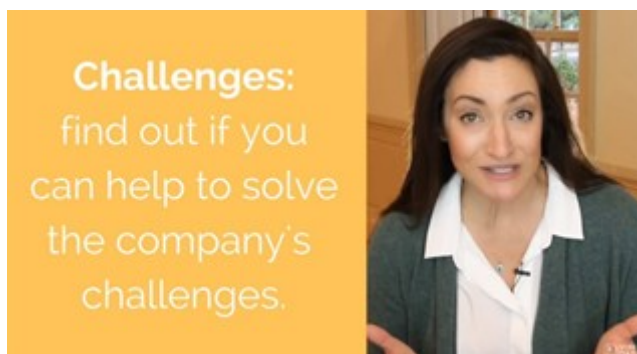


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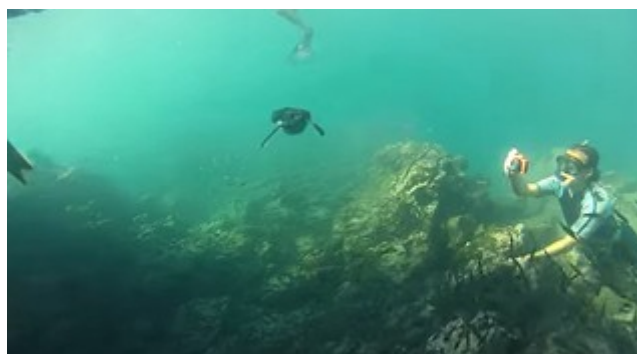
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The Proper Work Life Balance

by: **Alicia Wheen**

(reading – 5.3. - 11.3.)

The concept of a proper work life balance is not something which should ever be taken lightly. These spheres have to be in harmony with one another as a lack of balance will undermine the positives of both. When your work drains a great deal from your personal life or your personal life is undermining your productivity at work, you end up suffering in both areas as a result. That is not the pathway to a happy life.

This is why it is so important to always strike the proper work and life balance. If you do not then the disharmony you experience will trouble you in all areas of your life ensuring you gain no pleasure from either work or home.

How does this occur?

Among the most common mistakes a person could make in this regard would be to spend far too many hours on work and too little on other areas of life. While it is definitely important to invest time and

effort into professional pursuits which can improve your career and life, you do not want to do so to the point it is draining you and reducing the quality of your life. There are ways to address this and they can range from learning better time management skills to perhaps even changing to a new job. The main point here is that if your work and life balance is disharmonious then you do need to address the problem.

Yet, many will not try to fix things.

A common reason many people do not wish to take steps to correct their work life balance is they fear if they detract too much from their work schedules, their professional career may suffer. There is some truth to this assessment but the problem begins when a person becomes so invested in work that fatigue, boredom, and burnout begin to set in. Such a weakened state of mind and body does not exactly set the stage for being more productive and successful at work. Nor does it contribute to a positive home life. Those who take a step back and enjoy other pursuits besides work soon grow to experience improved performance at work. Yes, taking a day off and relaxing can have enormous

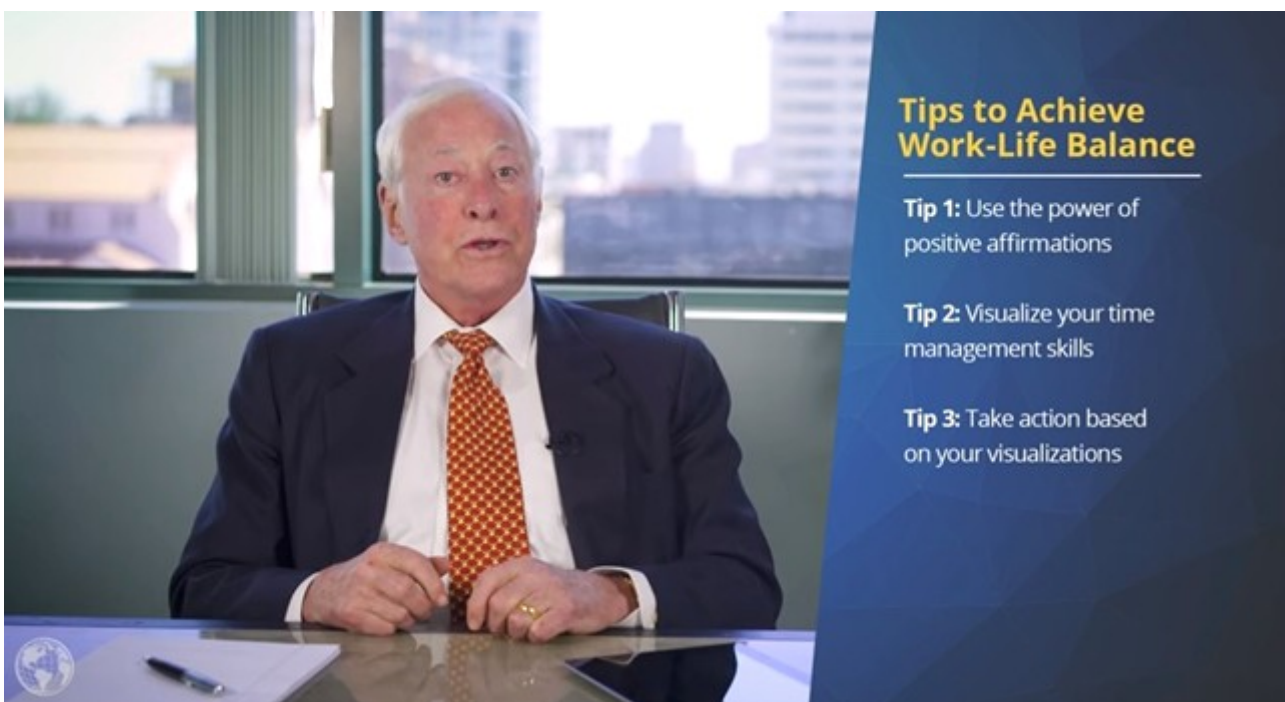
restorative benefits which, ironically, contribute to a better work life.

