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## Sda sabbath school lesson guide

Last Updated on November 18, 2020 Listening skills are not easy for many of us, especially during global pandemics when we are very stressed and easily distracted. The art of communication is more than just talking; it requires listening and paying attention. You have to learn how to be a good listener, because most of us aren't born with it. Every relationship you have needs communication to survive, and it requires work. The good news is that it's not hard to learn how to be a good listener. In fact, if you're someone who feels like you could use your brushing communication skills, here are some pointers you can start using right away to help you have more meaningful connections in all your relationships.1. Validation Of FeelingsHave someone tell you that you overreacted or stopped crying during a conversation? I'm pretty sure we've all heard that at one point in our lives. The thing is, it doesn't feel good to be underestimated by someone you care about, especially in times of increased stress or intense discussion. Feelings matter, regardless of whether you agree with them or not. One of the biggest things you can do for someone is validate their feelings when you learn how to be a good listener. Tell them that you hear them and that you recognize how they feel. When you do that, you create an element of connection by showing you understand the feelings of others. When you can be more relatable with someone you care about, it increases the level of trust in your relationship. Back in March, when the pandemic began, my eight-year-old son struggled with virtual learning away from his friends and school he loved so much. There was no closure for him, and obviously in the way he approached was the day he approached was the day because he refused to admit to school because it wasn't physically in his class. Most days include such distractions, which is very stressful for all of us. One day she was lying on our living room couch, crying about how terrible the situation was for her. I want to go to school and see my friends. I miss my teacher. This is the worst thing ever, he sobbed. When I watched it at the time, I realized that I had two choices: I could tell him to stop it, suck it up, and go to school, or I could get into it with him and help him understand that I, too, experienced the exact same feeling. I decided to sit with him and carry him in my arms, hug him, and tell him that I felt the same way. That I wanted him to be at school with his friends, that I wanted him to be able to go to football and having fun, that I miss my friends too, and that yes, you're right, this is the worst. After I did that, something shifted. He looked at me with the realization that I understood what he was going through because I had the same experience. Showing connectedness, validating his feelings, and being a good listener to his needs helped us have a breakthrough in our communication. 2. Be PresentDistraction is all We. With a lot of information being thrown at us at a million miles an hour, it's no wonder communication in relationships can suffer. When you're having a discussion with someone you really care about, whether it's your life partner, good friend, or child, make sure you're free from distractions during your conversation. Having little or no distraction allows you to become a better listener. This allows you to focus on the conversation and completely digest the discussion. In addition, it helps in allowing you to be thoughtful and considerate in your interactions. I found that my most successful conversations took place on neutral ground. It helps reduce stress and remove judgment from interactions. Some of the best conversations I've ever had on a walk, while driving in a car, or even lying in bed with the lights off. I can be fully present and engage with the ability to absorb conversations at hand, especially when the conversation is about a sensitive subject. It's hard to have an uncomfortable conversation sitting at a table or not in your own territory. This can make it feel more like an interrogation and can often start with a worry or have your guard. When you do your best to eliminate it from the situation, you offer the desire to find a solution by creating a safe space to listen and communicate more successfully. We tend to expose ourselves and our feelings more easily when we feel like we are not being judged. When my husband and I need to have a difficult conversation, we often take a walk or have a conversation in the middle of the night in the dark. The absence of distraction allows us to truly listen to each other's needs and desires and create a stronger bond of respect and intimacy.3. RespondAs you try to learn how to be a good listener, respond, not react. How many times have you regretted the way you reacted to a conversation with someone you care about? Whether it's a personal or professional relationship, the way you reciprocate is important. Because we are human and natural to endure, especially if communication is not something we agree on, we usually react without giving consideration to the big picture. It doesn't help when you're trying to make progress in a situation. You might think, how to listen to come to play when you reciprocate someone else's engagement with you? It doesn't matter if you have that conversation via text, email, or in person; the way you absorb information will directly affect the way you engage in interactive dialogue. Think about the time when you were at work and received an email from a co-worker that triggered you. It happened to all of us. Many times, we press the reply button and to the city unpack our feelings and thoughts without taking the time to fully digest and consider the content in front of us. We don't listen to what our peers ask for. Handling delicate situations can be tricky. That's why I like to like my client to respond rather than react, and start with the end in mind. When you are faced with a challenging situation, think about how you want that particular experience to be resolved. Do you want to be able to walk away with hugs, covenants, and positive results? If so, the way you do that is by being a good listener and planning your response. Final ThoughtsCommunication in any relationship, personal or professional is difficult. We must commit to showing up and doing the