

eliminate these words

The only person who is educated is the one who has learned how to learn and change.

-Carl Rogers



professionalism, critical thinking



none



5 minutes



Directions: Guided discussion with class.

To appear confident, be confident. Eliminate the following words:

Just

"I'm just a student"

"I'm just an officer"

"I'm just a _____"

Explanation: In this application, "just" means an apology or an acknowledgment of shortcomings or a diminishing of your identity. Be more confident in your identity and your accomplishments.

Sorry

"I'm sorry you spilled your drink."

"I'm sorry we missed meeting you for lunch."

"I'm sorry you didn't get here on time."

Explanation: If an action takes place and you caused it, then you should apologize. But don't say sorry if you are not apologizing. Instead say, "I hate that you spilled your drink. Here, let me help."

I think

"I think I will do well on the test"

"I think the meeting is well planned."

Explanation: Be confident in what you know! It is much more commanding and confident to say "I know" instead of "I think."

So

"So where are you from?"

"So can you meet me in an hour?"

"So don't forget the snacks!"

Explanation: So is used as a filler. Quit it! It's overused and unnecessary. Before you begin to speak, prepare what you are going to say so you don't need fillers.

Like

"I just, like, you know, like."

"I went, like, on the road..."

"I have no idea how, like, I'll..."

Explanation: No one wants to listen to someone who adds the word "like" into their speech all the time. It is another filler word so quit using it, too. Be silent and think before you speak. Say only what you mean.



bullseye!

Asking students to think about the meanings and necessity of words helps students learn to communicate with clear and concise language.

Course Standards 1:1 1:2 1:3 1:4 1:5 1:6