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## **Tips on How to understand English**

by: **Bryan Carlin** (reading – 2.4. - 8.4.)

"Learning English is something that you know you need to do. It can be a scary thing because so many students have failed to learn English fast in the past. Many students spend years studying English and almost learn nothing in the end. Here are some tips to help you learn the fastest.

You do want to learn English easily, and you do want to know how. Learn English easily online programs are your best bet to to get there fast and stress free. Many of these programs offer video, written and audio lessons that can be used anywhere, anytime. They also come with personal one on one training with a mentor. They are cheap and easily downloadable.

Get your mind set on your goal and keep a positive attitude throughout.

Practice your English a little everyday. Speaking the language is what will allow it to become a part of you.

Talk to English speakers. Spend time with English speakers and communicate with them using the vernacular. Not only will you be practicing your own speaking skills but you'll be picking up nuances they might have learned along the way.

Unleash your English skills to the world. When someone converses with you in English, don't hesitate to respond in kind. Start a free blog and write posts in the English language. You'll make mistakes but that will only help accelerate your development. Use the language freely and watch yourself improve by leaps and bounds."

The TOEFL Test: TOEFL (Test Of English as a Foreign Language) is a test used by many colleges, universities, government agencies and exchange and scholarship programs in the US, UK and Canada as a means of evaluating the language skills of a person whose first language is not English. You can find TOEFL study guides easily online with other recommended resources listed. You may be able to access some of the sample tests and prepare with personal study. Or you may look for a class with an

instructor to help you prepare for the test.

Practice, practice and...did I mention practice?

Practice: much of the English language is idiom and can only be learned with practice. Examples: a verb can have a totally different meaning when you use it with another word. get/get up, get over, get real ; hand/hand in, hand over, hand out ; look/look up, look good, look under

Keep a translation dictionary with you at all times to translate a certain word as you hear it. This keeps learning fresh and up to date.

Don't forget that learning a new language requires a lot of regular practice. But don't give up - you'll eventually achieve your goal. You just need to practice on a daily basis. Good luck and have fun while learning!"

## **About The Author**

Teacher resources In the event you are looking for teacher resources, Look at this valuable page and

you may get remarkable professor information.

Article Source:

<http://www.articlebiz.com/article/1051543058-1-tips-on-how-to-understand-english/>



The image features a woman with long brown hair, wearing a grey short-sleeved top, speaking. To her right is a graphic titled "IMPORTANT WORDS" in a light blue box. The graphic contains four categories with corresponding icons: "Hello" with a blue and white name tag icon, "Names" with a white name tag icon, "Numbers" with a clock icon showing the number 15, and "Negatives" with a red "NO GOING BACK" sign icon. At the bottom right of the graphic is the "PronunciationPro" logo, which includes a soundwave icon and the text "PronunciationPro".



## **Be SMART when Setting Goals**

by: **Brian Bailey** (reading – 9.4. - 15.4.)

Goal setting is like working on a business plan, it needs to be felt and analyzed. It needs more than just an evaluation of what you want and desire, it entails an in-depth analysis of what you are capable of and what you want to do. Just like a business plan, you should also consider the risk and rewards, cost and opportunities, possibilities and resources. It takes so much to set a life goal, but it is the foundation of getting what you want. It is the path in which you drive your efforts into, a solid brick foundation of your dreams and ambition.

Being SMART when setting goals is important. Especially if you really want good results at the end of your quest. Just like in business planning, you need your goals in place, and should follow the SMART principle. Goals needs to be Specific, Measurable, Achievable, Relevant and Time bounded.

Specific - When an objective is put in place, you should be very specific about it. It should not be too

general for it can mislead you to what you really want. Be clear and precise about your goals and you will have a clear direction into it.

**Measurable** - You should be able to measure the progress you are making towards your goal. In setting up a goal, you should be able to answer questions about quantity such as "how much" and "how many". Knowing the figures will help you in the evaluation if you are really gearing up towards your objectives.

**Achievable** - We know that we are bound to great things, that everything is possible, but let us not disregard our limitations and specialties. Our skills are enhanced on various matters; we do not have the monopoly of all the knowledge and skills. Everything can be learned but wouldn't it be more realistic and achievable if we gear our objectives up to what we were really meant to be?

**Relevant** - Choose goals that matters to you. You can set a lot of specific goals, one that you think will work out just fine to make your life better but is it relevant? Is it important? Is it worth your time and

effort? Choose what is relevant, choose what matters.

Time-bound - Set a time frame. Know when you would want to have your goals and objectives materialized. The tendency of not setting a time frame that is realistic is that you will tend to procrastinate doing things. So have a realistic time frame and work on your objectives religiously.

Still, like all other things, being SMART is not the end of goal setting, You need to EVALUATE and RE-EVALUATE just to make sure that all other things are still gearing towards your goals. SMART setting of goals need not be the smartest for you leave no room for flexibility, you just need to be SMARTER and you're off to a good start.

