Speeches are different than normal conversation in that you must repeat the main points three times.

- 1. Tell them what you are going to tell them. [discuss main points]
- 2. Tell them. [discuss your main points]
- 3. And then tell them what you told them. [summary main points]

Tips to Control Nervousness

- Practice 4-11 times! This gives you the chance to feel the rhythm of the presentation and correct any difficulties. Practice until it becomes painful.
- Before you speak tighten and release your muscles while you are seated. This gives the extra adrenaline something else to do.
- Think positively about yourself
- Use the power of visualization
- Know that nervousness is not visible to audience
- Don't expect perfection
- Know the room.
- Be at your physical and mental best when speaking.
- Take a few slow deep breaths before starting to speak.
- Work especially hard on your introduction.
- Make eye contact with people in the audience.
- Concentrate on communicating with the audience rather than concentrating on your nervousness.
- Use visual aids to help occupy the attention of the audience.

Why is the way you **deliver** a presentation important??!! Who cares and so what?!

- 1. Delivery is reflection of who you are as a professional, student, engineer, and person?
- 2. You are the face of your organization, in class, YOU.
- 3. How you present reflects how you feel about your audience. Preparation shows how much you care.

Big Picture Tips for the Introduction

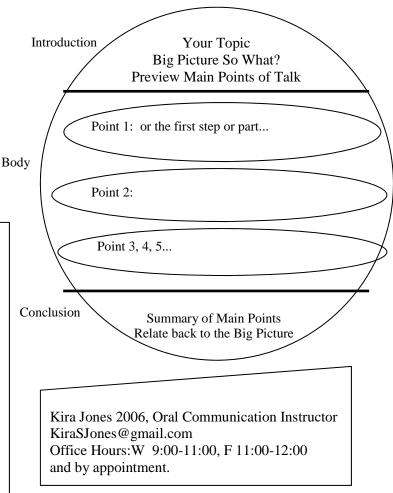
1. Develop an introduction that tells the audience what you are going to tell them.

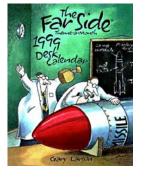
2. Demonstrate how your content fits into the bigger picture of the lab.

3. Perhaps tell them what you think are the coolest or most difficult parts of the lab – this shows you are a thinking human with interests, difficulties, and tri-umphs.

Primary Goal: Is to make the material simple to your specific audience.

Secondary Goal: Appear/be organized and prepared Tertiary Goal: Make the material interesting to your particular audience.





How to make a

riveting presentation.

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