

Chapter 1 : Dealing with Conflict: Speak Up Before You Blow Up

Just Speak Up is a series of three books designed to develop English language learners' speaking abilities by engaging them in conversations on multiple topics in a variety of communicative formats.

You need to accept yourself. I could never voice this to people. Growing up I learned to be polite and to respect my elders, so I considered it rude to tell someone that what they are asking for or what they are doing is actually not okay. I would get frustrated and annoyed and end up taking it out on those people who are close to me. Why did I do this? His friend was sitting next to me, and he wanted to talk to him. This is when it all started going wrong. It never rains but it pours. The passenger in the window seat wanted to go to the bathroom, so there was a lot of climbing in and out of the seats. The guy next to me was reading the paper, and it draped into my space. The other guy next to me was hogging the middle arm rest. My justification was that he was a big guy and he was cramped, shame. I was fuming inside because I did not stand up for myself and for what I wanted. I started blaming the guy who was sitting in my original seat for how I was feeling. If he had just stayed in his seat then none of this would have happened. This was the story of my life. I would rather have been inconvenienced than let them have to go through that. I had learned from an early age to teach people how to treat me. I was teaching them that it was okay to take advantage of me, because deep down inside I believed I was not enough. My key insights that pushed me to change were: I did not like unnecessary conflict and viewed conflict as destructive. I did not know how to speak up without blowing up. The world is full of conflict and it would never go away. I just had to learn to deal effectively with conflict. This required that my inner emotional state needed to be able to handle the conflict without taking things personally and getting upset. I started seeing conflict as good, as it allowed me to speak my truth. I learned that I was not responsible for how others felt about my choices as long as I was not being selfish or offending. I started standing up for myself, and my experiences shifted. Making My Needs Important I had to realize that my needs were important, as they expressed my inner desires. If I wanted to start living a great life, I had to start living it for me. This meant I had to make my choices real by voicing them. It just meant I gave a voice to my needs, which I had never done before. This was not easy, as I had to change. Instead of rejecting them for not accepting me, I loved them harder. I just ensured they understood that these were choices for me, and not against them. I wanted people to know what was important for me. I needed to be able to take responsibility for my needs and for expressing them. I needed to change how I spoke. I wrote down all the things I used to say that put my needs second and I wrote out a list of ways of expressing my needs so they were first. I then practiced these statements and made them so real to me. A few examples include: Is there something else you can try? I really would love to help, but unfortunately I have something that I have to do that is really important for me. I do care about you. This choice is for me. I started seeing myself as being enough. When I recognized this and started behaving in this way, the world started seeing me as being enough. We have to accept ourselves to be accepted by others, and we have to teach people how to treat us. We deserve to be treated like the amazing, beautiful souls we are. About Stephen Light Stephen loves people and sees them for their potential, not the behaviors they display. His purpose is to connect, share, serve, and grow. Visit him at peopleactiv.com. See a typo, an inaccuracy, or something offensive? Please contact us so we can fix it! Did you enjoy this post? Please share the wisdom: You may also enjoy: Get wisdom in your inbox Join the Tiny Buddha list for daily or weekly blog posts, exclusive content, and promotions.

Chapter 2 : Speak by Laurie Halse Anderson

Just Speak up a three-level series published by Compass to strengthen the skills of Speaking English. These three books a wide range of topics Mac Push to talk provides to students. Features of this set can be named conversation short and quick, enhancing the vocabulary of English.

