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Plan Lector

Grado Sexto

Introducción

En el área de Humanidades (Lengua Castellana y Comprensión Lectora y Escritura), los Estándares propuestos, no pueden aislarse. Es indispensable interrelacionarlos. Por tal motivo, fueron nombrados los enunciados con números romanos y los subprocesos con arábigos en sus cinco factores de organización. Con ello, se busca dar mayor agilidad a la elaboración de los planes y evitar la repetición en el copiado.

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Arguments are a part of most relationships, friendships, and workplaces. Humans are social creatures, and inevitably have to cross a person’s perspective or a topic area with which we disagree. While we try our best to be respectful, it can be difficult keeping things neutral.If arguing is a normal part of life, how do it better? How can we de-escalate an argument, keeping a minor disagreement from turning into a major blowout?The tips below aren’t meant to help you win an argument, but rather to help defuse the argument. Each argument is unique, but many share common traits. Arguing well, and learning to keep arguments from blowing up into something bigger, is a good skill to learn for any relationship — whether it be romantic, with friends, or at work.1. Take a breath and pauseMost people’s normal immediate reaction is to quickly respond to what was just said by the other person. Force yourself to ignore that reaction, and instead slowly count to 3: 1... 2... 3... This allows you time to collect your thoughts and consider alternative ways of responding.For instance, we often want to defend ourselves from a personal attack, and use the opportunity to attack the other person back. Neither strategy is likely to help move the argument toward a mutually-agreeable resolution. Instead, take a moment to think of why those people with whom you disagree with are saying what they are, and what they would like to hear that may affirm you at least heard them (even if you don’t agree with them — listening is not the same as consent).2. Respond rationally rather than emotionallyArguments escalate because we allow our emotional minds to take over in the heat of the moment. It can be an exhilarating feeling, but such emotions tend to feed the fire of an argument, rather than working to douse the flames.Try your best to ignore the emotional content of the other person’s argument (including personal insults or attacks) and focus on the core issue that requires working through toward a compromise or concession.3. Remember, you do not have to prove yourselfSometimes we continue on in an argument not for any good reason, but because we feel like we need to prove ourselves. We’ve tied our own self-worth, self-image, and self-confidence to winning. Even if by doing so, we hurt a loved one or someone we respect.Despite what we tell ourselves, arguments are not about proving ourselves to be better or smarter than another person. We aren’t. We are human, fallible creatures, just like others, and we will make mistakes and be wrong, too. Don’t make an argument about your needs or self-worth.4. Decide the value of the argument early onNot every argument should carry the same weight, just as not every decision we make in life has the same importance. Whether you eat a banana or an apple is a decision of very little consequence. In the same way, an argument about whether the sky right now is perfectly clear or whether there are a few, barely-detectable, high-altitude clouds is probably not one worth having.Are you arguing about something you really care about? Is it where you’re going to go to dinner tonight, or whether you want to have another child? If you don’t particularly care about the outcome, let the other person “win” and save your energy for an argument that you’re really invested in.5. Try to put yourself in the other person’s shoes & keep an open mindImagine your boss comes to you with a concern about not being kept up-to-date where you were with a specific project — one that his boss also wants to know the status of.“I can see how it looked like I wasn’t making progress on the project, because I didn’t communicate it very clearly to you,” is a good example of demonstrating seeing things from your boss’s perspective.“Look, I can’t help it if you don’t know what I’m doing. I’m practically done with the project, I just hadn’t told you yet!” is a very poor example of how to respond, because you’re not taking into account your boss’s own position and need to know (as your boss is in a position of authority over your work).6. Learn to disagree with respect & find common groundA lot of people aren’t really interested in whether they “win” an argument or not. Instead, what they really want is simply to be heard. A simple acknowledgment that you hear those you argue with and what they’re saying, but respectfully disagree with them is often enough for others to disengage from the argument.Finding common ground for a compromise is a valuable strategy to employ in working toward a quick resolution of an argument. Diplomats employ this strategy daily, and you can too by working to find the things you share in common, and building upon them. “You want steak for dinner, I want seafood... So let’s go out to a steak and seafood place!” There Doesn’t Have to Be a WinnerRemember, there doesn’t have to be a “winner” to every argument. Two people can simply come together, discuss something of mutual interest, and then walk away without either person changing his or her mind. Or a simple compromise can be reached more quickly if both people are open-minded and are willing to give a little.Arguments are a part of life. Learning to navigate them more deftly will help you get over these little speed bumps and get back to enjoying your life more quickly. by Keith RobinsonIf you're reading this chances are you've got some interest in making your life less stressed. I know it's a big deal for me. I'm a naturally stressed-out person and I'm trying more and more to keep my stress-level low. Lately it's been pretty high, and while I know it'll pass, I'm really trying to spend more time relaxing. It's not as easy as you might think.In this first installment of a two-part series on stress reduction I'll discuss some ways you can set yourself up to be less stressed.Find the right jobHaving a job you love and one that