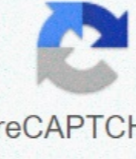


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What are academic achievements examples

Artificial Intelligence (AI) has the potential to put you ahead of your peers in the industry. However, like with many opportunities, you have got to be keen at doing the right things in the right order. It's not about how digital you can become, but about how smart. The majority of emerging technologies exist and evolve to enhance our cognitive capabilities. They are there to make us smarter. The main responsibility of the Chief Data Officer is to manage data as a corporate asset. Having said that, the boundaries of the role vary by organization. Whereas some organizations draw a clear line between data and information,... Companies need to resolve issues regarding data quality, ERP and business process improvement first, before implementing artificial intelligence solutions. Without a doubt, artificial intelligence (AI) will have a profound impact on the footprint of enterprise resource planning (ERP) solutions in the foreseeable future. AI will enable organizations to further optimize their operating... The enthusiasm for the application of artificial intelligence is encouraging and indicating that people's readiness to adopt the technology in their life and work is bright. The technology will replace some of the tasks of the project... AI solutions like machine learning transform how people interact and make every day decisions. The intent is to make people, organizations and society smarter by making global intelligence widely accessible and meaningful in our... Cognitive computing is rapidly making inroads into the professional services workspace. The emerging technology will have a lasting impact on all jobs across all industries, with health care, finance and legal as early adopters. As... Moving and keeping a project in a state of happiness takes a lot of effort and care. When you focus on setting people up for success you will notice that it has the biggest impact on happiness, quality of work and project outcome. When a project derails, you have an opportunity to learn and course correct. Through the years I have been asked to recover a number of troubled projects and followed five key steps. What do high performing project teams do to thrive together? There are five very unique behavioural characteristics that set them apart from others. Some of them you see in the sports world as well. Clarity of purpose is on of them... Companies want projects to succeed and realize the planned benefits. But project management leading to that success takes time and effort. Oftentimes crucial steps are being missed, causing trouble further down the road. What are... A leader knows when the ground rules have to be changed in order to get better performance. Deep-rooted problems demand leaders to look at their operating model and make adjustments, sometimes significant ones. Course corrections... World-class achievers find success by having three qualities – three things they have or do nonstop – that let them outperform their peers. Have you ever wondered what those are? What traits does an IT leader need to do a 180-degree pivot on problematic projects? The chaotic, turbulent, and rapidly changing business environment that has become the new normal, needs Project Portfolio Management (PPM) to drive value . Organizations struggle to prioritize the right initiatives and manifest them... Organizations have a hard time to plan and execute the right initiatives, because project portfolio management (PPM) is not deployed as a business process. There is a misunderstanding that under pressure people perform better. Pressure to a certain degree is fine and can have a positive impact on performance, because people become aware of the fact that things have to get done. But too... Program managers are primarily measured on traditional metrics like scope, schedule and budget. In today's world there are other critical qualifications that apply to deliver a program successfully Project schedules are subject to change all the time. When you think that you have it clearly defined and communicated, something unexpected happens and before you know it, you are making changes. Load More Photo (c) Igor Mojzes - FotoliaWhile every student has a different learning style, a new study conducted by researchers from the University of Illinois at Urbana-Champaign is exploring the negative effects of students who engage in "distracted learning." The researchers say many students tend to be doing several different things while engaging with schoolwork, and this may have a negative impact on academic outcomes. Instead of multitasking, the team says students should work to maintain better focus if they want to increase their chances of academic success. "Listening to a lecture, texting, online shopping, and socializing on Facebook are all complex, very demanding tasks that draw on the same region of the brain, the prefrontal cortex," said researcher Shelly J. Schmidt. "Under most conditions, the brain can't carry out two complex tasks simultaneously. But if students do not believe