



Reflection

I have really enjoyed this class. At first, I was a little apprehensive about taking this class because public speaking is not an easy subject and many people have a fear of it. I personally do not fear public speaking but I do get nervous before and during my speech. With wanting to be a teacher, I know that this will be the first of many speech classes that I will have to take. I have learned a lot of skills and techniques throughout the sixteen weeks in this class. I have learned a little more about myself as a speaker, some techniques on how to stay calm, and organizational skills.

I have learned many things about myself as a speaker. When I first came into this class I was not really too confident in myself as far as a public speaker and after taking this class and learning about speeches I feel more confident in the fact that I can deliver a speech well. I use to think that I was not really a great speaker, but after this class and viewing the grades that I have received on my speeches, I feel very confident in myself and would consider myself a decent speaker. I have also learned that my major weakness when having to do a speech is that I get really nervous and end up talking too fast. I have learned to concentrate on what I am saying and to slow down and really explain my points well. I think my strength would be that I am very well organized which has worked out well since I like to be ahead of the game and always get things out of the way as soon as possible. Through this class, I have learned some techniques on how to stay calm while doing a speech or about to give a speech.

I have learned through this class that the key to giving a great speech is to stay calm. I do deal with some anxiety when I have to give a speech and it does cause me to tend to speak faster

and to rush through my points. I get really nervous before I have to do the speech than when I am actually up in front of the class talking. Once I get in front of the class and start talking, I seem to calm down and relax. One way that I try to calm down before I am about to go up and give a speech is to not think about the big picture but just to focus on what I have to say. I get the most nervous when I think of the fact that everyone is sitting there and watching me and that they will notice if I make a mistake or not. In order to get over this fear, I think about the fact that when other students are talking I am looking at them but there may be a million things running through my mind at the moment and I would never even notice if they made a tiny mistake or not. I have also learned some organizational skills through this class.

I consider myself a well-organized person as far as school and keeping up with everything. I was familiar with outlines but before this class I would always write everything out and after taking this class, I have learned to just write key term phrases that would remind me of what to say. It has been beneficial in the fact that I do not have to remember points word for word and that I can expound or add information if I feel necessary. I have also learned that in order to be successful, I will have to have everything organized and well planned out. I am already organized but this class only helped me to be more organized and understand why it is necessary. This class has proved to be very beneficial to my future career.

I have really enjoyed taking this class, and I have really enjoyed our instructor due to the fact that she is really relatable and understandable. She really makes class more comfortable and relaxed with the fact that she is in the same age range and understands what students have to go through. I think that the atmosphere of this class was very beneficial in the fact that it allowed me to be comfortable and at ease. I have really learned a lot of useful information that I will

keep with me and use in the future. This class was a great experience and a great introduction into some of the higher courses I will be taking related to this topic.