

Handout 3: Public Speaking Models, Exercises, and Resources on Campus

Model Speeches

- Our website (blsci.baruch.cuny.edu) has model speeches designed to help you prepare for your next presentation (under the student tab). Each model speaker is an undergraduate or graduate student, and each speech is no longer than three minutes. We think you'll notice a lot of the things we discussed in today's workshop in these videos, and we hope they give you ideas for your own upcoming presentations. Enjoy!

Exercises to Develop Confident, Relaxed Posture

- Stand up, with your feet parallel, hip distance apart, with “soft knees” (i.e. not locked)
- Shake out stress in your hands, then flop and swing your arms
- Rest your head in your fingers, slowly letting the weight of your head increase in your hands. Then, remove your hands, letting your head drop forward.
- Roll your head and then body down one vertebra at a time. Focus on your spinal cord, not on touching your toes. Roll back up one vertebra at a time.
- Inhale and stretch your arms above your head, holding them parallel above you. Exhale and release your arms slowly down to your sides. At the end of the exhalation, focus on increasing the distance between your ears and your shoulders. Repeat a few times.

Breathing to Relax and Control Speaking Volume and Enunciation

- Inhale deeply for 5 seconds, expanding your rib cage and belly. Then exhale for 5 seconds. Repeat.

Exercises to Develop Eye Contact

- Split the room you are in into thirds. Practice speaking while periodically shifting your eye contact to each of the thirds.
- Repeat, adding to the above a slight shift in your body so that your eyes and also your shoulders square toward the third you're turned to.
- Ask a rehearsal audience to give you a thumbs up as soon as each person feels your eye contact.
- If direct eye contact is a challenge, glance instead at the audience's foreheads.

Resources on Campus

- Tools for Clear Speech (tfcs.baruch.cuny.edu) is a free student support service devoted to helping English language learners and nonnative English speakers improve pronunciation, fluency, and pragmatic abilities. They offer one-to-one sessions with professional speech consultants, workshops, focused skills series, and more.

- The Writing Center (writingcenter.baruch.cuny.edu) offers free support to all Baruch students. Professional consultants work collaboratively with you to deepen your writing and English language skills.