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## The water cycle crossword wordmint answers

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This couldn't be farther from the truth. Crosswords aren't an immutable test of your vocabulary or intelligence—they're a learnable skill that anyone can develop.Learning new skills is one of the best ways to make yourself both marketable and happy, but...Read moreNo other word game or puzzle asks quite as much of your brain as a crossword. Experienced puzzlers consider not just the literal meaning of each clue, but also similar ones they've seen before, frequently repeated answers, syntax quirks, puns, cultural references—and, of course, the puzzle's theme. Unfortunately, this means that crosswords can be downright unwelcoming to newcomers. Everyone starts somewhere, and no matter what your capabilities look like now, here are four general strategies to help you improve.Do Puzzles Every DayThe only way to improve at crosswords is to do lots of them, and the best way to do that is to work them into your daily routine. For me, that means tackling a few puzzles from an ancient book of 365 Will Shortz crosswords before bed every night. My mom prints out Washington Post crosswords and chips away at them over breakfast; my friends who commute by bus or train are diehard New York Times crossword app fans. G/O Media may get a commissionNew York Times puzzles are most folks' crossword gateway drug for a reason: they're easy to find and have a built-in difficulty grading. Mondays are the easiest, Saturdays are the hardest, and the puzzles in between ramp up day by day, so you can pick and choose the ones that work for you. That said, the New York Times is far from the only publisher out there. The Washington Post, Los Angeles Times, and Merriam-Webster also publish daily American-style crosswords; if cryptic crosswords are your jam, try The Guardian. Some organizations, like Queer Crosswords and Puzzles for Progress, will even send you original themed puzzles as a reward for nonprofit donations. Just remember that each publication has its own style—mastering the tricky clue phrasing in a Saturday New York Times puzzle won't necessarily translate to one from the Post, and vice versa.Use an AppIf you really want to up your crossword game, subscribing to an app, like this one from the New York Times, is a great idea. As much as I love them, paper puzzles just can't touch the user-friendly features you get with an app. You can easily check your work or reveal answers letter by letter, rather than accidentally peeking at the entire solution. This demystifies clues just enough to make them feasible, which is exactly what you want. Also, most apps time your work, which makes it easy to measure your progress. But really, the biggest advantage is accessibility: carrying around thousands of digital puzzles in your pocket makes it easy to do a lot of puzzles.Know When—and How—to CheatCheating is a sensitive topic among crossword enthusiasts, but there's no denying it has its place. Crosswords should be fun, and repeatedly banging my head against the same wall, praying for a different result, isn't my idea of fun. Besides, frustration is a lousy teacher; unless you have serious competitive puzzle aspirations, stubbornly refusing to look up answers or check your work will get you nowhere.A lot of games require a big time investment—at least, if you want to have the best gear, the...Read moreObviously, you should solve every clue you possibly can without help, but you can't improve without a challenge. A bit of strategic cheating can guide you through even the toughest puzzles. Apps make this super easy: just check or reveal letters one at a time until you can solve a particularly nasty clue. This gives you just enough information to (mostly) hack it on your own, which in turn makes the answer more likely to stick in your memory. Paper puzzles make strategic cheating a little tougher, but thanks to the Internet, not by much. If you're stuck on a print crossword, Google the whole clue in quotes. Framing your search around the clue rather than, say, how many letters you have to work with will help you understand what the clue wanted from you. Over time, you'll find yourself needing less and less help to solve puzzles that previously would've been real stumbers. Study UpIf you're serious about crossword mastery, the Internet is full of likeminded people who would love to help. A blog like Rex Parker's is a great place to start. He solves the New York Times puzzle each day, compares the difficulty to other puzzles from that day of the week, and breaks down key clue/answer pairs in a short post. Between the posts and the comments, you'll get a more complete picture of the solution than if you'd just looked up the answers.You can also specialize even further and brush up on your crosswordese—words that appear frequently in crosswords but almost never in conversation. The New York Times has a quiz that tests your crosswordese knowledge, and there's a more general guide from Dictionary.com. Perhaps predictably, there's also a whole website devoted to crosswordese, with a new word featured every day and an extensive archive.If a statistical approach is more your speed, there are crossword answer databases out there. Data scientist Noah Veltman analyzed a set of New York Times crossword clues and answers from 1996-2012, then arranged them by "crosswordiness" and how frequently they appeared. You can filter the lists by the minimum number of appearances or word length, and see details about any given answer. Similarly, Xwordinfo.com will show you the most popular answers and clues for Times puzzles by year or word length. Hell, you could really go all-out and code yourself some training programs like this guy did, though it's unclear whether his approach is more effective than just doing a whole bunch of crosswords. This is not to say that you must build a robot or memorize clues to solve crosswords more efficiently; the best "training strategy" is the one that makes you happy. It doesn't matter how many puzzles you solve, or how fast you can solve them—just that you keep at it. If you can do that, you'll never stop improving. The sun has a huge effect on our water. It warms the oceans around the tropics, and its absence cools the water around the poles. Because of this, ocean currents move large amounts of warm and cold water, drastically affecting the weather and climate around the world. The sun also drives the water cycle, which moves about 18,757 cubic miles (495,000 cubic kilometers) of water vapor through the atmosphere every year [ref].If you've ever gotten out of a swimming pool on a hot day and realized a few minutes later that you were dry again, you have firsthand experience with evaporation. If you've seen water form on the side of a cold drink, you've seen condensation in action. These are primary components of the water cycle, also called the hydrologic cycle, which exchanges moisture between bodies of water and land masses. The water cycle is responsible for clouds and rain as well as our supply of drinking water.Here's what happens:The sun shines on the surface of oceans and lakes, exciting molecules of water. The more the sun excites the molecules, the faster they move, or evaporate.The molecules rise through the atmosphere as water vapor. Plants add to this water vapor through transpiration, a byproduct of photosynthesis, which also depends on the sun. In some locations, water sublimates, or changes directly from ice to vapor.All of this water vapor rises into the atmosphere. The higher it rises, the cooler it gets. The molecules of water slow down and stick together, or condense, as they cool. This forms clouds. Depending on how high and thick they are, clouds can either warm or cool the surface of the planet under them.Droplets continue to combine inside the clouds. When they get big and heavy enough, they fall as precipitation. (Pollution in clouds can decrease the amount of rainfall by requiring droplets to be bigger and heavier before they can fall.)Precipitation falls as rain, snow, sleet or hail, depending on the temperature and other conditions. Over land, it falls onto the ground and into rivers and lakes. Some of the water seeps into the soil, nourishing plants and joining the groundwater. Much of it flows into rivers and lakes, which eventually run into the ocean.Without the sun to start the process of evaporation, the water cycle wouldn't exist. We wouldn't have clouds, rain or weather. The water on the planet would be stagnant. It would also be solid, since without the sun to warm it, the Earth would be entirely frozen.The sun powers the processes that control our climate and the content of our atmosphere. Without it, we wouldn't have oxygen or liquid water on our planet. We wouldn't have weather or seasons. But the sun's immense source of power also has some drawbacks. Next, we'll look at some of phenomena that protect Earth from the power of the sun. 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 got 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 tell that positive mantras and affirmations tend to boost your confidents 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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