their learning is being hampered by this behavior, they have no incentive or motivation to change it, and the problem just continues." Distractions and electronicsThe researchers analyzed several recent studies that looked at the ways that distracted learning can be detrimental to academic success. They learned that multitasking while trying to do schoolwork can make it harder for students to comprehend what they're learning while also negatively affecting their performance on exams and assignments. To help avoid this, Schmidt and her team are encouraging parents, students, and teachers to prioritize maintaining a stronger focus to help kids reach their highest potential. "Armed with an internal locus of control, students are able to recognize and control factors that impede their success, such as distractions while they're trying to learn," said Schmidt. Because electronics are one of the biggest sources of distraction, the researchers recommend several strategies for students who may be distracted by their phones while doing schoolwork. While some people may work better with a phone or gaming system totally out of sight while working, others may prefer to schedule in times throughout the day to periodically check social media or take a quick break with a show or video. Schmidt explained that it's "virtually impossible to make students limit all distractions," however, building in time throughout the school day to take breaks, stand up, and move can be beneficial for both students and teachers to get more out of their designated work time. "Exercise has been shown to be of enormous benefit to both cognitive functioning and well-being, including mental health," said Schmidt. "Teachers could incorporate movement into classroom activities by asking students to pair up and go on a brief walk indoors or outdoors to discuss a concept from the day's lesson." Maintaining better focusDespite all of the distractions vying for students' attention, the researchers hope that these findings highlight the importance of maintaining a strong focus, as doing so can be beneficial both inside and outside the classroom. "In a world where distractions abound, we have a golden opportunity to help our students and ourselves learn how to control our actions and focus on what really matters," Schmidt said. "Learning how to become less distractible is an essential and timeless skill for success in education, as well as many other facets of life." Opinions expressed by Entrepreneur contributors are their own. In this episode of Leaders Create Leaders, Entrepreneur Network partner Gerard Adams sits down with Peter Yobo, an author and motivator, who talks about how hard work and visualization helped him craft his three-step process of achieving goals.The first step is to think about the way you want your life to look -- to create a bold (and maybe even unattainable) vision for your future. Don't settle for something you can accomplish in a day or a week or a month, but imagine your perfect scenario. Then, live it by immersing yourself in visualization. Consider what barriers are ahead of you and how you are going to overcome them to achieve that lifestyle. Study everything you have to gain in the future and let that idea inspire you and shape what you do in the present.Click play to learn the last of Yobo's three steps to achieving your goals.See more episodes of Leaders Create Leaders Season 1 and 2 on Gerard Adams's YouTube channel. Related: This Entrepreneur Started by Selling Auto Parts From the Junkyard. Now, He Builds Million-Dollar Businesses. Entrepreneur Network is a premium video network providing entertainment, education and inspiration from successful entrepreneurs and thought leaders. We provide expertise and opportunities to accelerate brand growth and effectively monetize video and audio content distributed across all digital platforms for the business genre.EN is partnered with hundreds of top YouTube channels in the business vertical. Watch video from our network partners on demand on Amazon Fire, Roku, Apple TV and the Entrepreneur App available on iOS and Android devices.Click here to become a part of this growing video network. Pouring out ideas is better for creativity than doling them out with a teaspoon. Last Updated on July 20, 2021 You're standing behind the curtain, just about to make your way on stage to face the many faces half-shrouded in darkness in front of you. As you move towards the spotlight, your body starts to feel heavier with each step. A familiar thump echoes throughout your body - your heartbeat has gone off the charts.Don't worry, you're not the only one with glossophobia(also known as speech anxiety or the fear of speaking to large crowds). Sometimes, the anxiety happens long before you even stand on stage.Your body's defence mechanism responds by causing a part of your brain to release adrenaline into your blood - the same chemical that gets released as if you were being chased by a lion.Here's a step-by-step guide to help you overcome your fear of public speaking:1. Prepare yourself mentally and physicallyAccording to experts, we're built to display anxiety and