It is , the Cold War, and the stockpiles of nuclear weaponry loom large. Is it up to us, as Christians, to take action to save the world from the horrible annihilation such weapons make possible? If so, what roles should we adopt, and how forcefully should we be willing to fight for what we deem good or right? What part, if any, will our theologies play in determining this? These questions are no 1 In Speak Up for Just War or Pacifism, the specter of nuclear holocaust once more confronts us. These questions are no less pertinent or the world less dangerous because the Soviet Union has collapsed. Nor are they distant from concerns of social justice so central to much of the rhetoric on this campus. According to Ramsey, our Enlightenment legacy and its overly optimistic faith in human rationality and achievement has led us to believe that we can create Heaven on Earth, the peaceable kingdom, the shalom here in our lifetimes through our concerted efforts, but this is an error 5. We must not confuse this world with the eschaton, or ourselves with its savior. In this way, Ramsey brackets ethics within theology, putting a theological reality check on our activism. It is not that we need not worry about our actions, love or social justice, but that we need to stop expecting those to achieve an ultimate just peace, the very goal apparently set out by the Methodist bishops. The final word is not ours, Ramsey reminds us. In fact, we have every reason to expect things to get much worse by most human measures. We are not to fear nuclear holocaust or the end of the world as we know it. The end has been foretold us; it is beyond our ability to forestall; and it will be when God ushers in the eschaton. If nuclear holocaust is the way God chooses to do that, who are we to quibble? After all, after that death, death itself will die, and we will wake in the new heaven and new earth This is not good news for anyone we understand as excluded from the eschaton, of course, and it troubles my notions of liberation theology. I have focused my efforts for so long on attempts to alleviate suffering, taking Isaiah 61 as a mandate. Yet Ramsey points out that efforts to create a more equitable world may well bring about the end of it as surely as nuclear holocaust. If what we do to alleviate suffering produces more suffering, our agency seems to become a heartbreakingly self-defeating exercise of faith and liberation theology not very liberating. To refuse to take up arms may result in greater injustices than if we fight. It is in this topsy-turvy interim that Ramsey suggests even war may be love I find this claim hard to reconcile with history. If the United Methodist bishops were wrong to conflate this world with the one to come, I suspect Ramsey may be wrong to consider them so separate. The distance he sees between the two is, like the distance he sees between us and Jesus, too great for me. Faith lies not in understanding and action, but in God. We do not just wait in hope, we live into it, and we are sent as salt and light to make possible more than just more suffering.

Chapter 3 : Just Speak Up – a training and strengthening conversation in English Mp3 Download – ca

The Just Speak Up series provides instructors with classroom materials to guide students through more than 60 hours of extensive speaking practice. With more than question prompts organized into 20 thematic units in each book, students are bound to find something to talk about in every class period.

Convert Voice into Text Most people speak over words per minute but type less than 40 words per minute. What if you could? Most people speak over words per minute but type less than 40 words per minute. What if you could create email, documents and spreadsheets simply by speaking? What if you could control your PC just by talking to it, starting programs, using menus, surfing the web? A software that writes what you speak gives everything you need to be more efficient with your PC. Write What you Speak Automatically with Speech to Text Software 1 – Vista Speech Recognition – Write what you Speak, Perform Actions Speech Recognition in Windows Vista allows you to interact with your computer by voice, significantly reducing the use of a mouse and keyboard, while maintaining or increasing your overall productivity. With Speech Recognition, you can dictate documents and e-mail, fill out forms on the web, and command applications and the operating system by saying what you see. Make sure you perform the tutorials as this is how you will train your computer to actually recognize your voice. The more you record your voice via the tutorials, the better your computer will understand the commands, so go over the words the tutorial wants you to repeat at least 3 times. Once you have the program open and have completed the tutorial you are ready to start dictating. Sometimes referred to as speech 2 text software, speech recognition software, voice recognition software, voice to text conversion software and voice conversion software. The main use of voice to text conversion for businesses is to take a voice recording and turn the speech into text. Many speech to text programs are able to perform this and easily make software conversion of voice to print an easy task. Its so easy, you can use it right out of the box. It learns to recognize your voice instantly and continually improves the more you use it. Just about anything you do now by typing can be done faster using your voice. Create and edit documents or emails. Open and close applications. Control your mouse and entire desktop. Link with Video Demo Leave Your comments – If you like this article, share your feedback or comments here.

Chapter 4 : Just Speak Up 2 - Free eBooks Download

Just Speak Up 1 - Extra Questions 1 Unit My Favorite Describe your favorite teacher and explain why he or she is your favorite.

