

1: This Startup Wants to Bring 'Common Sense' to Self-Driving Cars

No other system matches the diversity of colleges and universities accessible through the Common App. Explore and apply to schools across the world. Work Smarter There is no need to repeat your applicant details for every college on your list.

There are colleges that use the Common Application, which is intended to make applying to colleges easier. With the Common App, you fill in information about yourself and your family only once. Each school, however, inserts its own supplemental questions into the application so applying to each school will take extra effort. Here is the list of Common Application colleges and universities. Common Application Answers While the premise of the Common App is simple, it generates a lot of questions. Here are his answers: You can create more than one application. Ninety percent of students stick with the original application. You can upload a new essay. Students can create an alternate version to update or correct an essay or any other part of the application. Students should NOT use alternate versions to tailor essays to individual colleges. That is what the supplements are for. Watch the essay word count. Nonetheless, applicants are expected to adhere to the instructions specifying a range of words. And here is a neat illustration from the newspaper that suggests how a student can cut their college essay down to words. There is no need to update testing via the application itself. Students are asked to self-report testing already taken and indicate future tests to be taken. Thus colleges know if a student has new scores pending, and the student should send those scores directly to the colleges from the testing agencies. Students often forget to preview the application, which allows them to see exactly what the college will see. Once they hit submit, they cannot retrieve the application. Make sure you really did submit the application. The application, supplement, and payment submissions are three distinct processes. Students sometimes misunderstand this and think that submitting a payment or supplement also submits the application. Their My Colleges page will always show the correct status for each submission at each college, but some students fail to check this information and incorrectly assume a college has received an application when in fact it has not. This happened to us when my son was applying to a college in , but luckily I caught it in time. Communicate with your high school counselor. If counselors are submitting their school forms online, the forms will not arrive at their destination college until and unless the student submits a Common App to that college. About two thirds of our members accept alternate applications, so it is important for students to communicate with counselors if they elect not to submit a Common App. You can mix online and snail mail forms. Students want to know if they can submit online if their counselors and teachers elect to mail school forms, and the answer is absolutely yes. They also want to know if the submission sequence matters app before school forms or school forms before app , and the answer is no. All of our support emails come from the commonapp. We always respond to requests for helpâ€™usually within about 35 minutesâ€™but SPAM filters can get in the way. This is especially problematic for AOL users. All applicants and school officials should make sure that email domain is on their safe list. Low-income students can obtain fee waivers for their applications. As long as students meet the criteria outlines by these organizations, members will accept the waiver. Students indicate their intent to submit a fee waiver in the Payment section of the application. From there, students need to consult with their counselors, who need to verify eligibility. December 31 is the single busiest day of the year. Our servers have ample capacity to handle the volume of that day or any other. One of my colleagues likes to refer to the system as a Ferrari that sits in the garage days a year. Despite urban myths to the contrary, the system has never slowed or crashed because of the volume. The big downside to waiting until literally the 11th hour comes when students find they need help.

2: 11 Things To Know About the Common Application

Thankfully, it was all removedâ€”a week after the bug first crawled in thereâ€”and she's now doing OK. Or as OK as you can be after that trauma. The idea of a bug in your ear is horrifying enough.

