 **Speaking Tips & Judging Criteria** **page 10**

* 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…”

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* **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

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* **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, “Practice Makes Permanent”**
  + To a variety of audiences; ask anyone to listen. Constructive feed back: 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 every 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.

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