work to ensure they are successful and thriving. Learning how to be a good listener plays a huge role in the success of each and every one. Next time you find yourself in a situation where you need to pay attention, remember to validate, be present, and respond with thoughtful consideration. You'll be amazed at how much your interactions increase. More on Being a Good ListenerFeatured photo credit: Standsome Worklifestyle via unsplash.com One of the biggest expenses for many middle-class families is tuition for their children. Many parents pay thousands of dollars each year to send their children to private schools - especially those living in areas where public schools are of poor quality. A 2014 comparison by real estate site Trulia found that in postcodes with the top-ranked public schools, only 4% of children went to private schools, compared with 19% of children in postcodes with low-ranked public schools. However, that doesn't mean that parents who live in good school districts spend less overall. Homes in high-performing school districts typically cost far more than other homes in the same area - about 32% more, according to the Trulia study. So for many families, the housing surcharge adds up to more than what they would pay for private schools. This means that parents who want the best education for their children have a difficult choice to make: pay directly for private school, or pay indirectly for a home near a good public school. To find out which one is best, they need to know how these two costs compare, and what options they have to keep costs down. Private School Fees According to figures from the National Center for Education Statistics (NCES), about 4.5 million American children enrolled in private schools in 2011-2012. More than 80% of these students are in schools with some kind of religious affiliation. Some 43% are in Catholic schools, and another 37% go to schools identified as generally Christian, Jewish, or certain Christian denominations. About 68% of all private schools have a religious orientation, while 32% are non-religious. On average, private schools for the 2011-2012 school year were \$10,740 per child, according to nces. That's a significant burden for middle-class families. In 2014, the national median household income in the United States was \$53,657, according to the U.S. Census Bureau. That means that a family makes a the average income must spend about 20% of its income to send only one child to a private school, and 40% to two children. However, tuition fees vary significantly depending on the type of school. The average tuition is \$6,890 a year for Catholic schools, \$8,690 for other religious schools, and a whopping \$21,510 for nonsectarian schools. So families with an average income will pay less than 13% of their income to send a child to a Catholic school, but more than 40% for a non-religious school. Public School Fees Private school fees are easy to identify - only a fixed dollar amount per year. Calculating public school fees is much more complicated. You should know which neighborhood the parents choose for their school, how much it costs to live in the neighborhood, and how it costs to live in another neighborhood nearby. A good place to start is with Niche, a website that assesses and compares U.S. school districts based on factors such as student test scores, graduation rates, health and safety ratings, and reviews from parents and students. Each year, Niche lists the 10 school districts it deems as the best in America. For 2016, the number one school district on niche's list is the Tredyffrin-Easttown School District. Based in Tredyffrin Township, Pennsylvania - a suburb of Philadelphia - the district is rated A-plus for academic performance, teachers, extracurricular activities, and more. According to Trulia, the median sales price for a home in the area is \$532,500. It adds up to a monthly mortgage payment of about \$2,610, based on a 30-year loan, a 20% down payment, and a 4% interest rate. For buyers who can only afford a 10% down payment, monthly payments jump to \$3,072. In nearby Paoli, by contrast, Trulia says the median house price is just \$287,000, or \$1,407 a month. That's a difference of \$14,436 a year - about 34% more than the average cost of a private school for one child. So a family with one child will spend less by living in Paoli and sending the child to a private school. However, a family with two or more children will spend less by living in Tredyffrin Township, where the extra money paid for housing will cover school fees for all their children. A 2014 article on tuition fees in Money reached the same conclusion. It compares private school fees versus public schools for two fictitious families living in eastern Massachusetts: One family spends \$2,120 a month at a median home in the village of Auburndale, which has some of the best public schools in the country; others spend \$998 a month on homes in neighborhoods with an average school, plus an average of \$782 a month for private school fees. These two fees together, private school families come out in front of \$340 a month. However, the math changes completely if both families have two children. In this case, the family of public schools keeps a total of during their children's school years. Keeping School Fees Under Control In general, it seems that public schools - even those in expensive neighborhoods - are a better deal for families with multiple children, while private schools tend to be better value for only children. However, this rule does not apply to everyone. Parents who choose the right private school can lower tuition to an affordable level, even with several children in school at once. And, instead, making smart choices about housing can make living in a great school district an affordable option, even with just one child. Private School Options One way to make private schools more affordable is to choose schools with lower tuition fees. As mentioned above, religious schools - especially Catholic ones - tend to be much more affordable than nonsectarian private schools. According to NCES figures, a family can send two children to a Catholic school at an average cost of \$13,780 a year. That's slightly less than the extra \$14,436 a year it costs to live in Tredyffrin Township than Paoli. Another private school option is the Montessori school. These schools take an educational approach that