to recognize it in others. If your body and mind are anxious, your audience will notice. Hence, it's important to prepare yourself before the big show so that you arrive on stage confident, collected and ready."Your outside world is a reflection of your inside world. What goes on in the inside, shows on the outside." - Bob ProctorExercising lightly before a presentation helps get your blood circulating and sends oxygen to the brain. Mental exercises, on the other hand, can help calm the mind and nerves. Here are some useful ways to calm your racing heart when you start to feel the butterflies in your stomach.Warming upIf you're nervous, chances are your body will feel the same way. Your body gets tense, your muscles feel tight or you're breaking in cold sweat. The audience will notice you are nervous.If you observe that this is exactly what is happening to you minutes before a speech, do a couple of stretches to loosen and relax your body. It's better to warm up before every speech as it helps to increase the functional potential of the body as a whole. Not only that, it increases muscle efficiency, improves reaction time and your movements.Here are some exercises to loosen up your body before show time: Neck and shoulder rolls - This helps relieve upper body muscle tension and pressure as the rolls focus on rotating the head and shoulders, loosening the muscle. Stress and anxiety can make us rigid within this area which can make you feel agitated, especially when standing. Arm stretches - We often use this part of our muscles during a speech or presentation through our hand gestures and movements. Stretching these muscles can reduce arm fatigue, loosen you up and improve your body language range. Waist twists - Place your hands on your hips and rotate your waist in a circular motion. This exercise focuses on loosening the abdominal and lower back regions which is essential as it can cause discomfort and pain, further amplifying any anxieties you may experience. Stay hydratedEver felt parched seconds before speaking? And then coming up on stage sounding raspy and scratchy in front of the audience? This happens because the adrenaline from stage fright causes your mouth to feel dried out.To prevent all that, it's essential we stay adequately hydrated before a speech. A sip of water will do the trick. However, do drink in moderation so that you won't need to go to the bathroom constantly.Try to avoid sugary beverages and caffeine, since it's a diuretic - meaning you'll feel thirstier. It will also amplify your anxiety which prevents you from speaking smoothly.MeditateMeditation is well-known as a powerful tool to calm the mind. ABC's Dan Harris, co-anchor of Nightline and Good Morning America weekend and author of the book titled10% Happier , recommends that meditation can help individuals to feel significantly calmer, faster.Meditation is like a workout for your mind. It gives you the strength and focus to filter out the negativity and distractions with words of encouragement, confidence and strength.Mindfulness meditation, in particular, is a popular method to calm yourself before going up on the big stage. The practice involves sitting comfortably, focusing on your breathing and then bringing your mind's attention to the present without drifting into concerns about the past or future - which likely includes floundering on stage.Here's a nice example of guided meditation before public speaking:2. Focus on your goalOne thing people with a fear of public speaking have in common is focusing too much on themselves and the possibility of failure.Do I look funny? What if I can't remember what to say? Do I look stupid? Will people listen to me? Does anyone care about what I'm talking about?Instead of thinking this way, shift your attention to your one true purpose - contributing something of value to your audience. Decide on the progress you'd like your audience to make after your presentation. Notice their movements and expressions to adapt your speech to ensure that they are having a good time to leave the room as better people.If your own focus isn't beneficial and what it should be when you're speaking, then shift it to what does. This is also key to establishing trust during your presentation as the audience can clearly see that you have their interests at heart.3. Convert negativity to positivityThere are two sides constantly battling inside of us - one is filled with strength and courage while the other is doubt and insecurities. Which one will you feed?What if I mess up this speech? What if I'm not funny enough? What if I forget what to say?It's no wonder why many of us are uncomfortable giving a presentation. All we do is bring ourselves down before we get a chance to prove ourselves. This is also known as a self-fulfilling prophecy - a belief that comes true because we are acting as if it already is. If you think you're incompetent, then it will eventually become true.Motivational coaches tout that positive mantras and affirmations tend to boost your confidnets for the moments that matter most. Say to yourself: "I'll ace this speech and I can do it!" Take advantage of your