Reply Link Allison Robbins May 6, , 5: Not being involved in their lives must be a huge source of suffering and given the chance to see them sometimes would rekindle that loving relationship and give you a source of joy as well. Also what field do you work in? Reply Link Mya Jones April 24, , 2: The most hurtful part to me is that he thought no one cared about him but yet had so much love. Please, please, please search for your purpose of being on this Earth. Jesus is the reason and the best person to talk to. Reply Link Doug April 23, , 9: If you are employed you need to use the benefits they offer. Make sure your psych has good experience in this area. Reply Link bobololita April 22, , This was the last thing I could ever think. He was a brilliant young man, a perfect soul. He left us with so many unanswered questions and how we wished he had shown a little sign that he would do this. We could run for help and do anything for him so he could start over. How I wish, how we all wish â€” we could go back in time and change what he did. Reply Link Matt April 20, , 7: Full on self hate. Everyday I think about it. Medication helps but just kind of fuzzes the thoughts I guess. Losing my mother last year was the worst for me. Now I am stuck living with my father to help him out. Just always one thing after the other. Finding my way through the dark wondering if today will be the day I snap and do it. Reply Link Doug April 28, , 7: Have you spoken to your Psych about Vocational Rehab? Reply Link Jim April 5, , I have Avoidant Personality Disorder and major depression. No friends for well over a decade. Life is pretty hard at times. But you know what? I have my health for the most part. When you have nothing to lose, you are now the boss. Are they going to destroy your life by firing you when you already have nothing to lose? Reply Link Abby March 25, , 5: Relationship problem with my dad. But I especially hate it when he starts attacking my mother verbally. What good is life when you feel imprisoned? Reply Link Greg June 11, , But when others are involved, especially others we care about, our lives and our prisons can be defined by the choices others select. One of the greatest powers we have to find our own freedom is to make our own choices. I hope you were able to reach out and find someone to help you through your decisions and to provide you with support in your life. If this is your thought, do not despair, it does not have to be the end. Rather, I would encourage you to feed your selfish desires, and to make it a regular, continuing habit. Because suicide is nothing more than taking back your life according to your own terms, and not having to live with the consequences. Instead I would ask you to consider taking back your own life according to your terms, and living with the consequences. One factor that many in the West consider is the notion of suicide being a sin and damnation being a possible consequence of death. Without regard to your philosophy, I would consider that the selfish nature of suicide is often noted as a way to blame the suffering considering suicide, and not of those that may unwittingly be contributing to the suffering. Simply put, instead of risking your own eternal hell through suicide, or instead of subjecting yourself to your own hell on earth, the selfish feelings at the root of suicide, the desire for life to be better than it is, should be not ridiculed but instead nourished. Instead of putting yourself through hell, to hell with the demands of others that are contributing to your feelings of imprisonment and your lack of power. The selfishness that you think you are feeling may not be the first step into oblivion, but instead a natural feeling that your body is sending you to tell yourself that you are unhappy and need to simply take that first step on a new path of changing your life. Although it is perfectly understandable if the first steps down any new path feel like oblivion. Any new journey is difficult, but the first steps are the most difficult, and the further you walk the easier it gets. Reply Link David March 21, , 5: I am 47 male and I feel like a failure. Up until I was 33 I was very happy and content. At 33 I was happy in my marriage and we owned our house mortgage free. That was the year that I discovered my wife had had an affair for at least 6 months when we were both 30 and living overseas â€” it was a complete shock! When we moved back home she continued the affair through emails and sending explicit photos. It only stopped because I discovered what was going on one day when I looked at her phone. She begged me to stay which I did and because of my shame about it have told very few people. After about a month we started having sex again

although I now realize I was still very much in shock at the time and probably should have restrained. Anyway, she got pregnant very soon after " we now have 3 kids together. We moved overseas again different place than first overseas location and sold our house. In our current location we are no longer financially secure due to some disappointing investments and because I have been without work for 2 years now. I fear that I am financially letting my family down and that my future looks bleak. Although I have forgiven my wife I still struggle with the insecurity and pain that her affair caused me. In many ways I think my family would be better off without me and my pain would stop if I ended my life. Reply Link qwertyuiop March 15, , 2: Well, I think of mostly two reasons: I may have no friends, but my family does actually care. Those jerks who made fun of me in school pretty much openly wanted me to kill myself. Mom, dad, cousins, aunts, uncles. Keep in contact with them. Are you seeing a Psych? Reply Link Ally March 13, , 2: I was bullied, felt alone, and stressed from school and sports. I stopped hurting myself recently and thinking about suicide and because of this I have come to a new understanding about life general. I do know now though that this is true. By killing yourself you end the possibility of life getting any better. After seeking help I learned to block out the bullying. Yes, I do know its not easy. I also learned that you are not alone. It may not seem like it but there is always somebody who cares. You might not have even met them, or realized that they care yet. I know now that its the little things you live for too. For example, I was ready to do it then my dog walk past me, I put the pills back in the bottle and hugged her and cried on her. Yes, it gets better, no, you are not alone, and you learn to live for the little things. Reply Link Kim August 2, , 4: Educate yourself and do things that build self-esteem. Little accomplishments go along way. Totally agree with Doug. Your perspective is not accurate, life will improve when you make it. Reply Link Orion March 12, , 5: I have attempted twice and looking for a third, I am 16 I got kicked out of my house at the beginning of the year and now live with a close friend who is dating my recent ex. I am failing all of my classes plus in a group called m I also have written poetry as an escape and I sing. I have been judged for being bi, and I have been bullied my whole life. I hope people read this and realize how many similar cases there are out there.

3: 15 Common Causes Of Suicide: Why Do People Kill Themselves? - Mental Health Daily

For every new venture, there is a learning curve. When it comes to self-publishing your book, however, that curve can be www.enganchecubano.com spending all that time and effort writing (and maybe even illustrating) your book, you want to make sure you do everything right“or at least as right as you can.

