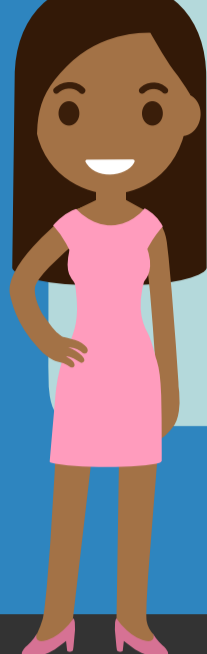


Speaking in front of the Class



EDUCATION

From participating in classroom discussions, to answering questions, or giving class presentations, public speaking is a part of every college student's experience and it is also one of the most intimidating. This unavoidable task can cause normal feelings like stress and worry.

Use strategies can help you feel confident when speaking up in class and when giving presentations:



STRATEGIES

For speaking during class:

Complete assigned readings and homework before class. Take notes of ideas that you could add to any discussions and write down your questions.

Actively participate in the class. Use attention and listening strategies to stay focused. Write down key points or thoughts as they come so you can jump into the discussion when you are ready.

Use your notes when you are speaking to keep your ideas organized.

Gather your thoughts before you speak. Think about what you are going to say first. Look at your notes. Give yourself a few seconds before responding and take a deep breath.

If you aren't ready for a response if called on during class, don't hesitate to ask for a few moments to think before answering.

Be open to constructive feedback. Ask your instructor for help after class or during office hours.

Build a friendly relationship with your peers and instructor. This may help you feel more comfortable when speaking.



For giving presentations:

Preparation is key. This will allow you to feel confident and will reduce stress. Have all research and written portions done with enough time for lots of practice and proofreading.

Arrive early to the class. Be prepared for any technical problems and have a back-up plan.

Rehearse, rehearse, rehearse. Practice in front of a mirror or webcam so you can see how you are doing. Time yourself. Ask a friend to watch so you can get trusted feedback.

Make written notes to guide you during the presentation. Use a large font and wide spacing. Using different colors will help important points stand out.

Include other moments, such as when to pause or to look at the audience, on your presentation notecards. Spell out challenging words on written notecards.

Deal with normal nerves for public speaking by using relaxation and breathing strategies.

Focus on the content of your message rather than on how you think people perceive how you are doing.

Challenge negative self talk like "I'm going to fail" with positive self talk like "I'm well prepared." Look at people's foreheads and not their eyes.

Remember that your classmates want you to do well too. They are also probably more worried about their own presentations than yours.

Slow down and take your time. Strategic pauses allow you to keep a good pace and emphasize important points. Try counting to 3 between transitions.

Don't hesitate to reach out to the student counseling center if you need any help dealing with presentation nerves.



TECHNOLOGY

- Infographics are an easy way to organize information and engage your audience. Resources like [Easel.ly](#) or [Visme](#) provide free or reduced pricing options for students.

