

• Learn from your mistakes.

• Time management.

• Muhammad Ali the Greatest Boxer

*St. John's University: The Language Connection*

## Learn from your mistakes by Saleh AlJurbua



Nobody is perfect and we all make mistakes. Mistakes can teach us a lot of lessons, so we understand life better. The big question is, "How to learn from our mistakes?"

If you think you are perfect and don't make mistakes, you should reconsider your habits. If you really want to learn from your mistakes you should know that nobody is free of mistakes.

You must be honest with yourself and realize your mistakes and do not create excuses for you mistakes. Try to fix your mistakes and ask yourself, "Why and how

can I fix my mistakes.?"

Learn the most from your mistakes and do not fall in to the same mistakes again and again. Try to learn from other people's mistakes.

Be patient and do not give up. Try again and again because giving up means failure. "Patience is the secret to success "



Learn the most from your mistakes and do not fall in to the same mistakes again and again. Try to learn from other people's mistakes and learn from

them.

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In conclusion, if there are no mistakes in our lives, we will not be able to learn and understand ourselves. Most successes have faced some failures and mistakes, and the secret of passing them is patience. Smart people are those who can make the most from other people's mistakes. If you can't learn how to fix your mistakes, you can't get your goal.

# Time management by Wasmiah AlAjmi

## How to make better use of your time?



Have you ever been asked "what is your plan for today?" A lot of people get nervous of this question because they don't have any plan and this is the problem. Many people complain and suffer from procrastination and the lack of time management skill, and they would be upset the whole day because of the stress. Successful people have the exact same hours a day which is 24 hours. Therefore, we need to plan our days wisely. There are a lot of strategies that could be helpful in order to get better at time management.



Prioritize your tasks, and spend time in planning so you could follow the plan to be done in a short amount of time, and with less effort. You should know what your priorities are.



Therefore, you should manage the tasks according to their significance.

Keep yourself away from the distractions. Nowadays we have a lot of distractions, such as, social media, TV, and hanging out with friends. Therefore, you should get rid of whatever distracts you while you are studying and you can reward yourself by that distraction in your breaks.

You should have short breaks because they can help you to reenergize yourself and help you to refocus more after the break. I really think that if you focus on a task for twenty minutes at a time, and then take a break for five minutes would be efficient. I would really think doing a physical activity

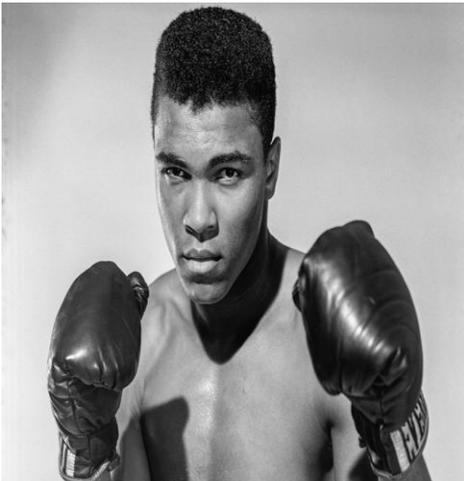
during the break would help a lot.

Reward yourself after you are done if you followed the plan and you were on time. The reward can be anything pleases you and makes your mood better. For example, watching a movie, or ordering from your favorite restaurant, or using social media.

We live in a world that is full of distractions, and we really need to pay attention to this problem. People get very stressed when they delay doing their tasks. Who needs more stress?

# Muhammad Ali the Greatest Boxer by:Mustafa Khalifah (1942-2016)

Muhammad Ali was an American boxer. He was born in Kentucky U.S. in 1942. His real name was Cassius Marcellus Clay but after he converted to Islamic religion, he changed his name to Muhammad Ali. Muhammad Ali was married four times and had seven daughters and two sons.



His career was very successful and there are some events in the ring we should stop and know about them like: 1<sup>st</sup> The Rumble in the Jungle it was called the greatest sporting event of the 20th Century. It was a historic boxing event in Kinshasa, Zaire

(now Democratic Republic of the Congo) in 1974. In this match Muhammad Ali fought George Foreman the champion at that time. 2<sup>nd</sup> Fight of the Century Muhammad Ali VS Joe Frazier in 1973 in Madison Square Garden in New York City where Muhammad Ali lost for the first time in his career but Muhammad Ali didn't give up. He wants to get revenge from Joe Frazier. That's why they fought two more matches in 1974 and 1975 and Ali won in both of them.



In 1967 when the United States was at war in Vietnam Muhammad Ali refuse to be

inducted to U.S. Army and was stripped of his heavyweight title and he said "I'm Muslim and I can't kill anyone without reason" and he was fined \$10,000 and banned from boxing for three years. He won the world heavyweight three times in (1964 - 1974 - 1978). He had the fastest and strongest punch in the world which was about 1000 lbs. In 1981 when he was 39 years old, he retired from boxing with 56 wins and 5 losses in his record. In 1984 Muhammad Ali suffered from Parkinson's disease. He had this disease because of boxing. He fought against Parkinson's disease for three decades. In June 2, 2016 Muhammad Ali was hospitalized in Scottsdale, Arizona the Doctors said he was good but unfortunately he died next day.



**Enjoy your summer to the extreme...**





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She hopes that she can change many things in Arabic society and make people think in more logical ways rather than traditional ones.

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