



# Public Speaking Workshop

National Student Speakers Association

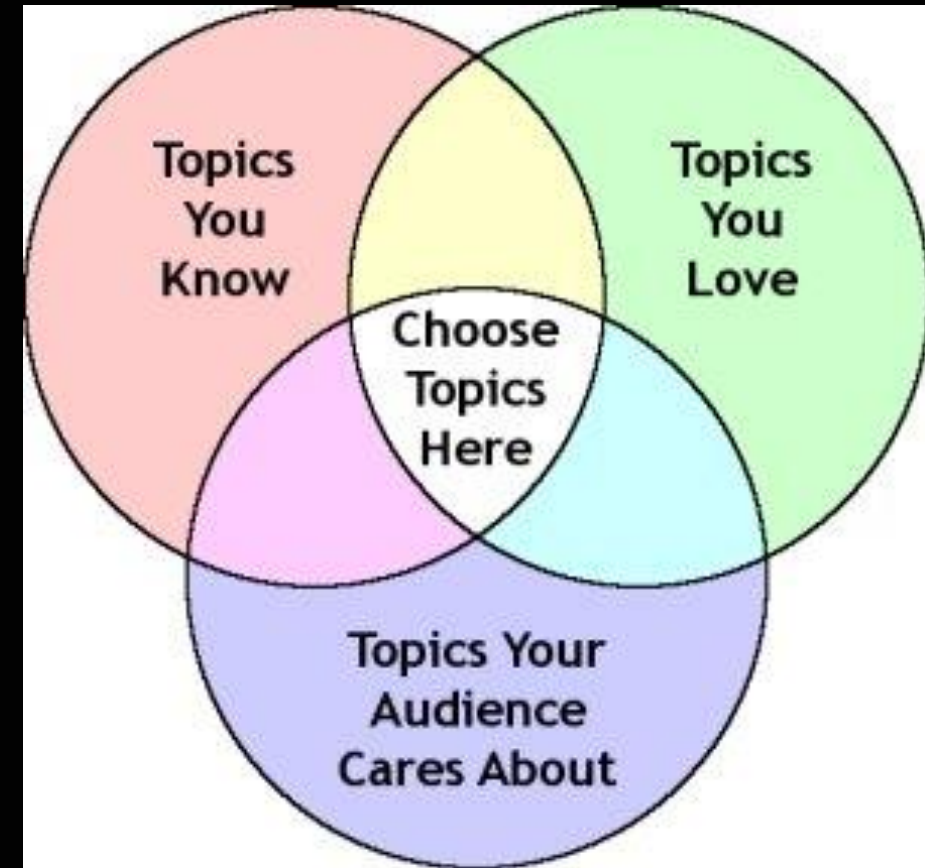
North South Foundation

# Agenda

- Elements of Public Speaking
- 5 Minute Break
- Preparing for the NSF Public Speaking Contests

# Purpose?

- The first question you should ask yourself is the purpose behind your speech.
- It is explanatory? Informative? Persuasive? Humorous? Inspiring? Etc.
- If you have the option of choosing your topic, make sure it meets these criteria.



# Speeches

- What is a speech?
- Above all, it is a story.
- You pick the stories and main points based on your purpose.
- Humans remember stories that move them, not numbers.
- You have to bring that story to life and make it memorable with an underlying message within your speech.

# Parts of a Speech

- Speeches are similar to essays but not quite.
- You have 7-8 seconds before people lose interest and think about something else.
- Short, drawing hook
- Switch to Body Points
- Conclude with a callback to the initial hook
- This hook needs to be a trigger for what your speech was and a summary – perhaps the most important stylistic element.

# Prepared Speeches

- Memorization?
- Using notes is distracting and conveys a lack of confidence in what you are saying.
- Solution: Use Stories and Broad Brushstrokes.
- Every time you give the speech, use impromptu speaking skills to fill in the gaps with an overall picture.

# Delivery

- Body Gestures
- Vocal Variety / Vocabulary
- Eye Contact
- Open Palms
- Smile
- Project Confidence
- Pause - No Filler Words!!

# Nervousness

- What does it feel like to be nervous?
- What does it feel like to be excited?
- There's no difference – it's just your mindset and perspective that changes.

The only  
difference  
between *fear &*  
*excitement*  
is your attitude about it



# Quick Survey

- What do you know about impromptu speaking and table topics?
- Unprepared, quick speeches with little to no preparation time.
- NSF gives you 30 minutes, but Toastmasters Table Topics gives you 10 seconds – practice for the 10 seconds to nail the 30 minutes.

# PREP Method

- Follow the PREP method when creating your speech.
- Point
- Reasoning
- Example
- Point
- This method can be broken once you understand why it exists and its purpose.

Break



N.S.S.

# Analysis

- “Case” the event. Understand why you are speaking and what is expected of you.
- I’ll go through my process that I have been doing for the past few years.
- First step: Go to the organization website. Understand their mission.
- The next four slides are all screenshots from the NSF website.



# North South Foundation

*Encouraging Excellence in Education*

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## Regionals

- Contests
- Calendar
- General Rules
- Regional Placements
- Register Online
- FAQ

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## Public Speaking

[General Info](#) | [Rules](#) | [Preparation](#) | [FAQ](#)

NSF started Public Speaking contests in 2006 help and educate our children on how to prepare and present a speech before their peers or to a group of people. The preparation should help the students to become successful communicators and deliver better speeches without becoming nervous.

