

# Contract dispute course work

[Health & Medicine](#), [Stress](#)



I watched Conan O'Brien's recent Dartmouth D, and it carried within it quite a few things I liked, appreciated, and even admired. Among Conan O'Brien's points included the need to remain who you are, to keep a positive attitude, and to always shoot towards success. He used humor and poignant analogies to catch the audience's attention and draw them into a story, only to swing it around and reveal it to be a point he was making.

For example, he used a very thinly veiled joke about the famous contract dispute between him and Jay Leno to explain the shaky nature of the job market – like most people, it is difficult to get a new job or keep your old job, because the old people who have that job already simply will not let go of it. This was presented with dry humor that was fascinating and gripping, allowing Conan to hammer home this point to the audience.

**Re: Week 9: DQ1 Posted: Mon 06/27/2011 09: 13 PM , by: Gregory Malveaux**

Gregory, I also enjoy the more lyrical, prose-like nature of a good commencement speech. However, I somewhat disagree that Obama's speeches are tailored to appeal to all audiences, particularly the hip hop crowd. Despite his skin color, he often appeals for attentive, intelligent discourse, and actively denounces many hip hop role models. All the same, he does seem to actively want to make a point as opposed to appease an audience.

**Re: Week 9: DQ1 Posted: Wed 06/29/2011 01: 51 PM , by: Holly Hendricks**

Holly, I agree that Denzel Washington's commencement speech was likely good. I enjoy his manner of speaking, and there is certainly a lot of merit to

an informal commencement speech. Despite the clear points made in an essaylike speech, there is something to be said for speaking to an audience in a conversational manner.

If I were to persuade someone, it would be that gay marriage should be legalized. I would use a very logical and straightforward method to convince them of this viewpoint. Humanizing gay people would be the first priority – I would use examples and lists of legislation to show the trials and tribulations of gays who simply would wish to be together. I would attempt to paint them as suffering in their own skin, being unable to marry the person they loved, and often being forced into sham marriages that do not mean anything to them. I want to make sure opponents can personally empathize with their plight, in order to make their situation slightly more sympathetic.

I would point out the consequences of continuing to refuse gays marriage, from a moral and financial point of view. I would detail practicalities in allowing gay marriage (tax revenue, for example), for those who need a dollar sign to believe in something.

**Re: Week 9: DQ2 Posted: Tue 06/28/2011 05: 07 PM , by: David Thompson**

David, I agree very much with your ideas for chronologically organizing your ideas. This helps to create a concrete timeline for your persuasive speech, and will take the audience through a narrative that can point them in your direction. Having as much supporting evidence as possible will help, and being able to call back to previous things is very helpful.

Tammy, I wholeheartedly agree with your choice of subjects – I do think that the arts are very important to schooling. The fundamental points should be

an appeal to the audience's experiences, as well as the primary sentiment behind being able to work in the arts and know about the arts.

Knowing your audience when presenting your ideas is very important, because you need to tailor your presentation to fit your audience, or else they will not be invested in what you are saying. If you use the wrong examples, or take positions that they disagree with wholeheartedly without meeting them in the middle, it will only spell disaster for you.

One of the worst things you could possibly do is to provide examples to your audience that they do not understand. A Wall Street executive will not understand an analogy taking place on a farm, for example; therefore, do not use it. Use examples that your audience will relate to. If you know your audience you can bring them into the conversation and allow them to see your side through their perspective.

**Re: Week 9: DQ3 Posted: Wed 06/29/2011 07: 10 PM , by: Tammy Starkey**

Tammy, you are right in that the audience must be communicated with on a personal and group level. There is no one type of audience or speech that will appeal to every single person. Education levels are indeed part of the equation, as you must use a language level that they are familiar with.

**Re: Week 9: DQ3 Posted: Wed 06/29/2011 11: 30 PM , by: Marta S.**

Marta, the audience indeed needs to know where you are coming from. Often, information can be too complex for some audiences; you need to simplify it or use it on a different type of audience. At the same time, you do not want to dumb it down in order to insult the intelligence of your listeners.

**Re: Week 9: DQ4 Posted: Thu 06/30/2011 12: 07 PM , by: Quinnell Thompasionas**

Quinnell, the imaginary dialogue is a great way to get a good reaction from the audience. A perfectionist is much preferable to a lazy writer, and therefore your strategies would be far more sound. Making the imaginary dialogue option viable would involve treating the audience like part of the conversation.

**Re: Week 9: DQ4 Posted: Thu 06/30/2011 07: 51 PM , by: Marta S.**

Marta, brainstorming is also a good way of thinking – being sure to cover all of your bases when imagining a solution to a problem is the ideal way to go, and it can end up making your arguments stronger. It also engenders greater confidence in the audience, as they feel they are coming up with the solution themselves.

