

- Speech Length: **5 - 6 minutes**. A grace period of 30 seconds before and after the target time.
- No visuals, props, microphone; one (1) 4X6 notecard allowed; Podium available/not required.
- Speech Type: Persuasive
- No more than 75 quoted words and credit source
  - ✓ Example: “according to the recent study conducted by AAUW...”
- **Delivery**
  - ✓ Exhibit Good Speech **Posture**
  - ✓ Unnecessary or disconnected **hand or body movement** distracts audience’s attention
  - ✓ Effective use of Hands and body to communicate ideas
  - ✓ Move when changing points (example: “on the other hand...”)
  - ✓ **Vocal Criteria**
    - Enunciate clearly, keep the beginning and ending consonants crisp
    - Expressive inflection...inflection that conveys meaning
    - Project to the back of the room
    - Pacing of speech. This is: **not** performance poetry, rap, or drama; **is** Public Oratory.
      - Use to your advantage (pause at major points)
      - Avoid *speed speaking*
  - ✓ **Vocabulary**
    - Use language appropriate to your audience; use non-standard language as attention-getting device
    - Avoid verbalized pauses, “Um” ...**Hint: breathe** while you think
  - ✓ **Eye Contact** with audience
    - **Hint:** make audience feel like you are talking directly to each one of them
- **Practice**
- **Practice** deep breathing; breathe to your knees; deep breathe while sitting in your seat; breathe again *before* you begin to speak.
- **Practice**, practice, practice difficult vocabulary, difficult transitions, memory blocks
- Visualize giving your speech, positively
- Develop memory triggers – counting on fingers, contrasting ideas, etc.
- Learn and practice tension-releasing exercises, big ones and isometrics
  - ✓ Head/neck; Shoulders; Hands/feet/ankles
- Perform difficult articulation exercises – Peter Piper, Wood Chucks, She Sells Seashells
- **Practice** saying word endings clearly- “ing” “s” “ed” “st”
- Dress to impress
- **Practice, practice, practice your speech**
  - ✓ To a variety of different audiences; ask anyone and everyone to listen. Constructive feedback: Ask for one constructive criticism so you work on one improvement at a time.
  - ✓ Practice/memorize a paragraph at a time. Add a new paragraph after you feel comfortable with the practiced paragraph
    - Practice 3-10 times each day.
    - Practice “rough spots” by isolating and practicing just those words or sentences.
    - Use physical clues, hand-gestures, movement or stance to help you remember ideas.