focuses on letting children learn at their own pace, using all five senses. Most Montessori programs are for younger children, but some extend into early adolescence. According to a 2009 survey by the Montessori Teachers Association of North America, the cost of a year at a Montessori school varies greatly, but the average price for elementary school students is about \$8,600. That makes Montessori schools more expensive than regular Catholic schools, but on par with other religious schools. Parents can also save money by starting their children in public elementary schools, then transferring them to private high schools. According to money's article, if their hypothetical private school family did this with two children, they would end up saving a total of \$71,000 compared to families in expensive school districts. Private School Scholarship families who have difficulty paying private tuition can sometimes bring it within their financial reach through scholarships and other forms of financial assistance. Some schools have their own financial aid programs, and others take part in national, regional, or state scholarship programs. Funding sources include: Children's Scholarship Fund. Originally started as the Washington Scholarship Fund, the Children's Scholarship Fund (CSF) now provides partial college scholarships to

low-income families across the country. Scholarships cover up to 75% of tuition, with the average amount coming to \$1,700 per child. They can be used for any type of school - religious, secular, or school at home. To be eligible for a scholarship, families must meet to have children in elementary school and meet income guidelines for the National School Lunch Program. In 2015-2016, the fund provided scholarships to 24,000 students. To apply for a scholarship, parents need to contact one of the CSF's partner programs in 16 states; the amount of time it takes to process depends on the specific program. Bachelor's Degree Program. Run by the Jack Kent Cooke Foundation, the Young Scholars Program provides scholarships for high school and high school students with the highest grades. About 60 students receive scholarships each year, which they can use for boarding schools, day schools, or parochial (religious) schools. In addition to financial support, young students receive academic advice, access to special enrichment programs, and other resources. Families earning up to \$95,000 can sign up, but most Bachelors come from families with incomes under \$60,000. The application period runs from January to April, and students know in September whether they are eligible for assistance. Better chance. This program is intended for students of color grades 4-9 who get good overall grades and are active in extracurricular activities. The program does not actually provide scholarship funding, but refers eligible students to more than 300 high and secondary schools nationwide - both religious and secular - and helps them apply for financial assistance from those schools. A Better Chance says most students who enroll through its program receive financial aid, but don't give a specific percentage. The application process begins in February for the school year which begins 18 months later. There are many other school scholarship and voucher programs operating in certain states or regions of the country. Parents can find out about the program in their area through the Private Schools website. Buying a House Near the Best Public Schools In general, neighborhoods with great public schools are more expensive than other neighborhoods in the same common area. However, there are some important exceptions to this rule. Neighborhood Scout has compiled a list of neighborhoods in the nation's 20 largest metropolitan areas that combine good schools with affordable housing prices. For each neighborhood, the site lists the median house price and school district rankings on a 100-point scale, based on factors such as class size and state test scores. For the 10 largest metro areas in the U.S., the top neighborhoods are: Metro Area Neighborhood Median House Value Public School Rating New York, NY Queens, NY \$234,924 92 Los Angeles, CA Los Alamitos, CA\$411,225 87 Chicago, IL Elmhurst, IL\$260,105 86 Dallas, TX Richardson, TX \$259,597 90 Philadelphia, PA Narberth, PA \$274,086 96 Houston, TX Friendswood, TX \$218,832, DC Laurel, MD\$279,307 88 Miami , FL Hallandale Beach, FL \$184,819 52 Atlanta, GA Fayetteville, GA \$202,980 65 Boston, MA Brookline, MA\$390,447 98 If your area is your place - or want to live in - not part of the main metropolitan area, Scout Environment can still help you find affordable areas with good schools. You can incorporate your state and territory into the sophisticated search engine sites, then choose your criteria for school quality, pricing, and other features that are important to you, such as crime rates or walking ability. However, to use this feature, you need to subscribe to the site, which costs \$40 per month, \$90 per quarter, or \$192 per year. Another way to buy a home in a top-ranked school district is to deliberately choose to live in a smaller home. In Tredyffrin Township, PA, for example, Zillow lists a three-bedroom house for \$390,000. Mortgage payments on a home like this would reach about \$1,912 a month - a saving of \$698 a month, or \$8,376 a year, compared with the median house price. The Final Word When choosing a place to live, the school district is not the only factor to consider. For starters, you want to find a home close to your workplace, so you don't have to face long trips every day - maybe even one close enough to allow you to walk or cycle to work. Ideally, you also want to be close to friends and family. And finally, you want to live in a comfortable environment for you, with access to all the amenities you care about - from local businesses to good public libraries. So if the neighborhood you like the most is not the one that has the best school, don't give up on it. Instead, crisp some numbers and see how much you can save by combining affordable homes with private schools. Or, on the other hand, if your place of love has a great school district and sky-high housing prices, look for ways to find affordable homes in the neighborhood. Do you attend a public school or private school? Which one would you choose for your children? Children?

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