About Personal Defense Weapons: From pepper spray to taser guns, The Home Security Superstore has everything you need when it comes to protecting yourself. The most common self-defense weapons include pepper sprays , knives , batons , and stun guns. Small, portable, and legal in most states, these home defense weapons can be kept in a nightstand or carried in a purse in case of an emergency. Self-defense weapons make a good gift for college students, single women, or late-night joggers. Of course, knives and Tasers offer more intense protection than pepper spray or handheld alarms. Not all solutions require you to come close to an attacker or even to cause harm which is why The Home Security Superstore offers such a wide selection of non lethal weapons to choose from. What makes you feel safest is always the right solution for you. Self-Defense Weapons Do you ever find yourself wishing you felt safer at home or walking to your car? Thanks to the non-lethal weapons on The Home Security Superstore, you can protect yourself in just about any scenario. From keychain weapons to tactical pens, we have you covered. Keep Yourself Protected Around the Clock Self-defense classes can empower you to take down an attacker, but having the right gear on hand offers another level of protection. Personal alarms and dog repellants are great for home protection. Coupled with one of our wireless alarm systems, these tools can help prevent attacks before they happen. These self-defense weapons are easy to use and safe for most homes and cars if handled with care. Keep a smaller handheld stun gun in your glove box for emergencies; being alone in a dark parking lot or encountering a road rage situation is a lot scarier without backup. Our alarms and stun weapons are just the beginning. At The Home Security Superstore, we also keep pepper spray, keychain weapons, and batons in stock. With security weapons available even for novices, you will never have to be afraid when you forget to park under the streetlight again. Are you ready to stop feeling scared and start feeling empowered? Check out our massive inventory of home defense weapons today, then take advantage of our great deals for self-defense weapons and tools. Contact The Home Security Superstore and let us help you find the best self-defense gear for your needs. The Home Security Superstore is not responsible for any physical harm or damage from the use or misuse of self-defense weapons including knives purchased from us. By purchasing a self-defense weapon, including a knife from us you understand that The Home Security Superstore does not warrant that you may legally purchase, possess, or carry these products according to any state or local laws. You also acknowledge that you have determined their legality before purchasing and that you are an adult of at least 21 years of age and under no legal disability. By purchasing a self-defense weapon, including a knife from The Home Security Superstore, the buyer warrants that he or she are in compliance with local and state laws and legality able to purchase knives. The buyer expressly agrees to indemnify and hold harmless The Home Security Superstore for all claims resulting directly or indirectly from the purchase, ownership and use of the item in compliance or violation of federal state and local laws or regulations. Please check local laws before ordering any self-defense weapon.

4: TV That Promotes Self-Control

Example: "I'm okay with the way things work right now." When complacency is the culprit, you can try to use just a touch of fear to get the client to see why he needs to start thinking about the making changing.

Self-injury "Hesitation wounds" redirects here. For for the s punk band, see Hesitation Wounds. Suicide by cutting might involve exsanguination , infarction , septic shock from certain ruptures such as appendicitis , or drowning from a lung contusion. Exsanguination involves reducing the volume and pressure of the blood to below critical levels by inducing massive blood loss. It is usually the result of damage inflicted on arteries. The carotid , radial , ulnar or femoral arteries may be targeted. Death may occur directly as a result of the desanguination of the body or via hypovolemia , wherein the blood volume in the circulatory system becomes too low and results in the body shutting down. They are often non-lethal, multiple parallel cuts. Drowning A homeless girl contemplates drowning herself Suicide by drowning is the act of deliberately submerging oneself in water or other liquid to prevent breathing and deprive the brain of oxygen. Death usually occurs as the level of oxygen becomes too low to sustain the brain cells. This may involve an exit bag a plastic bag fixed over the head or confinement in an enclosed space without oxygen. These attempts involve using depressants to make the user pass out due to the oxygen deprivation before the instinctive panic and the urge to escape due to the hypercapnic alarm response. It is impossible for someone to commit suicide by simply holding their breath, as the level of oxygen in the blood becomes too low, the brain sends an involuntary reflex, and the person breathes in as the respiratory muscles contract. Inert gases such as helium , nitrogen , and argon , or toxic gases such as carbon monoxide are commonly used in suicides by suffocation due to their ability to quickly render a person unconscious, and may cause death within minutes. Hypothermia Suicide by hypothermia is a slow death that goes through several stages. Hypothermia begins with mild symptoms, gradually leading to moderate and severe penalties. This may involve shivering , delirium , hallucinations , lack of coordination, sensations of warmth, then finally death. Electrocutation Suicide by electrocutation involves using a lethal electric shock to kill oneself. This causes arrhythmias of the heart, meaning that the heart does not contract in synchrony between the different chambers, essentially causing elimination of blood flow. Furthermore, depending on the amount of electric current, burns may also occur. In his opinion outlawing the electric chair as a method of execution, Justice William M. Jumper suicide and Self-defenestration Jumping from height is the act of jumping from high altitudes, for example, from a window self-defenestration or auto-defenestration , balcony or roof of a high rise building , cliff , dam or bridge. This method, in most cases, results in severe consequences if the attempt fails, such as paralysis , organ damage, and bone fractures. Multiple gunshot suicide Comparison of gun-related suicide rates to non-gun-related suicide rates in high-income OECD countries, , countries in graph ordered by total suicides. Graph illustrates how the U. Generally, the bullet will be aimed at point-blank range , often at the temple or, less commonly, into the mouth, under the chin or at the chest. Worldwide, firearm prevalence in suicides varies widely, depending on the acceptance and availability of firearms in a culture. For temporal bone directed bullets, temporal lobe abscess, meningitis, aphasia, hemianopsia, and hemiplegia are common late intracranial complications. Those who have recently purchased a firearm are found to be high risk for suicide within a week after their purchase. The same study found no evidence of substitution to other methods. Depending on the placement of the noose and other factors, the subject strangles or suffers a broken neck. In the event of death, the actual cause often depends on the length of the drop; that is, the distance the subject falls before the rope goes taut. In a "short drop", the victim may die from strangulation, in which the death may result from a lack of oxygen to the brain. The victim is likely to experience hypoxia , skin tingling, dizziness, vision narrowing, convulsions , shock , and acute respiratory acidosis. Hanging survivors typically have severe damage to the trachea and larynx, damage to the carotid arteries, damage to the spine, and brain damage due to cerebral anoxia. In a typical "long drop", the subject is likely to suffer one or more fractures of the cervical vertebrae , generally between the second and fifth, which may cause paralysis or death. In extremely long drops, the hanging may result in complete decapitation. Hanging is the prevalent means of suicide in pre-industrial societies , and is more

