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Austin from the ace family

Cancer is happening right now, which is why I'm taking part in a Race for Life to raise money and save lives. 1 in 2 people will be diagnosed with cancer in their lifetime. Every single pound you donate makes a difference to Cancer Research UK's groundbreaking work. Image: NBC Sha la la la! What happens when two former flower children find themselves middle-aged and raising kids? There ain't nothing they can't love each other through! Test your "Family Ties" knowledge with this quiz. TRIVIA How Well Do You Remember the Keatons? The Family Ties Quiz 5 Minute Quiz 5 Min TRIVIA Can You Identify These Celebrities If We Make Them Look Old? 7 Minute Quiz 7 Min TRIVIA Who Are These "Family Guy" Characters? 6 Minute Quiz 6 Min PERSONALITY Which TV Relationship Are You? 5 Minute Quiz 5 Min PERSONALITY Which of The "Good Girls" Are You? 5 Minute Quiz 5 Min TRIVIA Can You Ace This Motorcycle Quiz? 7 Minute Quiz 7 Min PERSONALITY Which Cullen Family Member Matches Your Soul? 5 Minute Quiz 5 Min TRIVIA Can You Ace This "Jaws" Quiz? 5 Minute Quiz 5 Min PERSONALITY Which Teletubby Are You? 5 Minute Quiz 5 Min PERSONALITY Tell Us Your "Outlander" Opinions and We'll Guess When You'll Meet Your Soulmate 5 Minute Quiz 5 Min How much do you know about dinosaurs? What is an octane rating? And how do you use a proper noun? Lucky for you, HowStuffWorks Play is here to help. Our award-winning website offers reliable, easy-to-understand explanations about how the world works. From fun quizzes that bring joy to your day, to compelling photography and fascinating lists, HowStuffWorks Play offers something for everyone. Sometimes we explain how stuff works, other times, we ask you, but we're always exploring in the name of fun! Because learning is fun, so stick with us! Playing quizzes is free! We send trivia questions and personality tests every week to your inbox. By clicking "Sign Up" you are agreeing to our privacy policy and confirming that you are 13 years old or over. Copyright © 2021 InfoSpace Holdings, LLC, a System1 Company Regardless of your job, how much you enjoy it or how well you do at it, if you're like most people, you dread your annual performance review. After all, no one likes to be put under the microscope, especially when it comes to discussing sensitive subjects like money and the future of your job. There may be no way around it, but there's an easier way to get through it, starting with preparing yourself ahead of the big event. It may sound odd, but one of the best ways to prepare for your annual performance review is to practice it ahead of time. You can do it yourself or have a friend or relative pretend to be your boss. Either way, it gives you a chance to run through everything you want to say. During this practice round, take a realistic look back at your last year of work, noting the good, the bad and the ugly. If a friend conducts the interview, he or she can deliberately try to throw you some curveballs when asking questions. Also think about your review from last year (if applicable), focusing on parts that were awkward or negative so you can improve. Practice different answers to questions to see what feels right. During the other 364 days of the year, you may be great friends with your boss, but during your performance review, it's important to be professional. Go into the review with the same attitude you would have for a job interview. You're there to sell yourself to the company and ensure they understand your value. First, dress the part. Even if you normally dress casually for work, spruce yourself up a bit. Get enough sleep the night before, and arrive prepared with a list of your achievements from the last year. Be aware of your language, and always speak professionally, project confidence and put your best foot forward. Don't sit down for your performance review empty handed, and don't wait for your boss to bring up each topic. It's a two-way conversation, and most bosses and supervisors just want to get through it quickly, but that could mean your voice isn't always heard. First, be sure to point out your achievements from the last year. Avoid sounding arrogant, but don't shy away from presenting nice notes you've received from customers and co-workers or a list of what you've contributed to the company. If you have improved in areas where you received criticism at your last review, be sure to point that out. If you have new goals for the new year, discuss them and ask your boss for feedback. Hopefully, most of your performance review is positive, but your boss could offer some constructive criticism about areas you need to improve. It could be something as minor as getting to work a few minutes earlier or something more significant like taking more initiative to make sales. Be sure to listen to what your boss has to say, and don't automatically respond in a defensive manner. Let your boss know that you're committed to making the improvement. If the issue is serious, you could even ask for a chance to discuss your progress at a follow-up meeting in a month or two. If you're like many people, you walk out the door and start thinking about other things — until the next performance review rolls around. However, if you want to do better next time, start preparing the moment you walk out of the meeting. If you were given some constructive criticism, starting working toward improvement immediately. If an issue was left unsolved, schedule a follow-up meeting. If everything went well, start thinking about your goals — both your personal goals and your goals for how to improve the company — and brainstorm how you could make them happen. Keep a file of all your successes so you'll have it ready for next year. American Heart Association A relentless force for a world of longer, healthier lives. In the age of the Internet, delivering killer presentations seems to be more important than ever. Those who can do it well get ahead. However, for many, it can be totally daunting. It's not that the ideas aren't there. It is the ability to produce crystal-clear content that is interesting and the anxiety around communicating it that is the blocker. If you want to improve your level of skill in this area, check out my eight points below. 