Does it seem difficult to manage a proper work life balance relationship on your own? If so then you should look towards getting some help. There are professional life and business coaches who truly understand how to help you improve in these areas. Taking advantage of their services might prove to be the best strategy when you want more harmonious balance in your life.

About The Author

Article Source:

<http://www.articlebiz.com/article/1051558818-1-the-proper-work-life-balance>





Ten Fatal Interviewing Mistakes

by: **Angela Roberts** (reading – 12.3. - 18.3.)

In most situations, the face-to-face interview is the "make or break" point of the hiring process; it is here that hiring managers evaluate the characteristic of the individual that cannot be expressed on paper or through email. The last thing you want to do is negate all of the time and effort you've put into perfecting your resume and writing an impressive cover letter by acting in inappropriate ways. Here are some common mistakes that will immediately eliminate you from the candidate pool:

1. Inappropriate attire. 57% of hiring managers say they have encountered, and eliminated, candidates who are dressed inappropriately for the interview.* Trade in your rainbow colored halter top, bedazzled Levis, gaudy jewelry, and sequin flip flops for a neutral colored suit and close-toed shoes.

2. Not being groomed appropriately. Along the same lines of proper attire, please make sure you are appropriately groomed. Unless you are applying to be a fashion designer or punk rocker, conservative is

better!

3. Not being prepared to answer the basic interview questions. Regardless of the industry or position, there are certain questions you should always assume interviewers will ask. Have answers prepared beforehand; the worse case scenario is that you aren't asked those questions, so what do you have to lose? Be prepared for questions like: What are your strengths and weaknesses? Where do you see yourself in five years? Ten years? What do you bring to the table that others don't? How does your previous experience relate to this position?

4. Not giving specific answers: 34% of hiring managers claimed that being vague in your answers is like not having an answer at all, so do your best to prepare!*

5. Not having questions for the interviewer. Not having questions of your own for the interviewer stems from not doing your research before the interview. Remember, you are interviewing them just as much as they are interviewing you and not asking questions about the position and/or company

can be misinterpreted as a lack of interest. 34% of hiring managers claim that this indiscretion will result in elimination from the candidate pool.*

6. Not able to justify your salary requirements. Every hiring manager wants to hear why you think you are worth your requested salary so be prepared to discuss it. We can help in this topic if you aren't sure where to start.

7. Not getting personal. I am not talking about asking your interviewer out for drinks afterwards ... I am addressing the topic of you being real. Be honest. Be genuine. And be sincere. Anything else is a waste of everyone's time.

8. Slips of the tongue. We are all guilty of it, but making a conscious effort to control your words makes all the difference in the world. The most common mistake is trash-talking a current or previous employer. Not only does this show a lack of integrity on your part, but also gives the impression that you are disagreeable and hard to work with.

9. Not turning your cell phone off. Big mistake. Turn it off. Off. Not on silent, not on vibrate, OFF. We know that you have texts to read and Facebook posts to respond to but it's really not worth losing a job opportunity. And do not, under any circumstances, check your phone during the interview. That shows the interviewer that you are clearly more interested in what's happening on your phone than what's going on in the interview.

