is happening to you minutes before a speech, do a couple of stretches to loosen and relax your body. It’s better to warm up before every speech as it helps to increase the functional potential of the body as a whole. Not only that, it increases muscle efficiency, improves reaction time and your movements.Here are some exercises to loosen up your body before show time: Neck and shoulder rolls - This helps relieve upper body muscle tension and pressure as the rolls focus on rotating the head and shoulders, loosening the muscle. Stress and anxiety can make us rigid within this area which can make you feel agitated, especially when standing. Arm stretches - We often use this part of our muscles during a speech or presentation through our hand gestures and movements. Stretching these muscles can reduce arm fatigue, loosen you up and improve your body language range. Waist twists - Place your hands on your hips and rotate your waist in a circular motion. This exercise focuses on loosening the abdominal and lower back regions which is essential as it can cause discomfort and pain, further amplifying any anxieties you may experience. Stay hydratedEver felt parched seconds before speaking? And then coming up on stage sounding raspy and scratchy in front of the audience? This happens because the adrenaline from stage fright causes your mouth to feel dried out.To prevent all that, it’s essential we stay adequately hydrated before a speech. A sip of water will do the trick. However, do drink in moderation so that you won’t need to go to the bathroom constantly.Try to avoid sugary beverages and caffeine, since it’s a diuretic - meaning you’ll feel thirstier. It will also amplify your anxiety which prevents you from speaking smoothly.MeditateMeditation is well-known as a powerful tool to calm the mind. ABC’s Dan Harris, co-anchor of Nightline and Good Morning America weekend and author of the book titled10% Happier , recommends that meditation can help individuals to feel significantly calmer, faster.Meditation is like a workout for your mind. It gives you the strength and focus to filter out the negativity and distractions with words of encouragement, confidence and strength.Mindfulness meditation, in particular, is a popular method to calm yourself before going up on the big stage. The practice involves sitting comfortably, focusing on your breathing and then bringing your mind’s attention to the present without drifting into concerns about the past or future - which likely includes floundering on stage.Here’s a nice example of guided meditation before public speaking:2. Focus on your goalOne thing people with a fear of public speaking have in common is focusing too much on themselves and the possibility of failure.Do I look funny? What if I can’t remember what to say? Do I look stupid? Will people listen to me? Does anyone care about what I’m talking about?“Instead of thinking this way, shift your attention to your one true purpose - contributing something of value to your audience. Decide on the progress you’d like your audience to make after your presentation. Notice their movements and expressions to adapt your speech to ensure that they are having a good time to leave the room as better people.If your own focus isn’t beneficial and what it should be when you’re speaking, then shift it to what does. This is also key to establishing trust during your presentation as the audience can clearly see that you have their interests at heart.3. Convert negativity to positivityThere are two sides constantly battling inside of us - one is filled with strength and courage while the other is doubt and insecurities. Which one will you feed?What if I mess up this speech? What if I’m not funny enough? What if I forget what to say?It’s no wonder why many of us are uncomfortable giving a presentation. All we do is bring ourselves down before we got a chance to prove ourselves. This is also known as a self-fulfilling prophecy - a belief that comes true because we are acting as if it already is. If you think you’re incompetent, then it will eventually become true.Motivational coaches tout that positive mantras and affirmations tend to boost your confidants for the moments that matter most. Say to yourself: “I’ll ace this speech and I can do it!”Take advantage of your adrenaline rush to encourage positive outcome rather than thinking of the negative ‘what ifs’. Here’s a video of Psychologist Kelly McGonigal who encourages her audience to turn stress into something positive as well as provide methods on how to cope with it:4. Understand your contentKnowing your content at your fingertips helps reduce your anxiety because there is one less thing to worry about. One way to get there is to practice numerous times before your actual speech. However, memorizing your script word-for-word is not encouraged. You can end up freezing should you forget something. You’ll also risk sounding unnatural and less approachable.“No amount of reading or memorizing will make you successful in life. It is the understanding and the application of wise thought that counts.” - Bob ProctorMany people unconsciously make the mistake of reading from their slides or memorizing their script word-for-word without understanding their content - a definite way to stress themselves out.Understanding your speech flow and content makes it easier for you to convert ideas and concepts into your own words which you can then clearly explain to others in a conversational manner. Designing your slides to include text prompts is also an easy hack to ensure you get to quickly recall your flow when your mind goes blank.One way to understand is to memorize the over-arching concepts or ideas in your pitch. It helps you speak more naturally and let your personality shine through. It’s almost like taking your audience on a journey with a few key milestones.5. Practice makes perfectLike most people, many of us are not naturally attuned to public speaking. Rarely do individuals walk up to a large audience and present flawlessly without any research and preparation.In fact, some of the top presenters make it look easy during showtime because they have spent countless hours behind-the-scenes in deep practice. Even great speakers like the late John F. Kennedy would spend months preparing his speech beforehand.Public speaking, like any other skill, requires practice - whether it be practicing your speech countless of times in front of a mirror or making notes. As the saying goes, practice makes perfect!6. Be authenticThere’s nothing wrong with feeling stressed before going up to speak in front of an audience.Many people fear public speaking because they fear others will judge them for showing their true, vulnerable self. However, vulnerability can sometimes help you come across as more authentic and relatable as a speaker. Drop the pretence of trying to act or speak like someone else and you’ll find that it’s worth the risk. You become more genuine, flexible and spontaneous, which makes it easier to handle unpredictable situations - whether it’s getting tough questions from the crowd or experiencing an unexpected technical difficulty.To find out your authentic style of speaking is easy. Just pick a topic or issue you are passionate about and discuss this like you normally would with a close family or friend. It is like having a conversation with someone in a personal one-to-one setting. A great way to do this on stage is to select a random audience member(with a hopefully calming face) and speak to a single person at a time during your speech. You’ll find that it’s easier trying to connect to one person at a time than a whole room.With that said, being comfortable enough to be yourself in front of others may take a little time and some experience, depending how comfortable you are with being yourself in front of others. But once you embrace it, stage fright will not be as intimidating as you initially thought.Presenters like Barack Obama are a prime example of a genuine and passionate speaker:7. Post speech evaluationLast but not the least, if you’ve done public speaking and have been scarred from a bad experience, try seeing it as a lesson learned to improve yourself as a speaker.Don’t beat yourself up after a presentationWe are the hardest on ourselves and it’s good to be. But when you finish delivering your speech or presentation, give yourself some recognition and a pat on the back.You managed to finish whatever you had to do and did not give up. You did not let your fears and insecurities get to you. Take a little more pride in your work and believe in yourself.Improve your next speechAs mentioned before, practice does make perfect. If you want to improve your public speaking skills, try asking someone to film you during a speech or presentation. Afterwards, watch and observe what you can do to improve yourself next time.Here are some questions you can ask yourself after every speech: How did I do? Are there any areas for improvement? Did I sound or look stressed? Did I stumble on my words? Why? Was I saying “um” too often? How was the flow of the speech? Write everything you observed down and keep practicing and improving. In time, you’ll be able to better manage your fears of public speaking and appear more confident when it counts.If you want even more tips about public speaking or delivering a great presentation, check out these articles too: another word for lessons learned. another word for lesson plan. another word for lessened. another word for lesson of the story. another word for lesson teaching. another word for lesson or lecture. another word for lesson time. lessons other words in english

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