common in rural areas than in urban areas. Self-strangulation This method involves tightening a ligature around the neck so as to compress the carotid arteries, preventing the supply of oxygen to the brain and resulting in unconsciousness and death. The technique is also associated with certain types of judo holds and restraints, and auto-erotic asphyxiation. Rail Lime on rails after a suicide in Mainz-Laubenheim Members of the New York City Police Department Emergency Service Unit investigate a subway suicide on the Lexington Avenue " 53rd Street subway platform Suicide is accomplished by positioning oneself on a railway track when a train approaches or in advance, or driving a car onto the tracks. This type of suicide may be traumatizing to the driver of the train and may lead to post-traumatic stress disorder. Lying on the tracks may result in decapitation. Accidents resulting from people jumping onto the tracks usually occur at daytime. People who commit suicide in this manner usually stay at or around the place for the suicide for an extended period of time before the actual suicide. There is a low rate of direct death; one in two are failed attempts. The location of many suicides occur at or very close to stations, which is also uncharacteristic of suicides in other European countries. The disruption to the rail system can be substantial. Suicide by train is seen as something of a social problem, especially in the larger cities such as Tokyo or Nagoya , because it disrupts train schedules and if one occurs during the morning rush-hour, causes numerous commuters to arrive late for work. However, suicide by train persists despite a common policy among life insurance companies to deny payment to the beneficiary in the event of suicide by train payment is usually made in the event of most other forms of suicide. Suicides involving the high-speed bullet-train, or Shinkansen are extremely rare, as the tracks are usually inaccessible to the public i. It has been argued this prevents possible suicide as the victim would want to spare the family not only the trauma of a lost family member but also being sued in court however there is insufficient evidence to back this up. This enables the police or guards to be on the scene within minutes after the trespassing was noted. Public access to the tracks is also made more difficult by erecting fences. Trees and bushes are cut down around the tracks in order to increase driver visibility. Similar packages will be installed on other hotspots throughout the nation. This is most likely because trains traveling on open tracks travel relatively quickly, whereas trains arriving at a subway station are decelerating so that they can stop and board passengers. Different methods have been used in order to decrease the number of suicide attempts in the underground: Separation of the passengers from the track by means of platform screen doors is being introduced in some stations, but is expensive. This especially applies to single-occupant, single-vehicle accidents, "because of the frequency of its use, the generally accepted inherent hazards of driving, and the fact that it offers the individual an opportunity to imperil or end his life without consciously confronting himself with his suicidal intent. The real percentage of suicides among car accidents is not reliably known; studies by suicide researchers tell that "vehicular fatalities that are suicides vary from 1. One large-scale community survey in Australia among suicidal people provided the following numbers: Of all attempters, 8. On 24 March , Germanwings co-pilot Andreas Lubitz deliberately crashed Germanwings Flight into the French Alps to commit suicide, killing people with him. Poisoning through the means of toxic plants is usually slower and is relatively painful. When access to the chemical was restricted, other methods replaced it, leading researchers to conclude that restricting certain suicide methods does little to impact the overall suicide rate. Drug overdose Overdose is a method of suicide which involves taking medication in doses greater than the indicated levels, or in a combination that will interact either to cause harmful effects or increase the potency of one or other of the substances. Average fatality rate for overdoses in the U. Dutch right-to-die society WOZZ proposed several safe alternatives to barbiturates for use in euthanasia. A typical drug overdose uses random prescription and over-the-counter substances. In this case, death is highly uncertain, and an attempt may leave a person alive but with severe organ damage, although that itself may in turn eventually prove fatal. Drugs taken orally may also be vomited back out before being absorbed. Considering the very high doses needed, vomiting or losing consciousness before taking enough of the active agent is often a major problem for people attempting this. This method may leave confusion over whether the death was a suicide or accidental, especially when alcohol or other judgment-impairing substances are also involved and no suicide note was left behind. Carbon monoxide See also: Carbon monoxide poisoning A particular type of poisoning involves inhalation of high levels of carbon monoxide. Death usually occurs through hypoxia. In most cases carbon

