

# T.I.P.S.

The Speaking Center Presents:

## Techniques to Improve Public Speaking

To schedule an appointment visit: <https://www.csusb.edu/speaking-center-jhbc>

Convenient and simple techniques or advice to help improve in a variety of public speaking areas.

### Techniques to Reduce Communication Apprehension

#### Behaviors



Instead of avoiding speaking situations, you can help reduce communication apprehension by increasing practice and getting support by seeking help from others. Here are some ideas:

- Visit the Speaking Center at JHBC
- Visit a Toastmasters club
- Join a campus speaking club (e.g., forensics and debate).
- Form informal groups that center speaking.
- Visit the campus Career Center for mock interviews/role play.