**PSY201**

Many people cope with stress through a variety of methods – food, sex, drink and the like are all ways to feel better in the face of a stressful situation.

Emotion based coping is when a problem occurs, and the person attempts to deal with the way it makes them feel instead of the solution. Their problem is mostly the same, but they wish to just feel better about the outcome.

Meditation and various distractions are the primary methods by which most people attempt to use this type of coping.

Problem based coping, on the other hand, is where people attempt to solve the problem that is being presented. They are still fairly upset depending on the outcome, but they wish to change that outcome. Whatever new things

need to be learned or done in order to make the problem not a problem anymore are attempted, and if all turns out well, the problem is solved.

**Re: Week 9 DQ 1 Posted: Mon 06/27/2011 12: 51 PM , by: Latonya Hicks**

Latonya, you are exactly right on the varying methods of stress reduction, including the definitions of emotion focused and problem focused coping. I very much prefer a mixture of these two styles of problem solving, as I tend to look at each case on an individual basis to see which one fits.

**Re: Week 9 DQ 1 Posted: Mon 06/27/2011 03: 51 PM , by: George Valois**

George, you have some very good notions on how to cope with stress, including exercise. I find a good light run helps me relax if I am feeling stressed. They very much clear my head and get me thinking straight. I agree that the main difference with the two coping methods is that problem focused coping is more proactive.

The four factors of attraction include proximity, mere exposure, similarity and physical attractiveness. In proximity, people are attracted to those who are around them. They consider them as possible options for mating due to the fact that they are close by, and they get to learn more about them. With similarity, people find things in common with their partners, shared interests and likes that they can explore together. This creates a feeling of closeness and community. With mere exposure, seeing them every day gets to show people how much more fun you have around them, and you get used to their presence. In physical attractiveness, one's sexual desire is piqued through your appreciation of someone's looks. You like looking at them, and as a

progression of that, you express a desire to sleep with them. I tend to identify with exposure the most, as I get used to people very easily, especially those I get close with. Falling out of love can happen when people grow apart for one reason or another, due to lack of exposure.

**Re: Week 9 DQ 3 Posted: Tue 06/28/2011 06: 15 PM , by: George Valois**

George, I had a very similar experience as you with my husband – we also shared a great many things in common, as that is a very important part of being in a relationship. It doesn't matter, often, whether you are close to one another physically; you have to believe in many of the same things.

**Re: Week 9 DQ 3 Posted: Wed 06/29/2011 07: 02 PM , by: Latonya Hicks**

Latonya, I can most certainly see the appeal of physical attractiveness. It is a very important part, especially at the beginning of a relationship, as that is what draws you to want to sleep with the other person, or be together physically. Often, if there is incompatibility in that area, a partnership can fall apart.

One everyday hassle I have to deal with in my life is not having enough time – I am a very busy person, with a lot on my plate. Between work, school and family, I simply do not find enough hours in the day to do everything I need to. I would love to be able to handle all of this at once, but some things get lost in the wayside.

One uplift, however, is my family. I absolutely adore my family, and would do anything for them. If they ever need me, I am there for them, and likewise. My family has pulled me out of some tight spots in the past, and I am forever

indebted to them for their friendship and love.

In order to reduce stress, I can often find solace in a good meal, or drink, or even a good book. Often I tend to distract myself from problems in order to not have to deal with the stress.

**Re: Week 9 DQ 4 Posted: Thu 06/30/2011 06: 07 PM , by: Samantha Mingo**

Samantha, I also like it when there is a lot to do – I often thrive on the challenge of having a lot of tasks on my plate, but it can often get to me after a while. I also always forget things all the time, and just want to sit back and relax the day away instead of fretting about everything all the time.

**Re: Week 9 DQ 4 Posted: Wed 06/29/2011 02: 36 PM , by: George Valois**

George, I completely understand when you feel you have so many hassles in your life – I am experiencing my own troubles with the health of a family member, and so I feel your pain. It can be quite difficult to deal with, and I hope for the best for you. I also agree that exercise and the love of family are important destressors.

**Re: Week 9 DQ 5 Posted: Thu 06/30/2011 11: 51 AM , by: Instructor**

I do sincerely believe that overt discrimination is alive in today's society – one needs look no further than Obama, who people still believe is not fit for president simply because he is an African-American. There are people who still don't believe he is an American citizen simply due to his skin color.



**Re: Week 9 DQ 5 Posted: Thu 06/30/2011 09: 39 PM , by:  
Jeannine N Jalube**

Jeannine, I totally feel your pain and I empathize with you in your struggles with discrimination. It must be very difficult for you, and that time you were mistaken for an interracial couple was likely a very traumatic one, as you experienced those dirty stares that he likely gets on a regular basis.