1. Engage About ExpectationsWhether online or face-to-face, it is important to devote some time to discussing expectations before getting started. Be upfront with your audience so that they know what to expect from your presentation. 2. Keep It Compact And Be ClearNeuroscientists say that the human mind can only absorb three to seven points in short-term memory. The inspirational visionary Steve Jobs knew this. His product descriptions were all short, to the point, and described the product in one sentence. He also sometimes used the rule of three: "Thinner, faster, lighter" and "The world's thinnest notebook" are some of the most memorable definitions. Think concise and clear when writing your content. You will feel more positive in your approach, more comfortable about the delivery, and you will also have more impact.3. Get CreativeWho doesn't love a good story? The best advertisers are fully aware of this and use narratives all the time to connect us emotionally to the brands they represent. Top brand Nike doesn't even mention its products in its ads. Instead, we, the consumer, are the star of the story, as they help us to achieve our dreams of doing better. Stories have power! Get creative in your communication and spin a good tale. Concretely, this means finding real-life experiences that you can use to illustrate your points. If you feel you lack creativity, why not try meditation? Research shows that mindfulness promotes divergent thinking.Understand the level of knowledge of the group and don't underestimate their insights. Ask some open questions and note the individual responses on a whiteboard. Reinforce good responses and link them to the main points you are making. Sometimes there will be "outlier" responses that are of little interest to the rest of the audience. Demonstrate sensitivity and respect here. Inform the individual that their issue is outside of the contents of the presentation, but there will be 15 minutes at the end of the presentation for one-on-one questions. 5. Wrap Up WellMake sure to spend time wrapping up your presentation. Address whether people felt their expectations were met. This is the mark of a true client-focused professional.6. Be ConfidentBeforehand, find a quiet and peaceful place to relax and visualize being adequate. Don't imagine suddenly being your favourite star on stage — this is more like wishful thinking. Focus on being calm, with a steady voice, relaxed body, and the confidence that you are prepared. Also, take some time to visualise something you already love to do with ease. This could be cooking your favourite dish, serving it up to family or friends, and explaining how you created such a delight. Now, transfer the feelings you are experiencing and see yourself presenting. Believe the tools are within you! You are already confident in other areas of your life and you can have confidence when presenting too. 7. Be CalmPractice "ratio breathing." If you don't know this powerful tool, make sure to Google it. Basically, watch your breath and let it travel all the way down to the base of your spine, relaxing the belly and letting the diaphragm move into it. On the out breath, breathe all the way out of the top of the head, constantly maintaining your focus on it. Think of it like a barometer. Breathe in for 2 seconds and out for 4 seconds. You can change the ratio to whatever works for you. When we feel anxious, this is a guaranteed tool to calm the body because it switches the parasympathetic nervous system on and switches the "fight or flight" reaction off. So practise it and use it as needed on the day.Notice the area around you — this is yours, so own it and fill it. Research by Harvard Professor Amy Cuddy has shown that when we adopt "power poses" — that is, manipulating our own body language so that we feel more poised and confident — testosterone increases and cortisol decreases, so our bodies really can trick our minds into believing we are confident. Practise this at home in front of the mirror so you can get comfortable with your new style. Also, notice any thoughts and keep the feel-good messages, such as "I can do this," flowing. Finally, remember you are giving it your best shot and bear in mind that your realistic aim is to give a "good enough" presentation, not to "raise the house" — although, with practise, you very well may!Featured photo credit: Imagine Cup via flickr.com Take a historic walk Historic walking tours take visitors past the 19th-century buildings such as the Old Bakery (1876), MillettCourtesyloveleypaddle.comCongress Avenue BridgeTake a historic walkHistoric walking tours take visitors past the 19th-century buildings such as the Old Bakery (1876), Millett Opera House (1878), and the Driskill Hotel (1886), as well as the more Old-Worlidy St. Mary's Cathedral (1874) and St. David's Church (1854). Those interested in life during Victorian times can also tour the Bremond Block Historic District, a collection of homes belonging to people related to John Bromond, Sr., a successful merchant with a taste for lovely homes.Hang with the batsThe nooks and crannies under the Congress Avenue Bridge are home to more than a million Mexican free-tailed bats—the largest urban bat colony in North America—from March to October. July to September is peak bat-watching season. Gather nearby to watch the bats emerge at dusk to forage for insects. (Bat-watching cruises, kayak tours, and bicycle tours are also available, but for a fee).Look at Lyndon's booksVisit the Lyndon Bains Johnson Library and Museum, crammed with more than 54,000 objects donated by the president and Mrs. Johnson, their family, close friends, associates, and the American people. Exhibits offer an intriguing look at the life and times of LBJ. Highlights include a replica of the Oval Office, gifts from foreign heads of state, and masterpieces by American artists Frederic Remington, Charles Russell, and Winslow Homer, and Mexican artist Diego Rivera.Climb a mountainFor the most spectacular views in town, take the stairs or path leading to the top of Mount Bonnell, the highest point in the city at 775 feet. From here you can gaze on the surrounding bluffs, multi-million-dollar mansions, and the downtown skyline. Tables and grills are available for picnickers, and the sunset is brilliant year-round. The peak is named for George Bonnell, Commissioner of Indian Affairs for the Texas Republic, who