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الأولى personal values القيم الشخصية

Personal values are one of the most important things in our life. This Life as we know it now wouldn't be possible without personal values that regulate it. Indeed, the more values a person has the more respect and admiration she/he gets. For instance, people who value hard-work often end up being the most successful. I have never known a person who works hard and never succeeds in life. Likewise, honesty is another value that is key to success in life. Honest people earn the trust and reliability of others. They are valued for their honesty and truthfulness. Undoubtedly, there is nothing more rewarding than knowing people with such values as honesty and hard-work. With these people one can establish fruitful relationships that are to the advantage of everyone. True to say, honesty and hard-work are two cornerstones for a good and successful life.

موضوع أطول عن personal values

One of the major issues that has been the subject matter of many discussions these days is the importance of personal values in our life. Some people think that personal values are not as vital to life as the need to earn a living. These people value, above all, success in life regardless of the means. In my view, personal values are the cornerstone for any enduring and promising life. These personal values, as I see them, play determining roles in the way we view the world and how the others view us.

To begin with, personal values are essential to our life. One point in favour of this is that people who value personal values and implement them in their life usually have the friendship and trust of other people. To illustrate to this, take a person who values honesty and applies that in his/her life, people would trust him/her and be willing to maintain a good relationship with him/her. I personally like honest people and think they can make good headways in their lives thanks to their honesty. In addition, honesty ensures self-esteem and pride of oneself. Since I have known honest people in my life, they always show realistic and respected self-respect. Even as a kid, I never felt right to lie to someone. Moreover, I never like other people to lie to me. Another fundamental value in life is hard-work. I strongly believe that people who work are very likely to reap the fruits of their work. As the American saying goes: hard-work pays off. Indeed, hard work is the lifeblood of a successful life.

To conclude, and as the previously mentioned examples and cases show, honesty and hard-work stand as two major personal values without which life would be the thing we see now. Successful nations have worked hard and enough to develop. Now they are making headways into their future. Likewise, honest people keep the secret of success in life. With their honesty they are making strides to a more rewarding life.

كتابة
Letter of complaint

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رسالة تشكي حول شيء اشتريته ووجدت به خلل

24 Rotterdam, Hauges Avenue
12 streets Harlem
Holland
20/11/2007

Mr Fred, manager of youth school
Magazine, industry Road Amsterdam

Dear sir or Madam,
I am a keen reader of the local school magazine « spotlight » and I have been impressed by a number of articles I read there. Today I take the chance to write you an article about a worrying school phenomenon; namely, smoking.
To start with and as far as I am concerned there are predisposing factors that lead some students to take up smoking. I mean here that certain conditions in their lives make it more likely for these students to smoke. Socially, students who take up smoking usually come from poor families or working ones that do not have the time to supervise their children after school. Besides that, students are heavily influenced by the others who smoke. As they see their peers smoking, they can't 

giving it a try. Undoubtedly, the family structures and backgrounds and the social surrounding play a determining role in this fact.
Academically, students who do poorly in school are known to be taking up smoking more than any others. The school frustrations and the feeling of an inability to keep up with the rest of the class push some students to do irresponsible deeds.
It goes without saying that smoking has a negative impact on every addict. Among young people, the short-term health effects of smoking include damage to the respiratory system, addiction to nicotine, and the associated risk of other drug use. Long-term health consequences of youth smoking are reinforced by the fact that most young people who smoke regularly continue to smoke throughout adulthood. Therefore, they become vulnerable to many illnesses, such as cancer.

To conclude, smoking is a major youth problem that needs the 

and the contribution of everyone of us to try to limit this bad habit. Indeed, it is imperative that each and every one of us take a step towards informing and sensitizing our youth of the dangers of smoking. By way of this same contribution I have been glad to write you these lines to state my stand in your promising magazine

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Yours Anuarmadridista

Gender and racial descrimination

women and power الميز ضد المرأة من الوحدة

In all our history, we all believe that man was born free and he deserves to stay so for the rest of his/her life. It goes without saying that men equally deserve to have the same rights and respect from others. However, in the complex world that we live in, there are many problems and conflicts that make us think of some as less worthy of respect than others.

To start with, man is the creation of God and therefore he/she is free to act and react in this worldly life. There is nothing and no one that should limit or diminish his/her rights to be free and respected. With that said, we still can see that there are much gender and racial discrimination almost everywhere. Women, in all our history has been suffering from discrimination and marginalization by men. In the past women were buried alive, burned at the death of their husbands and were slaves to a man. Racially, black in America and almost everywhere were discriminated against and had no rights at all. They were working in plantations as slaves and were denied a marriage with a white person. Of course, I always think that our history is full of shameful events that show just how cruel and oppressive some people were.
To reverse this image of inequality and oppression, non-governmental organizations have been doing all they can to protect women's rights as well as ensure racial rights for immigrants and workers. So far, the efforts have been successful but haven't stopped discrimination against minorities and women, in particular, in many countries. Violence and denial of a woman's right to work and participate in public life is still not achieved in some conservative countries.

Finally, and as far as I am concerned, all individuals must take part in this campaign to call for equal rights and respect for everyone. It is with respect to the other and the abolishing of oppression that we can ensure a better, just and fair world to live in

موضوعين حول هجرة الأدمغة
Brain Drain
إحتمال كبير لتقع في الوطني و الله أعلم

الموضوع الأول

A brain drain or human capital flight is an emigration of trained and talented individuals ("human capital") to other nations due to conflicts, lack of opportunity, health hazards where they are living or other reasons. It parallels the term "capital flight" which refers to financial capital that is no longer invested in the country where its owner lived and earned it.