monoxide CO is used because it is easily available as a product of incomplete combustion ; for example, it is released by cars and some types of heaters. A failed attempt can result in memory loss and other symptoms. Carbon monoxide is extremely dangerous to bystanders and people who may discover the body, so " Right to Die " advocates like Philip Nitschke recommend the use of safer alternatives like nitrogen , for example in his EXIT euthanasia device. The incidence of suicide by carbon monoxide poisoning through burning charcoal , such as a barbecue in a sealed room, appears to have risen. This has been referred to by some as "death by hibachi ". Other toxins Detergent-related suicide involves mixing household chemicals to produce hydrogen sulfide or other poisonous gases. Braxton Hicks and other coroners called for its sale to be prohibited. These substances can be used to conduct suicide.

5: Common cold - Diagnosis and treatment - Mayo Clinic

A little-known name in the world of autonomous driving is paving the way for a new type of self-driving car—one that can use "common sense," as the company calls it, to navigate an.

Access to Health Care Physical Activity and Nutrition Research indicates that staying physically active can help prevent or delay certain diseases, including some cancers, heart disease and diabetes, and also relieve depression and improve mood. Check with your local churches or synagogues, senior centers, and shopping malls for exercise and walking programs. Like exercise, your eating habits are often not good if you live and eat alone. Overweight and Obesity Being overweight or obese increases your chances of dying from hypertension, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems, dyslipidemia and endometrial, breast, prostate, and colon cancers. In-depth guides and practical advice about obesity are available from the National Heart Lung and Blood Institute of the National Institutes of Health. Tobacco Tobacco is the single greatest preventable cause of illness and premature death in the U. Tobacco use is now called "Tobacco dependence disease. Substance Abuse Substance abuse usually means drugs and alcohol. In addition, seniors may deliberately or unknowingly mix medications and use alcohol. Because of our stereotypes about senior citizens, many medical people fail to ask seniors about possible substance abuse. AIDS cases occur in seniors over age Between and , AIDS in adults over 50 rose more than twice as fast as in younger adults. Seniors are unlikely to use condoms, have immune systems that naturally weaken with age, and HIV symptoms fatigue, weight loss, dementia, skin rashes, swollen lymph nodes are similar to symptoms that can accompany old age. Again, stereotypes about aging in terms of sexual activity and drug use keep this problem largely unrecognized. Mental Health Dementia is not part of aging. Dementia can be caused by disease, reactions to medications, vision and hearing problems, infections, nutritional imbalances, diabetes, and renal failure. With accurate diagnosis comes management and help. The most common late-in-life mental health condition is depression. If left untreated, depression in the elderly can lead to suicide. The rate of suicide is higher for elderly white men than for any other age group, including adolescents. Injury and Violence Among seniors, falls are the leading cause of injuries, hospital admissions for trauma, and deaths due to injury. One in every three seniors age 65 and older will fall each year. Strategies to reduce injury include exercises to improve balance and strength and medication review. Home modifications can help reduce injury. Home security is needed to prevent intrusion. Home-based fire prevention devices should be in place and easy to use. People aged 65 and older are twice as likely to die in a home fire as the general population. Environmental Quality Even though pollution affects all of us, government studies have indicated that low-income, racial and ethnic minorities are more likely to live in areas where they face environmental risks. Compared to the general population, a higher proportion of elderly are living just over the poverty threshold. Immunization Influenza and pneumonia and are among the top 10 causes of death for older adults. Emphasis on Influenza vaccination for seniors has helped. Pneumonia remains one of the most serious infections, especially among women and the very old. While a shortage of geriatricians has been noted nationwide, URM C has one of the largest groups of geriatricians and geriatric specialists of any medical community in the country. Your access to health care is as close as URM C, offering a menu of services at several hospital settings, including the VA Hospital in Canandaigua, in senior housing, and in your community.

6: Philosophy of self - Wikipedia

The common cold is a self-limited contagious disease that can be caused by a number of different types of viruses. The common cold is medically referred to as a viral upper respiratory tract infection.