can support a good work/life balance is a great way to start down to the road to a less stressful life.When it comes to work/life balance, some jobs are better than others. Over at Jugglezine they...Read moreA job where you can simply work less is always good too. If nothing else you need to be able to take a break every once in awhile.Get to work!! know! I just told you to take a break from work. Well, working hard has its benefits too. Think about it. How often do you get to work — really work? We spend so much of our work days doing everything but working. Dealing with office politics, digging through e-mail and RSS, having meetings and all the rest. For me anyway once of the best ways to keep the stress level low is to get things done and get head down and do some work.I feel my best when I'm writing, or designing or coding. Well, either when I'm doing that or just after I've finished a productive four hour stint (I work in three or four hour blocks usually). It's also got the added benefits of keeping the to-do list manageable.Set boundariesYou've got to know when to say no and when to quit. It seems like every day someone is asking for something new, but you've got to realize that for every new job, new task, new bit of information you've decided to bring on you've got to either take away from something else or find more energy somewhere inside to deal with it. Good work isn't all about getting things done and doing lots of work, it's about doing it right also.I'm not a perfectionist (perfect is the enemy of the good), but I do expect quite a bit out of myself and those around me. It's sometimes awfully easy to see when someone has too much on their plate as their work suffers and they're always stressed out. Seeing that in yourself is the trick. Give yourself a long inward look and ask yourself if you might need to reduce your workload. Also, it's a good idea to do this before you agree to take something new on Stay fit. Exercise.A healthy lifestyle can do a whole lot toward relieving stress. I know I feel my best and my least stressed after a very draining soccer or kickball game. Join a club, go out for a run or make time on your Sunday afternoon to kick a ball around with friends. It can help in so many ways.It's important to find activities that work for you. I'm not sure competitive sports is for everyone, for example. The idea is to do something that gets you active, even if it's just going for a walk every day at lunch.Get clean and organizedOne of the reasons people are so interested in David Allen's Getting Things Done and other, similar productivity programs is their promise to keep you less stressed. One of the ways these systems help you do that is by helping you keep organized. A tidy desk, clean home and organized computer can do wonders for keeping your mind of things that cause stress.by Keith RobinsonRead moreTake time off from work.Make sure you're using your vacation days and getting away from the office and its stress on a regular basis. Don't work through the weekend. In fact, you might try and take Fridays off!Lifehacker pal and all-around productive guy Ryan Carson has a great idea for being more productive Read moreAs always if anyone reading this has any more tips they'd like to add, that'd be very welcome in the comments or at tips at lifehacker.com. Next up: de-stressing through relaxation.D. Keith Robinson is an associate editor of Lifehacker. His special feature Getting To Done appears every Monday on Lifehacker. The distinction between de que and que in Spanish can be confusing because they are both frequently used to translate "that." See the following two pairs of examples: El plan que quiere es caro. (The plan that he wants is expensive.)El plan de que los estudiantes participan en las actividades es caro. (The plan that students participate in the activities is expensive.) ¿Cuál era el concepto que Karl Marx tenía sobre el poder del estado? (What was the concept that Karl Marx had about the power of the state?)Es común escuchar el falso concepto de que el estado no debe de ser poderoso. (It is common to hear the false concept that the state shouldn't be powerful.) Structurally, all these sentences follow this pattern: English: subject of sentence + dependent clause beginning with "that" Spanish: subject of sentence + dependent clause beginning with que or de que So why the use of que in the first sentence of each pair and de que in the second? The grammatical difference between those may not be obvious, but in the first one, que translates "that" as a relative pronoun, while in the second de que translates "that" as a conjunction. So how can you tell if you're translating a sentence of this pattern to Spanish if "that" should be translated as que or de que? Almost always, if you can change "that" to "which" and the sentence still makes sense, "that" is being used as a relative pronoun and you should use que. Otherwise, use de que. See how in the following sentences either "which" or "that" makes sense (although "that" is preferred by many grammarians): Es una nación que busca independencia. (It is a country that/which is seeking independence.)No hay factores de riesgo que se puedan identificar para la diabetes tipo 1. (There are no risk factors that/which can be identified for Type 1 diabetes.)La garantía que brinda General Motors es aplicable a todos los vehículos nuevos marca Chevrolet. (The guarantee that/which General Motors offers is applicable to all new Chevrolet-branded vehicles.) And here are some examples of de que being used as a conjunction. Note how the "that" of the English translations can't be replaced by "which": El calcio reduce el riesgo de que el bebé nazca con problemas de peso. (Calcium reduces the risk that the baby is born with weight problems.)Hay señales de alarma de que un niño está siendo abusado. (There are warning signs that a child is being abused.)No hay ninguna garantía de que esta estrategia pueda funcionar. (There is no guarantee that this strategy can work.)Ecuador admite posibilidad de que jefes de las Farc estén en su territorio. (Ecuador is admitting the possibility that FARC leaders are in its territory.)La compañía quiere convencernos de que su producto es ideal para los jugadores empedernidos. (The company wants to convince us that its product is idea for hard-core gamers.)



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