10. Being late. You would think I wouldn't have to address this but I still have candidates who are late to interviews. Just don't do it.

Your cover letter and resume can only win you the interview. Making the conscious effort to avoid these common interview mistakes will help you make a great, lasting impression on your interviewer.

* Statistics courtesy of CareerRookie.com. www.careerrookie.com/s/Employers-Reveal-the-Outrageous-and-Common-Mistakes-Candidates

Investing in a Lifetime of Success,

Angela Roberts

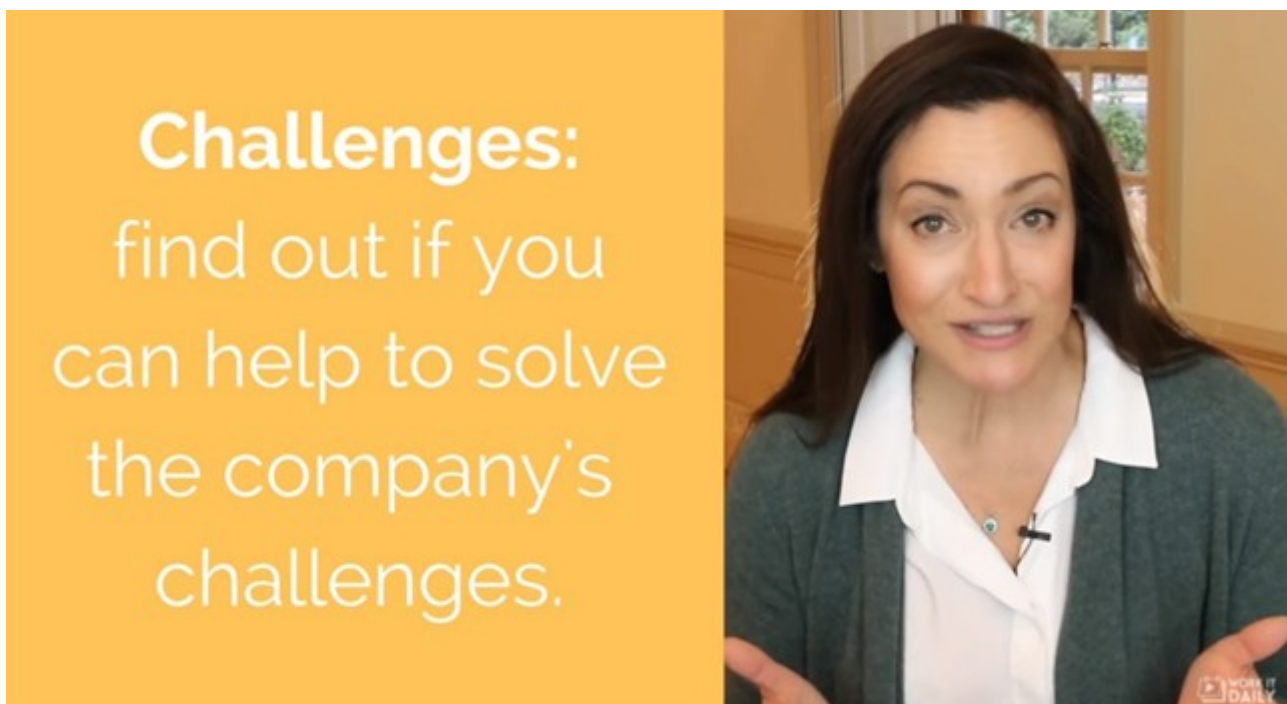
About The Author

Are you ever involved with the hiring process? We are a niche clinical trial staffing firm! Sign up for our Hiring Manager email course which focuses on how to attract and hire the highest quality candidates.

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Article Source:

<http://www.articlebiz.com/article/1051636434-1-ten-fatal-interviewing-mistakes/>





The History Behind Origami Paper Folding

by: **Articlecity Blog** (reading – 19.3. - 25.3.)

These days, origami is everywhere.

It's the subject of children's books like *Sadako and The Thousand Paper Cranes*. It's being displayed in museums as art. It's even being used as an educational tool to help students learn fractions and problem-solving skills!

But what is the history of origami? How has it evolved over the years?

Read on to find out!

Where And How Origami Started

Even the word Origami has an interesting history behind it. It's actually made from two Japanese words: "Ori," which means "fold," and "kami," which means "paper."

It's a word that defines itself!

The art of origami arrived fairly shortly after paper began to be more available worldwide. Around the 6th century, monks began to bring paper to Japan.

However, as paper was still rare (and therefore expensive!) origami was mainly used in religious ceremonies.