Causes Although many types of viruses can cause a common cold, rhinoviruses are the most common culprit. A cold virus enters your body through your mouth, eyes or nose. The virus can spread through droplets in the air when someone who is sick coughs, sneezes or talks. It also spreads by hand-to-hand contact with someone who has a cold or by sharing contaminated objects, such as utensils, towels, toys or telephones. **Risk factors** These factors can increase your chances of getting a cold: Children younger than six are at greatest risk of colds, especially if they spend time in child-care settings. Having a chronic illness or otherwise weakened immune system increases your risk. Both children and adults are more susceptible to colds in fall and winter, but you can get a cold any time. **Complications** Acute ear infection otitis media. This occurs when bacteria or viruses enter the space behind the eardrum. Typical signs and symptoms include earaches and, in some cases, a green or yellow discharge from the nose or the return of a fever following a common cold. A cold can trigger an asthma attack. These include strep throat streptococcal pharyngitis , pneumonia, and croup or bronchiolitis in children. These infections need to be treated by a doctor. Clean your hands thoroughly and often with soap and water, and teach your children the importance of hand-washing. Clean kitchen and bathroom countertops with disinfectant, especially when someone in your family has a cold. Sneeze and cough into tissues. Discard used tissues right away, then wash your hands carefully. That way they cover their mouths without using their hands. Use your own glass or disposable cups when you or someone else is sick. Label the cup or glass with the name of the person with the cold. Steer clear of colds. Avoid close contact with anyone who has a cold. Choose your child care center wisely. Look for a child care setting with good hygiene practices and clear policies about keeping sick children at home. Take care of yourself. Eating well, getting exercise and enough sleep, and managing stress might help you keep colds at bay.

7: Common cold - Symptoms and causes - Mayo Clinic

These common allergens can be all over your home and make you feel terrible. They might even have the nerve to show up in your bed.

Print Diagnosis Most people with a common cold can be diagnosed by their signs and symptoms. If your doctor suspects you have a bacterial infection or other condition, he or she may order a chest X-ray or other tests to exclude other causes of your symptoms. Treatment is directed at relieving signs and symptoms. Pros and cons of commonly used cold remedies include: For fever, sore throat and headache, many people turn to acetaminophen Tylenol, others or other mild pain relievers. Use acetaminophen for the shortest time possible and follow label directions to avoid side effects. Use caution when giving aspirin to children or teenagers. Children and teenagers recovering from chickenpox or flu-like symptoms should never take aspirin. Consider giving your child over-the-counter OTC pain medications designed for infants or children. Adults can use decongestant drops or sprays for up to five days. Prolonged use can cause rebound symptoms. If you give cough or cold medicines to an older child, follow the label directions. Too much of a single ingredient could lead to an accidental overdose. **Lifestyle and home remedies** To make yourself as comfortable as possible when you have a cold, try: Drinking plenty of fluids. Water, juice, clear broth or warm lemon water are good choices. Avoid caffeine and alcohol, which can dehydrate you. Chicken soup and other warm fluids can be soothing and can loosen congestion. If possible, stay home from work or school if you have a fever or a bad cough or are drowsy after taking medications. Keep your room warm, but not overheated. If the air is dry, a cool-mist humidifier or vaporizer can moisten the air and help ease congestion and coughing. Keep the humidifier clean to prevent the growth of bacteria and molds. Using saline nasal drops. To help relieve nasal congestion, try saline nasal drops. You can buy these drops over-the-counter, and they can help relieve symptoms, even in children. **Alternative medicine** In spite of ongoing studies, the scientific jury is still out on common alternative cold remedies such as vitamin C and echinacea. Studies on the effectiveness of echinacea at preventing or shortening colds are mixed. The cold-fighting reputation of zinc has had its ups and downs. In studies with positive results, zinc seemed most effective taken within 24 hours of the onset of symptoms. Zinc side effects include a bad taste and nausea. Talk to your doctor before taking a zinc supplement. Intranasal zinc might cause permanent damage to the sense of smell. In June , the FDA issued a warning against using three zinc-containing nasal cold remedies because they had been associated with a long-lasting or permanent loss of smell anosmia. Are there other possible causes? What treatment approach do you recommend? What treatments should be avoided? How soon do you expect symptoms to improve? Am I or my child contagious? When is it safe to return to school or work? What self-care steps might help? I or my child has these other health conditions. How can we manage them together? What to expect from your doctor Your doctor is likely to ask you questions, such as: Have symptoms been continuous? How severe are the symptoms? Did symptoms improve and then worsen? What, if anything, seems to improve the symptoms? What, if anything, worsens symptoms?

8: Reviews & Age Ratings - Best Movies, Books, Apps, Games for Kids

Common Sense Media editors help you choose TV That Promotes Self-Control. Help kids learn the value of paying attention to (and managing) their thoughts, feelings, and impulses.