Remember, You Are More Powerful Than You Know!

Brian K. Bailey and Iyabunmi Moore,  
IMpowerment Coaches



## About The Author

Brian K. Bailey is a fitness consultant, motivator, and personal development coach. On this site you will find a wide variety of content, information, tips, and tricks when it comes to personal development, and many other topics that will help you along the path of Transforming Your Life!

<http://www.impowermenow.com/>

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# 8 Ways to Accelerate Your Job Search On LinkedIn

by: **Noelle Gross** (reading – 16.4. - 22.4.)

## Here's Why You're Not Seeing Results

LinkedIn®, much like your resume or network, requires a unique strategy when considering a holistic approach to the job search. Being on LinkedIn® without a strategy is like trying to reach a destination without a roadmap. In this post I am going to explain exactly how to use LinkedIn® to optimize your time and results when you enter this powerful career platform.

Here are 8 areas of focus you'll want to incorporate as you organize your job search strategy on LinkedIn®:

### 1. Networking

Networking is probably the number one reason for visiting LinkedIn® as it requires nothing more than one's ability to find and connect to the right people all with the click of a button. Try to set aside time to

focus on growing your network in the right direction and don't get sucked into stalking ex-boyfriends (especially if you aren't anonymous in your LinkedIn® settings). Finding and connecting to the right people takes time so be sure to put this at the top of your job search checklist. It's still all about who you know in the world of networking so make a point to know a lot of people.

## 2. Research Career Paths

If you're like most job seekers I work with, you're not exactly sure what you want to do next. Never fear. LinkedIn® is an awesome tool for researching career paths. One piece of advice I always give my clients is spend time finding the person doing your dream job. Once you find that person, check out the companies at which he/she worked and the titles held. This will give you a sense for where you need to be or possible entry points. You might even take it one step further to schedule an informational interview!

### 3. Research Companies

LinkedIn® allows companies to make use of this powerful platform in order to share information about their culture, job openings and employees. If you're interested in finding your dream company, this is a great place to start. If you know your dream company but don't have an in at this time, check out similar companies or competitors to get an idea of how you can still be in the right space with similar organization.

### 4. Research Contacts

When you find your dream company or industry space, don't stop there. You'll want to dig deeper into the employees section to see if you know anyone who can give you an introduction or forward your resume to the hiring manager. This is probably one of the most valuable features on LinkedIn® as it can get you rather close to the person in charge of hiring if you maneuver around your contacts correctly.

## 5. Search & Apply For Jobs

The job search won't amount to much if you're not finding nor applying to jobs. LinkedIn® gets this just right and you'll want to include the LinkedIn job board in your list of favorites. (Hint: you can then look into your network to see how you are connected to the job poster and ask for an introduction). As I warn with all job search time, stick to a strict schedule and stay on target as the online job search can tend to suck you in and become a time waster.

## 6. Expand Your Visibility

If you're hoping to change careers or move up in ranks and stand out in front of the right people, you'll want to dedicate some time to increasing your visibility in the right spaces. You'll want to focus on firming up your profile brand as this will be your first impression. You'll also want to apply a value-adding content-sharing strategy so that people are looking to you as a thought leader. This will be a tremendous boost for your credibility and expertise in your target field. However don't just create noise.

Be careful to really get your content strategy right!

## 7. Acquire Company Intel

This is a strategy you'll want to apply as you craft your resume and cover letter as well as prep for your interview. Companies are interested in hiring problem solvers and you'll need to demonstrate your knowledge about the business if you're going to wow the interviewer. LinkedIn® offers a wealth of company insights and recent news through their company pages. Look for trends, strategic moves, partnerships - anything that speaks to the big picture and cultural fit.

## 8. Acquire Hiring Manager Intel

Knowing who is reading your resume or who you'll be talking to in the interview is important because the hiring process is all about how your hiring manager will weigh in, on you. You'll want to get a sense for where they came from and how they ended up at your target company (Hint: this also makes for a great question in the Q&A process). You may also want to research your hiring manager to see if

he/she is publishing on LinkedIn® Pulse. This will allow you to get on the same page as you prepare your interview answers and glean a glimpse into their school of thought on various issues.

Knowledge is power when it comes to your career and Noelle wants to share all her secrets to career success, starting today! For more great tips, tricks and career advice, be sure to check out <http://www.ngcareerstrategy.com/blog/> You're also invited to access 2 FREE hiring-manager approved resumes. Sign up now: <http://bit.ly/1Qp0P2h>

## **About The Author**

Noelle Gross's Profile

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## **An Introduction to Jiu Jitsu**

by: **Jill Smi** (reading – 23.4. - 29.4.)

### What Is Jiu Jitsu?

It is a Japanese form of martial art styles which consists of grappling and striking techniques. History shows that it was first introduced before 750 AD and reached its peak when Japan was united in the early 1600's.

