



Name: .....

Date: .....

# Public Speaking: Independent Learning Guide

The role models in the video "Public Speaking" describe the importance of public speaking skills. Listeners learned that public speaking might be sharing your ideas with a friend or speaking in front of a room with hundreds of people. No matter what career you intend to pursue, strong public speaking skills can help you achieve your goals.

Watch the video "[Public Speaking](#)" at least once. Then read each statement below. Think carefully about each question before you answer it.

**1. Public speaking isn't about standing up and saying the first thing that pops into your head.**

What role does planning play in public speaking? What other skills do you think you need to be an effective public speaker? Which of these skills are you already strong in? Which might you need to practice some more?

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**2. Listeners learned that strong public speakers take their time and speak slowly.**

Why might it be important to speak slowly and clearly when talking in front of others? What could happen if you spoke quickly or rushed through your ideas?

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- 3. A role model explained that becoming a strong public speaker takes practice. She said, "It's really about speaking up. So, start wherever you are... if it's raising your hand to ask the question that makes you nervous, try to do that more often. If it's reading out loud that makes you nervous, read and do more things and say things out loud. If it's standing in front of a classroom that makes you nervous, try to do more of that."**

What "makes you nervous"? How could you try to do more of that to become a stronger public speaker?

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- 4. Listeners learned that, if you're prepared, you can talk to anyone.**

Think of a time in your life when you were prepared. How did the interaction go? Now, think of a time in your life when you weren't prepared. How did that interaction go? How exactly does being prepared help you have successful interactions with others?

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- 5. One role model told us that even though she speaks in public frequently, she still feels nervous. She squeezes a water bottle cap as a "trick" to help remind herself to slow down and relax.**

How did you feel the last time you had to speak in public? What "trick" could you try while speaking to help remind yourself to slow down and relax?

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6. One role model told listeners to "take up their space" and "feel confident". This is great advice for public speaking. But it's also great advice for all parts of your life.

What do you think it means to "take up your space"? How can "taking up your space" and feeling confident help you achieve your goals?

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