adrenaline rush to encourage positive outcome rather than thinking of the negative "what ifs".Here's a video of Psychologist Kelly McGonigal who encourages her audience to turn stress into something positive as well as provide methods on how to cope with it.4. Understand your contentKnowing your content at your fingertips helps reduce your anxiety because there is one less thing to worry about. One way to get there is to practice numerous times before your actual speech. However, memorizing your script word-for-word is not encouraged. You can end up freezing should you forget something. You'll also risk sounding unnatural and less approachable."No amount of reading or memorizing will make you successful in life. It is the understanding and the application of wise thought that counts." - Bob ProctorMany people unconsciously make the mistake of reading from their slides or memorizing their script word-for-word without understanding their content - a definite way to stress themselves out.Understanding your speech flow and content makes it easier for you to convert ideas and concepts into your own words which you can then clearly explain to others in a conversational manner. Designing your slides to include text prompts is also an easy hack to ensure you get to quickly recall your flow when your mind goes blank.One way to understand is to memorize the over-arching concepts or ideas in your pitch. It helps you speak more naturally and let your personality shine through. It's almost like taking your audience on a journey with a few key milestones.5. Practice makes perfectLike most people, many of us are not naturally attuned to public speaking. Rarely do individuals walk up to a large audience and present flawlessly without any research and preparation.In fact, some of the top presenters make it look easy during showtime because they have spent countless hours behind-the-scenes in deep practice. Even great speakers like the late John F. Kennedy would spend months preparing his speech beforehand.Public speaking, like any other skill, requires practice - whether it be practicing your speech countless of times in front of a mirror or making notes. As the saying goes, practice makes perfect!6. Be authenticThere's nothing wrong with feeling stressed before going up to speak in front of an audience.Many people fear public speaking because they fear others will judge them for showing their true, vulnerable self. However, vulnerability can sometimes help you come across as more authentic and relatable as a speaker. Drop the pretence of trying to act or speak like someone else and you'll find that it's worth the risk. You become more genuine, flexible and spontaneous, which makes it easier to handle unpredictable situations - whether it's getting tough questions from the crowd or experiencing an unexpected technical difficulty.To find out your authentic style of speaking is easy. Just pick a topic or issue you are passionate about and discuss this like you normally would with a close family or friend. It is like having a conversation with someone in a personal one-to-one setting. A great way to do this on stage is to select a random audience member(with a hopefully calming face) and speak to a single person at a time during your speech. You'll find that it's easier trying to connect to one person at a time than a whole room!With that said, being comfortable enough to be yourself in front of others may take a little time and some experience, depending how comfortable you are with being yourself in front of others. But once you embrace it, stage fright will not be as intimidating as you initially thought.Presenters like Barack Obama are a prime example of a genuine and passionate speaker:7. Post speech evaluationLast but not the least, if you've done public speaking and have been scarred from a bad experience, try seeing it as a lesson learned to improve yourself as a speaker.Don't beat yourself up after a presentationWe are the hardest on ourselves and it's good to be. But when you finish delivering your speech or presentation, give yourself some recognition and a pat on the back.You managed to finish whatever you had to do and did not give up. You did not let your fears and insecurities get to you. Take a little more pride in your work and believe in yourself.Improve your next speechAs mentioned before, practice does make perfect. If you want to improve your public speaking skills, try asking someone to film you during a speech or presentation. Afterwards, watch and observe what you can do to improve yourself next time.Here are some questions you can ask yourself after every speech: How did I do? Are there any areas for improvement? Did I sound or look stressed? Did I stumble on my words? Why? Was I saying "um" too often? How was the flow of the speech? Write everything you observed down and keep practicing and improving. In time, you'll be able to better manage your fears of public speaking and appear more confident when it counts.If you want even more tips about public speaking or delivering a great presentation, check out these articles too:

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