The reason why Jiu Jitsu flourished was because no one was allowed to carry weapons anymore. This meant that the only way to protect yourself was through hand to hand combat which even someone smaller can do to win over a bigger and heavier opponent. In the years that followed, this martial art was taught to both the police and the army.

Jiu Jitsu is sometimes spelled as jujitsu. Regardless of how you spell it, in English means the practice of gentleness. This can only be achieved with proper timing and leverage so you are able to grab hold to your opponent and then execute a few strikes so this person is no longer a threat.



Aside from learning how to defend yourself, it changes you as a person since you become more calm and focused. Students will also be able to learn other values such as efficiency, patience, surrender and yielding.

In some schools, you will also learn how to fight using a variety of weapons, others will teach healing techniques like giving another person a massage and there are those that put a heavy value on the study of philosophical or spiritual concepts.

Jiu Jitsu gave rise to other martial arts forms. First is judo which is often compared to freestyle wrestling and while the two share many techniques, Judo focuses on self defense maneuvers so you are able to throw your opponent off balance and then execute a throw.

The other is Aikido as it uses hand techniques redirect the force used by the opponent. Once the threat is on the ground, you may use various painful hold techniques until he or she surrenders. If they don't, their elbow joint will be dislocated or rendered unconscious.

Jiu Jitsu is not a sport, it is unlike karate or tae kwon do, there are no competitions. However, the Brazilian form of Jiu Jitsu which was adapted from Judo is. The International Brazilian Jiu-Jitsu Federation (IBJJF) is a major governing body for Brazilian Jiu-Jitsu (BJJ) which hosts several of the biggest tournaments in the world, including the European Championships, Mundials and Pan American.

This was founded by Carlos Gracie, Jr., head of Gracie Barra and son of Carlos Gracie, the founder of this form of martial art. The IBJJF is closely tied to the Confederacao Brasileira de Jiu-Jitsu, sharing its rules and regulations.

Although Jiu Jitsu is quite old, its technique is visible in other martial arts. You will see this used by some fighters during mixed martial arts competitions like the Ultimate Fighting Championship which has become popular ever since this was first introduced in the early 1990's.

In fact, Royce Gracie used the Brazilian Jiu Jitsu technique and was the first, second, third and fourth

champion of this tournament.

Anyone can learn Jiu Jitsu. This is the reason that it is often taught in self-defense classes so anyone who is under threat will be able to neutralize the attacker, escape and get help. All you have to do is find a gym which offers it to students.

## **About The Author**

To read about skimmia rubella, snail vine and other information, visit the Gardening Central site.

Article Source:

<http://www.articlesphere.com/Article/An-Introduction-to-Jiu-Jitsu/207794>





## **Building Confidence in Yourself through Activities**

by: **Brian Berry** (reading – 30.4. - 6.5.)

There are plenty of us that have a difficult time with low self-esteem. Typically, it is as a result of something that has happened in our lives and it is not necessary something that we are born with. Different family conditions, problems that we may have experienced while we were youngsters or even having difficulties with our current lifestyle can all lead to our lack of self-esteem. It is always a good idea for you to have some confidence in yourself and if you're able to have a little bit of this confidence, you would be surprised with how quickly you will be able to build on it. Here are some activities that you can do in order to help you to gain a little bit of self-confidence. How far you take it from there is up to you.

The first activity that you should do is actually not an activity in itself. You should always have somebody that you can confide in and this is extremely important, especially if you are having a difficulty with self-confidence. Being able to

confide in someone and tell them everything that is on your mind without having to worry about their reaction is an important stepping stone in overcoming your problems with low self-esteem. Although it may take a little bit of time for you to build up a relationship such as this, any effort that you have to put into it will be well worth it once it is in place.

There are also some excellent exercises that you can do which can help you to boost your self-esteem. Lacking in confidence is only bad if it causes you to stress in some way or another. Being overly confident, however, can also have a number of different problems of its own. That is why it is important for you to recognize the difference between these two and not to become overly confident as a result of doing some at home, self-help exercises. Try to strike a balance between the two and you would be surprised with how well you were able to get along with other individuals.

One of the best methods of building your confidence at home is by doing some role-playing exercises. Although it is possible for you to do some of these

role-playing exercises by yourself, it is always better if you have a trusted friend or perhaps a family member to work on them with you. Not only will it help you to be able to see your lack of self-confidence is often unwarranted, it will also be able to help you to view yourself through other people's eyes. Having a realistic idea of what other people think about you is extremely important if you're going to build a self-confidence that you need in order to get along in life. Don't expect results to happen overnight, but with a little bit of patience and persistence, you would be surprised with how quickly the results will come.

## **About The Author**

For more tips on public speaking and overcoming stage fright please visit

<http://www.overcomestagefright.org>

Article Source:

<http://www.articlebiz.com/article/228329-1-building-confidence-in-yourself-through-activities/>



# HOW I BECAME CONFIDENT

FitLife.tv