Getty Images While some job interviewers take a fairly unusual approach to interview questions, most job interviews involve an exchange of common interview questions and answers. Including some of the most often-asked behavioral interview questions. Here are some of the most common interview questions, along with the best way to answer them: The goal of an interview is to determine whether the candidate will be outstanding in the job, and that means evaluating the skills and attitude required for that job. Does she need to be an empathetic leader? Does she need to take your company public? Explain why you left. Explain why you chose a certain school. Share why you decided to go to grad school. Discuss why you took a year off to backpack through Europe, and what you got out of the experience. Just pick a theoretical weakness and magically transform that flaw into a strength in disguise! Every day I look up and realize everyone has gone home! Be clear and precise. Provide a few examples that prove you know how to answer the unasked question. I just want to do a great job and see where my talents take me. The business a candidate would love to start tells you about her hopes and dreams, her interests and passions, the work she likes to do, the people she likes to work with. Way too many interviewers ask the question and then sit back, arms folded, as if to say, "Go ahead. Try to convince me. Maybe the conversation went in an unexpected direction. Maybe the interviewer focused on one aspect of their skills and totally ignored other key attributes. Or maybe candidates started the interview nervous and hesitant, and now wish they could go back and better describe their qualifications and experience. Plus, think of it this way: Just make sure to turn this part of the interview into a conversation, not a soliloquy. He or she is just looking for a job; often, any job. Show that you heard about the job through a colleague, a current employer, by following the company. Life is too short. Instead, talk about an underperforming employee you "rescued," or how you overcame infighting between departments, or how so many of your direct reports have been promoted. The goal is to share achievements that let the interviewer imagine you in the position -- and see you succeeding. Sure, strengths come to the fore, but weaknesses also rear their heads. No one is perfect. But a person who tends to push the blame -- and the responsibility for rectifying the situation -- onto someone else is a candidate to avoid. Hiring managers would much rather choose candidates who focus not on blame but on addressing and fixing the problem. Every business needs employees who willingly admit when they are wrong, step up to take ownership for fixing the problem, and, most important, learn from the experience. You can learn something from every job. You can develop skills in every job. Employers no longer expect "forever" employees. Instead, focus on the positives a move will bring. Talk about what you want to achieve. Talk about what you want to learn. Talk about ways you want to grow, about things you want to accomplish; explain how a move will be great for you and for your new company. Complaining about your current employer is a little like people who gossip: If you like constant direction and support and the company expects employees to self-manage, focus on something else. Having no answer is a definite warning sign. Everyone makes tough decisions, regardless of their position. My daughter worked part-time as a server at a local restaurant and made difficult decisions all the time -- like the best way to deal with a regular customer whose behavior constituted borderline harassment. A good answer proves you can make a difficult analytical or reasoning-based decision -- for example, wading through reams of data to determine the best solution to a problem. A great answer proves you can make a difficult interpersonal decision, or better yet a difficult data-driven decision that includes interpersonal considerations and ramifications. Making decisions based on data is important, but almost every decision has an impact on people as well. The best candidates naturally weigh all sides of an issue, not just the business or human side exclusively. Try sharing leadership examples instead. Explain what you did and that will give the interviewer a great sense of how you lead. And, of course, it lets you highlight a few of your successes. What did you do? Show that you were professional. Show that you raised your concerns in a productive way. Every company wants employees willing to be honest and forthright, to share concerns and issues. But I did ask it once, and got

an answer I really liked. If I say I will help, I help. They should have plans and expectations for you. Then just layer in specifics that are applicable to you and the job. Focus on activities that indicate some sort of growth: Weave those in with personal details. You want to be open and honest, but frankly, some companies ask the question as the opening move in salary negotiations. Try an approach recommended by Liz Ryan. Is this position in that range? Each day he climbs up three feet, but at night he slips back two feet. How many days will it take him to climb out of the well? All you can do is talk through your logic as you try to solve the problem. Great candidates want to hit the ground running. They want to make a difference -- and they want to make that difference right now. They know every organization is different -- and so are the key qualities of top performers in those organizations. Maybe your top performers work longer hours. Maybe creativity is more important than methodology. Maybe constantly landing new customers in new markets is more important than building long-term customer relationships. Maybe the key is a willingness to spend the same amount of time educating an entry-level customer as helping an enthusiast who wants high-end equipment. Great candidates want to know, because 1 they want to know if they will fit in, and 2 if they do fit in, they want to know how they can be a top performer. Otherwise why do you have them on the payroll? In every job some activities make a bigger difference than others. You need your HR team to fill job openings, but what you really want is for them to find the right candidates, because that results in higher retention rates, lower training costs, and better overall productivity. You need your service techs to perform effective repairs, but what you really want is for those techs to identify ways to solve problems and provide other benefits -- in short, to build customer relationships and even generate additional sales. Great candidates want to know what truly makes a difference and drives results, because they know helping the company succeed means they will succeed as well. Does that job matter? Great candidates want a job with meaning, with a larger purpose -- and they want to work with people who approach their jobs the same way. Otherwise a job is just a job. The same is true for people in leadership positions -- people naturally try to bring on board talented people they previously worked with. And all of that speaks incredibly well to the quality of the workplace and the culture. So while some candidates may see your company as a stepping-stone, they still hope for growth and advancement. If they do eventually leave, they want it to be on their terms, not because you were forced out of business. Another store is opening less than a mile away: How do you plan to deal with the competition? Or you run a poultry farm a huge industry in my area: What will you do to deal with rising feed costs? Jun 20, Like this column?