first moved to Austin in 1839.Make it movie nightAlamo Drathouse offers free kids' movies on the last Saturday of every month, as well as special screenings and other free events. Nueva Onda Mexican restaurant shows free indie movies on their patio once a month. During the summer, free movies are shown at the north Central Market location on Lamar every Wednesday night. Also this summer is the Regal Free Family Film Festival at three cinemasSources: Examiner.com, austin360.com, lowfares.com, austinexas.org, videocityguide.com and websites linked above. Photo Courtesy: FatCamera/E+/Getty Images As you start to plan your family, it's natural to ponder what that might look like. Whether you hope to have one child or six, there's no right or wrong answer when it comes to size. In addition to matters out of your control, there are several factors that can weigh in on your decision to have more than one child. From finances to family dynamics, there are pros and cons to any size family. To help you decide what size family may be a good fit for you, we've taken a look at the advantages and disadvantages of families of every size. In a big family, everything is bigger. For some parents, this is a bonus. There are more personalities, more people to love, more children under your roof, and more relationships at play. Photo Courtesy: Marko Geber/DigitalVision/Getty Images In fact, one major benefit is the relationships your children have with one another. With more children, each child always has a companion. As small children, they always have a playmate. This helps take some of the pressure off of you and your partner when you need a few minutes to get something done. As older children age and gaps widen between kids, you'll also find you have built-in babysitters. Older children are able to help care for younger children, even if it's only for a few moments. For your kids, there's no closer bond than with a sibling. They have a built-in friendship that hopefully carries with them into adulthood. Financially, there are also some benefits to having a large family. While more people mean more mouths to feed, think of it as an economy of scale. You'll be able to buy in bulk and cook larger meals. You'll also get the advantage of hand-me-down clothes and baby gear. Moreover, children in bigger families report being happier on average. Kids in big families learn teamwork, sharing, how to play alone, and how to play and interact with large groups. They also have a buffer if a relationship with a sibling or parent is strained for a time. That is, there's always someone to vent to or confide in. As adults, your kids also have the advantage of adult sibling relationships, in-laws, cousins, and grandchildren. If your big family grows up to have big families of their own, your built-in support network will expand too. While a big family offers your children constant companionship, there are a few family dynamics that are trickier to navigate with more than one or two children in the mix. Dedicated one-on-one time with you, for example, will be harder the more children you have. One way to fix this? Make spending individual time with each child a priority. Set calendar dates like you would for a work meeting to do something for you and one of your children. Rotate around so that each child gets some alone time with you and your partner. Photo Courtesy: Tetra Images/Tim Pannell/Getty Images You can also do this with mini-groups. One parent can take the big kids to a water park, for example, while another takes the smaller children to a splash pad. Older children may be able to go to dinner with mom and dad while the younger kids stay with a babysitter. Days like this will help make sure kids get the attention they need. Of course, finances are another sticking point for some families when it comes to having more children. More children may mean a bigger home, and moreover, you could end up spending more on activities, education, travel, and recreation. Family vacations may need to be a bit more creative to cut down on costs when it comes to hotels and airfare. Depending on where you live, the size of your home might also be a disadvantage. In high-priced real estate markets or dense urban areas, square footage comes at a premium. You may need to consider moving further out from a city center or living in smaller quarters with kids sharing rooms. Having a small family has its perks. The relationship between a parent and their child may be closer without the demands of other children on their parent's attention. Financially, having one or two kids is more cost-effective when it comes to housing, education, the size of your car, and recreational activities. Photo Courtesy: kate_sept2004/E+/Getty Images With one or two children, it becomes more feasible to help them pursue activities, like sports or music, while giving them more focus and time — instead of running around from event to event as you might with a larger family. Additionally, traveling becomes a little bit easier (and less costly) with fewer children. While your child may not have siblings, this also means there's no one to fight with. While sibling dynamics can lead to fulfilling relationships, they can also be complicated and a source of stress, especially if your kids develop a rivalry when it comes to excelling in activities or fighting for your attention. While there are no rights or wrongs when it comes to determining the size of your family, having just one child could come with some disadvantages. The biggest? Not having a sibling relationship means much more than not having a playmate. Only children may have a more difficult time socializing, sharing, or having empathy for others. Moreover, the parent often needs to be their sole playmate, entertainment, and support system, which can be challenging. Photo Courtesy: LWA/Getty Images As parents age, this also means the only child bears the duty of caring for them. With siblings, children are able to divide up helping out their parents if one passes away or becomes ill later in life. Remember: no matter which family size you choose, there are pros and cons to everything. In the end, you'll make the most of each of your relationships, so do what feels right emotionally and financially for everyone in your household.

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