A chance to be seen, to get a foot in the door. But what if that comic is no longer famous but notorious? CK recently returned to the New York comedy scene nine short months after allegations of sexual misconduct emerged, ultimately confirmed by CK himself. Some are disgusted by his hasty return; others keen to welcome him back. Does it matter that his apology left a lot to be desired or that he seems reluctant to address what has happened – that he masturbated in front of women? It certainly mattered for my friend and comedy partner Sarah Donnelly, an American doing standup in France. When she was asked to open for Monsieur CK she was conflicted. She could hardly turn down a paid gig like this, but accepting it made her think twice. How would her being on the lineup be perceived? Could she talk about the allegations on stage? Would her silence on the issue during her performance be taken as complicity? Read more Before the show the audience, mostly French, chatted while the back curtain was lit up with the emblem of the New York Comedy Night – a bi-weekly showcase organised by Sebastian Marx, another American comic in Paris. Any worries Louis might have had about his reception would have been dispelled the moment he walked out on stage and the crowd erupted into long, loud applause. His set was typical CK: He talked about his baldness, being overweight, feeling old, woke young couples on the subway. Sex was brought up through a variety of crude and absurd premises, but the topic of masturbation was avoided. Did he mention the events of the past year? After the show the audience stood outside smoking – they are French, after all. A woman in her 20s with a CK badge said: Maybe because it had been so secretive, or maybe because there is a different feeling in France towards Louis CK and even the MeToo movement in general. Just a handy pantomime and an acknowledgement of her being the only female on the lineup, and a quick reference to MeToo that seemed to be enough to break the tension, to which the audience showed their appreciation with laughs. And I think we all are going to feel uncomfortable in the meantime.

Chapter 5 : Softwares to Write What You Speak : Convert Voice into Text

Just Speak Up This book has been developed to introduce a wide variety of speaking topics to students. Each unit also presents a number of activities to scaffold speaking tasks for lower-level or less secure speakers.

We are here to help you. You will have enough time to get to your class before the bell rings. The dress code will be enforced. No smoking is allowed on school grounds. Our football team will win the championship this year. We expect more of you here. Guidance counselors are always available to listen. Your schedule was created with your needs in mind. Your locker combination is private. These will be the years you will look back on fondly. Everyone should read it. The story starts with Melinda, the narrator, starting 9th grade. She retreats into herself, withdrawing from school, her family, and any possibility of friendship. Waiting for a prince to come and princessify her with a smooch? I stand over her with my knife. My throat closes off. I put out my hand to steady myself against the table. David pins her froggy hands to the dissection tray. He spreads her froggy legs and pins her froggy feet. I have to slice open her belly. She is already dead. A scream starts in my gut - I can feel the cut, smell the dirt, leaves in my hair. Remember what I said about the terrifying stuff? The main reason I loved this book is because I was very, very similar to Melinda in high school. Her attitude about school, her cynicism towards the whole "high school is the best time of your life" crap, her opinions about classes and teachers and the uselessness of guidance counselors I kind of wished I could transport myself into the story, so Melinda and I could sneer at pep rallies together. And then I felt bad, because nothing bad happened to me in high school. Nothing like the stuff Melinda went through. She had a reason for being so withdrawn and unhappy and angry about everything. I was okay with this eventually, but some people might not be. I can imagine someone criticizing this story for being too emo, or saying that Melinda was too much of a downer. So, just to be clear My edition of the book has an interview with her, and she said, "I have gotten one question repeatedly from young men. These are guys who liked the book, but they are honestly confused. They ask me why Melinda was so upset about being raped. I think I need to go sit in a corner and do some yoga breaths, be back later. Social Justice in Young Adult Literature

Chapter 6 : A year-old boy who can't speak wrote a book with his eyes - CNN

Description. Published by: Compass. This book has been developed to introduce a wide variety of speaking topics to students. Each unit also presents a number of activities to scaffold speaking tasks for lower-level or less secure speakers.

Chapter 7 : Speak Book Review

Just Speak Up 1. Just Speak Up 2. Content Overview Key Features Unit Walkthrough Student Book 3. Overview Develops speaking skills related to personal experience, opinions, and preferences on a variety of topics Thematically organized speaking prompts presented along with activities for listening, brainstorming, note-taking, pair work, and group work Sample responses.

Chapter 8 : 'I felt a duty to speak up': the female comic who opened for Louis CK | Stage | The Guardian

Just walk down the forgot to water them for a few days. The book store is down the street at the next traffic light after you come out of Track 45 the subway.

Chapter 9 : SparkNotes: Today's Most Popular Study Guides

Get this from a library! Just speak up. 3. [Olga Geissler] -- Designed to develop English language learners' speaking abilities by engaging them in conversations on multiple topics in a variety of communicative formats.