

Fact vs. Fiction

Fiction

Everyone in the audience is thinking about how bad I am at presenting.

Fact

Most people are genuinely interested in what you have to say and don't want to see you nervous - your classmates want you to succeed!

Fiction

I just paused for a few seconds. I messed up the whole presentation.

Fact

Not necessarily! Pauses (and a deep breath) can make a presentation better.

Fiction

If I use my hands too much people will get distracted.

Fact

Hand gestures are useful not only for yourself, but for the audience. It keeps the audience from zoning out when they don't see you standing completely still.

Fiction

Speaking fast and finishing the presentation quickly is a good thing.

Fact

Speaking at a steady rate allows your peers and audience to understand and absorb your words, and that is better than trying to rush through it.

Fiction

Your teacher is looking for ways to take points away.

Fact

Your teacher wants to see you deliver the best speech you can and do well in the class. After all, they are there to guide you and help you grow in their class!