

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 suggestions to help improve in a variety of public speaking areas.

Why Is Public Speaking Important?

Speaking in public is something that terrifies most people, from freshman students to seasoned speakers. It is actually one of the most common phobias in the United States! So why does the Cal State system require you to take public speaking? What can learning how to speak publicly actually do for you? Well...

1. Public speaking is a common occurrence!

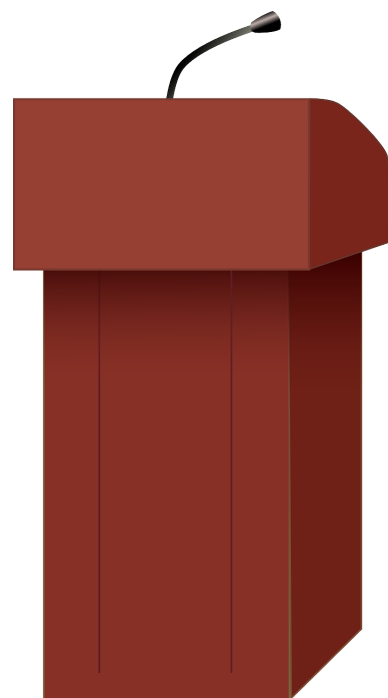
- a. We actually speak in public quite often.
 - i. Many jobs require some sort of public speaking, whether you are presenting your work to managers, presenting to your employees, demonstrating how to do something, or trying to inform or persuade your clients.
 - ii. Communication in general is a skill many jobs require, public speaking greatly helps with that by providing communication foundational skills.

2. Public speaking will help you develop your critical thinking skills!

- a. In order to present a speech, you need to organize your thoughts in a way that makes sense to others.
 - i. This means organizing your speech, thinking through causes and effects, problems and solutions, doing research, and speaking in a way so others will understand and listen.

3. Public speaking will fine tune your verbal and nonverbal communication!

- a. Learning how to speak publicly means learning how to use your voice and body to communicate messages.
 - i. Language, tone of voice, gestures, and the types of topics you choose all give you powerful tools to make your speech more effective.



Information received from:
<https://open.lib.umn.edu/publicspeaking/chapter/1-1-why-is-public-speaking-important/>