9: 8 Common Causes Of Low Self-Esteem - Good Choices Good Life

23 Common Spices To Stock Up In The Homestead This post is courtesy of www.enganchecubano.com and shared with permission. MRE's, mac and cheese, powdered potatoes, and canned vegetables are going to get really old, really fast after the SHTF.

You can help by adding to it. January Both western and oriental civilizations have been occupied with self-knowledge and underscored its importance particularly citing the paradoxical combination of immediate availability and profound obscurity involved in its pursuit. Knowing the self is enlightenment. Mastering others requires force. Mastering the self requires strength. The rationalist theory, which Immanuel Kant has inspired, also claims that our ability to achieve self-knowledge through rational reflection is partly derived from the fact that we view ourselves as rational agents. Unlike Plato and the religious traditions, Aristotle did not consider the soul as some kind of separate, ghostly occupant of the body just as we cannot separate the activity of cutting from the knife. More precisely, the soul is the "first activity" of a living body. Aristotle used his concept of the soul in many of his works; the *De Anima* On the Soul provides a good place to start to gain more understanding of his views. Aristotle also believed that there were four sections of the soul: Self independent of the senses[edit] Main article: Avicennism While he was imprisoned in a castle, Avicenna wrote his famous " Floating Man " thought experiment to demonstrate human self-awareness and the substantiality of the soul. His "Floating Man" thought experiment tells its readers to imagine themselves suspended in the air, isolated from all sensations, which includes no sensory contact with even their own bodies. He argues that, in this scenario, one would still have self-consciousness. He thus concludes that the idea of the self is not logically dependent on any physical thing , and that the soul should not be seen in relative terms , but as a primary given , a substance. Though we have changed in many respects, the same person appears present as was present then. We might start thinking about which features can be changed without changing the underlying self. Hume, however, denies that there is a distinction between the various features of a person and the mysterious self that supposedly bears those features. When we start introspecting, "we are never intimately conscious of anything but a particular perception; man is a bundle or collection of different perceptions which succeed one another with an inconceivable rapidity and are in perpetual flux and movement". It is likewise evident that as the senses, in changing their objects, are necessitated to change them regularly, and take them as they lie contiguous to each other, the imagination must by long custom acquire the same method of thinking, and run along the parts of space and time in conceiving its objects. Rather, Hume compares the soul to a commonwealth, which retains its identity not by virtue of some enduring core substance, but by being composed of many different, related, and yet constantly changing elements. Note that in the Appendix to the Treatise, Hume said mysteriously that he was dissatisfied with his account of the self, yet he never returned to the issue. The paradox of the Ship of Theseus can be used as an analogy of the self as a bundle of parts in flux. Self as a narrative center of gravity[edit] Daniel Dennett has a deflationary theory of the "self". Selves are not physically detectable. Instead, they are a kind of convenient fiction , like a center of gravity , which is convenient as a way of solving physics problems, although they need not correspond to anything tangible –” the center of gravity of a hoop is a point in thin air. People constantly tell themselves stories to make sense of their world, and they feature in the stories as a character, and that convenient but fictional character is the self. Anatta The Buddha in particular attacked all attempts to conceive of a fixed self, while stating that holding the view "I have no self" is also mistaken. This is an example of the middle way charted by the Buddha and the Madhyamaka school of Buddhism.

A ball of beasts Ap biology reference book The merry men, and other tales and fables The prisoner of Ornith farm Programming InDesign. American geography The World of Chaucer Benoy kumar sarkar theory of progress Two Heads Are Often Better Than One The National Youth Administration Looking at twills Clarence larkin the book of revelation The abacus: a pocket computer. The Conscientious Man Anecdotal life of Sir John Macdonald Learn german 30 days Part I : Conventions. Chapter VII In a Wilderness of Words Power investing with sector funds Roland mc-303 groovebox manual Dalal street investment journal 2018 White pine and rose Shaw the Annual of Bernard Shaw Studies (Shaw) Caterpillar 303.5 price list Only Couples Need Apply (Your Truly) Clsi guidelines 2016 Until friday night abbi glines bud Decoding Wall Streets well-kept secrets Manpower policy and programmes in Canada. Extreme Bmx (Extreme Sports) Vacation coverage Broad-basing and fragmentation Your own worst enemy Flying Saucers on the Moon California road atlas and visitors guide. Celebrated American Indians Early years education I have nothing sheet music Texas is the issue Morris and Boris at the Circus (I Can Read Books)