Origami was used in wedding ceremonies, where folded butterflies symbolized the bride and groom. It was also folded into good-luck symbols that were worn and given by the Samurai, in the hopes of staying safe in battle.

It even played a part in ancient Japanese legends. For example, many ancient folktales tell stories of folded birds that took flight, transforming into real birds.

Origami: The Next Steps

Of course, it didn't take long for a global interest in origami to develop.

In the late 1400s, origami began to spread to

Europe. Here, the folding techniques and created objects were also put to use in daily life.

It was popular in Europe to fold small boxes to hold jewelry or other lightweight items, or even to deliver private messages and letters!

Interestingly, we may owe much of what we know today about origami to kindergarten. The so-called “Kindergarten System” was created at the start of the 19th century to help young children learn life skills, and to ease them into an educational setting.

The founder of the Kindergarten System, the German-born Friedrich Froebel, saw that paper folding and binding could help young children to learn valuable coordination and motor skills.

The reality is that many of the earliest kindergarten curriculums were filled with lessons in origami!

More and more European countries began to adopt Froebel’s Kindergarten System, and origami spread rapidly. In fact, the tiny packs of brightly-colored origami paper that we all first learned to fold on are

a direct result of the Kindergarten System's focus on origami.

Of course, as the idea of kindergarten spread so did origami.

What's Next For Origami?

Today, there are classes, societies, and even YouTube videos all dedicated to sharing the art of origami with as many people as possible.

Origami never stops evolving, and new techniques are being invented all the time. An especially popular one is called "wet-folding." Folders will lightly dip their paper into water and fold it. This helps the paper to hold its shape for even longer.

What will they think of next? Only time will tell.

To learn complex folding techniques, to get ideas from the experts, or just to be inspired by the intricate art form of origami, always keep your eye out for industry websites, museum exhibits, and video tutorial channels.





Galapagos Islands Snorkeling Activity

by: **Brian Smith** (reading – 26.3. - 1.4.)

The Galapagos Islands are without question a top destination for divers since it is the second largest marine reserve worldwide.

The word "scuba dive" may sound scary; however, the marine landscape can be enjoyed in a different way: snorkeling.

Marine life in Galapagos

While snorkeling, the tourist is sure to see stingrays, sea turtles and an enormous variety of fish. For instance, stingrays are found close to sandy areas near the shore and sea turtles remain close to seaweed beds.

Reef fish including parrot fish, surgeonfish or colorful wrasses are also frequently seen in Galapagos.

In some cases, hammerhead sharks, penguins, an octopus, booby or sea lions can be encountered.

Snorkelers in deeper waters may spot reef sharks, which is the most common species in Galapagos.

Types of Snorkeling

Snorkeling may be a simple or a challenging experience. For beginners, off-the shore snorkeling is the easiest to perform because you can easily go back to the shore, the currents are not strong and the water is still warm.

Wall swims are used by intermediate snorkelers. These walls protect the snorkeler from currents and winds. And, you can get to see a wide variety of marine species. Some islands, such as Isabela and Genovesa, are excellent for snorkeling.

Deep-water rocks are isolated in the middle of the ocean and are perfect for fine swimmers. The more famous are Devil's Crown, Turtle Rock and Kicker Rock. These submerged volcanoes are only reachable via Galapagos cruises or authorized boats.

These snorkelers get to see the greatest underwater species such as sharks, rays, eels, large fish and much more, but you have to be careful since the area

has strong currents and the water is much cooler than the one close to the shore.

Gear

Galapagos Cruises rent snorkeling gear. This includes fins, mask, snorkel and wetsuits.

Sizes and quality vary depending on the Galapagos cruise you choose.

Masks must keep the water out and protect your nose.

Fins are normally available from sizes 12 or 13. In case you have larger feet, it is best to bring your own.

Snorkel: make sure they allow you to breathe and keep water out.

Wetsuit in luxurious Galapagos cruises are of superior quality and well-maintained.

For those tourists who prefer to bring their own equipment, it is suggested to give it a try to avoid last-minute inconveniences.

It is also a good idea to be informed about the exact gear provided by the Galapagos cruise you choose.

Consult your travel guide before going snorkeling. Do not get into deep waters if you are not a very good swimmer. For photographers, underwater cameras are a must!

Enjoy the unbelievable marine life of Galapagos in one of the best ways possible: snorkeling.

Article Source:

For more information about Galapagos Tours and Galapagos Cruises please visit www.galasang.com.ec.

Article Source:

<http://www.articlebiz.com/article/1051537788-1-galapagos-islands-snorkeling-activity/>