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Investment in higher education is lost when a trained individual leaves and does not return. Also, whatever social capital the individual has been a part of is reduced by his or her departure. Brain drain can occur either when individuals who study abroad and complete their education do not return to their home country, or when individuals educated in their home country emigrate for higher wages or better opportunities. The second form is arguably worse, because it drains more resources from the home country.
This phenomenon is perhaps most problematic for developing nations, where it is widespread. In these countries, higher education and professional certification are often viewed as the surest way to escape from a troubled economy or difficult political situation.Even though little has been discussed about the effects of brain drain in Africa, it is believed to be one of the biggest issues to the developing nations. Each year millions of Africans escape to Europe and the states; therefore, the continent is using lot of its human capital
To conclude, I believe that brain drain is a major problem that our continent has to face up to. It is obvious that developing countries such as Morocco are even losing more human capital than developed countries.

الموضوع الثاني
Brain drain is the departure of educated or talented persons for better pay or jobs elsewhere. The term originated about 1960, when many British scientists and intellectuals immigrated to the United States for a better working climate. Economically speaking, brain drain means an emigration of trained and talented individuals ("human capital") to other nations because of conflicts and lack of opportunity. It parallels the term "capital flight" which refers to financial capital that is no longer invested in the country where its owner lived and earned it.
When a highly qualified professional chooses to leave his own country for another, he does so for one or several legitimate political or economic reasons: peace and security for himself and his family, job satisfaction, better pay and conditions, a higher standard of living, etc. Throughout history, countries and centres of academic excellence which offer these attractions have received the largest numbers of professional migrants and these have, in turn, made substantial contributions, not only to the economic growth of their host countries, but also to the scientific and technological advancement of humanity.The loss of such bog number of skilled immigrants results in huge losses that are very difficult to compensate for even in long years to come. The brain drain is actually affecting the economies and social structures of a country, especially the emerging countries that have to do everything they can to stop this phenomenon.
Finally, I do believe that it is the responsibility of both governments and individuals to try harder to stop the flow of highly skilled people from their own countries resulting in a brain drain that affects each and every society.

Advances in technology

Technology is a broad concept that deals with a people's usage and knowledge of tools and crafts, and how it affects man's ability to control and adapt to its environment. In human society, technology is a consequence of science and engineering. In the last two centuries, humanity has witnessed great technological developments that are not to be paralleled with any other past times in history.

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These technological advances range from the invention of the light bulb to the latest wireless com****rs and internet devices. But what are the implications of these technological advances on our societies.

To begin with, technological advances have helped people use tools and materials that made life easier for them. To give one example, the use of the phone and the internet has made it extremely possible to communicate with any person on any other part of the world. So, the limitations in communication that we had in the past are all over by now. Academically speaking, students no longer rely today entirely on books to look for the information they need to do a research. Rather they are invited now to search the internet and get ready-made information that saves both time and effort. Spatially speaking, people managed to set their foot on the moon and discover things that were in the past only myths for many of us.

However technological advances have had also their negative sides. To illustrate to that, internet use has made the gap even greater between those who have access to it and those who don't. Let us remember that there are those who can't have yet access even to electricity to use all those technological advances which seem to be made mainly for those who have the means to buy it. The advances in telecommunication have also made people more selfish in the sense that everyone now has his/her mobile phone; and we no longer have family conversations or calls for the whole family. Every one holds private conversations on the phone that other can't know about. For all these reasons, I believe that one has to look at the other side of the coin and believe that technological development is double-edged.

To conclude, and as far as I am concerned, technological advances are a major step in the development of nations and societies and it is imperative to make good use of those developments and make it accessible to all individuals in the world.

موضوع
Stereotypes
الأفكار الشائعة

A stereotype is a preconceived, simplistic de--xx--ion of all members of a given group that leads to having certain expectations, often inaccurate and prejudicial, about members of that group without regard to individual differences. Many people believe in many stereotypes unknowingly. These people hold these stereotypes as the truth. Usually these stereotypes are about persons who are members of groups with which they have not had firsthand contact. They regularly make these stereotypical generalizations based on experiences that have had seen in movies or television, read about in books and magazines, talked to them by family and friends. Other people, though, argue that Stereotypes are basically generalizations that are made about groups. Such generalizations are necessary: in order to be able to interact effectively, we must have some idea of what people are likely to be like, which behaviors will be considered acceptable, and which not. In this essay, will shed more lights on this phenomenon showing its negative (or positive) impact through examples and cases.
To start off, although Stereotypes are only generalizations or assumptions that people make about the characteristics of all members of a group, they are sometime true in real terms. To give one example many people believe that the saying that

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women are bad drivers is just a stereotype, yet the conduct of many women drivers on the road proves some truth about this stereotype. Likewise, stereotypes about Americans reveal that they are generally considered to be friendly, generous, and tolerant, but also arrogant. Clearly, not all Americans are generous or arrogant, but according to many studies there a big number of Americans who bear these traits. This way, if stereotypes are not totally true, they at least can hold some of it and therefore can 

us to foresee other people and prepare for our interaction with them.

Nevertheless, one has to look at the other side of the coin, Stereotypes can have excessive damage and can have a very negative effect on the person in view or as a whole group. Stereotyping is not just another form of making fun of people; it also encourages rejection and outcast. Stereotyping is not only cruel and harmful to people, it can also have major effects on how a person behaves and acts towards other people. It also makes who ever is stereotyping look like a fool. It also forms barriers in communication and everyday life.