There are several goals for conducting the Public Speaking Bee. To enumerate a few:

- To make public speaking not as a chore or stressful event but to make it as an enjoyable task
- To better prepare for excelling in public speaking
- To stimulate enthusiasm and a love for public speaking
- To develop important skills in delivering a better and powerful speeches
- To develop creativity and ingenuity in situations where one needs to deliver speeches at a short notice

Students should familiarize themselves with the [Public Speaking Contest Rules](#).

For help with preparing for the contest, go to [Public Speaking Preparation](#).

For any questions regarding the contest, go to [Public Speaking FAQ](#).

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## Contest Procedure:

3. The contestants for the competition will be placed in a separate room (Waiting Room.) Badge numbers will determine the order of the speakers.
4. Each contestant will be escorted to a separate room, Preparation Room, 30 minutes before the contestant's turn, where he/she will hear the speech topic. Thus the contestants will not know the speech topic ahead of time. No smart phones or any other devices are allowed inside the room during preparation time.
5. The contestant will be escorted to the contest room to give the speech. The contestants will have up to **3** minutes to give a short speech on the "given topic."
6. The contestant will be shown a green card when 2 minutes are reached, a yellow card when 2 minutes 30 seconds have been reached and a red card once 3 minutes have been reached. The contestant should strive to finish up his/her speech within the 3 minutes limit. If the contestant goes beyond 3 minutes 30 seconds, the chief judge will request the contestant to stop immediately. Failing to do so will disqualify the contestant.

## Judging Rules:

7. Each contestant will be scored by a panel of three independent judges. **Guidelines for judging criteria**
8. The results of the Public Speaking Contest will be announced right after the Contest.

# NSF Public Speaking Contest: Judging Criteria



Criteria	Scale
<b><u>Speech Presentation</u></b>	
<u>Creativity</u> : Presents novel ideas that are highly original, even if they are controversial, both in approach and treatment of the topic.	1 to 10
<u>Out of the box thinking</u> : Evidence of innovative ways of thinking. Speaker avoids rear-view mirror of the world & dreams outside the box.	1 to 10
<u>Conviction and passion</u> : Speaker seems convinced of what works, believes beyond belief, and has passion to tell a convincing story.	1 to 10
<u>Clarity and Conciseness</u> : Speaker is clearly on task and presents ideas clearly, concisely, and sharply connects to the topic.	1 to 10
<u>Persuasive</u> : Evidence of convincing and coherent line of argument.	1 to 10
<u>Motivating</u> : Evidence of audience awareness and ability to inspire audience.	1 to 10
<b><u>Speech Organization</u></b>	
<u>Introduction &amp; conclusion</u> : The introduction is specific, elegant, and unified. Conclusion, rather than simply summarizing the argument, goes further in some way– by considering larger questions, relating to modern society or to other works, etc.	1 to 10
<u>Articulation</u> : Articulates in ways that captivates the audience, clear and well-projected voice, appropriate use of hand gestures, and coordinated body language.	1 to 10
<u>Clarity</u> : Presence of clarity and effectiveness of style and coherence of the piece.	1 to 10
<b><u>Subject Matter</u></b>	
<u>Scope</u> : Stays within assigned topic, adequate breadth and depth, Main points supported by evidence or examples. There are no unsupported generalizations or assumptions.	1 to 10
<u>Presentation</u> : Structure is logical and easy to follow, without abrupt shifts. In addition, transitions connect points and demonstrate how each point builds on those that have come before.	1 to 10
<b><u>Language</u></b>	
<u>Simple</u> : Used simple words, without necessarily using complicated words, difficult to understand by the audience. Grammatically correct.	1 to 10
<u>Intonation</u> : Adequately emphasized at the correct spots in the speech	1 to 10
<u>Catch-All</u> : Confident, minimal/lack of use of spacers, ahs/ums, double-words, Closed the speech well.	1 to 10

- Why can this be important?
- What do you do if this isn't available online?

## Sample Topics

**JPS:** In the 3 minutes provided, describe a project that you and your friends might undertake during the week of spring-break that will help a section of the community or individuals that are less fortunate?

**SPS:** Suppose you are the speech writer for your favorite candidate for the Presidential elections in 2008. What would be your speech to convince voters on why they should vote for you?

## Books & References

- <http://www.school-for-champions.com/speaking.htm>
- <http://www.kidsturncentral.com/links/speakinglinks.htm>
- <http://www.mhhe.com/socscience/speech/commcentral/mgpubspeakresour.html>
- <http://www.selfgrowth.com/public.html>

## Ten Tips for Successful Public Speaking from Toastmasters:

Feeling some nervousness before giving a speech is natural and healthy. It shows you care about doing well. But, too much nervousness can be detrimental. Here's how you can control your nervousness and make effective, memorable presentations:



# Judging

- How would you, as a judge, at the end of seeing many contestants speak, decide who won?
- What are their expectations to see?
- Memorable lines that remain well after you speak are the key.
- This is where the idea of full circle becomes even more important.

# Preparing/Delivering

- You have 30 minutes to prepare for a 2 to 3:30 minute speech. If you go outside those, you are disqualified.
- How long do you speak?
- How do you prepare in those 30 minutes after receiving the topic?

# Last Thoughts

- Do your best!
- Remember that this is a learning opportunity above all to try out and learn new things about speaking.
- Know that there is a subjective element to speaking, but do everything in your power to try and be as objectively good as possible.

# Contact

- If you are looking for more resources, make sure to check out our website at [www.nationalstudentspeakers.org](http://www.nationalstudentspeakers.org)
- My email is: [aniruth@nationalstudentspeakers.org](mailto:aniruth@nationalstudentspeakers.org)

NSST

Q & A

Good Luck!