

Activity 1: Identifying and Managing Speech Anxiety

After reading the provided information on speaking anxiety and apprehension, complete the following assignment:

Identify 4 types of speech anxiety or apprehension you have experienced. Then provide a short summary (3-4 sentences) on techniques you can use to overcome or manage those anxieties (based on the provided information in your lesson).

1. Type of Anxiety: Audience Anxiety

Discuss ways to Manage this type of anxiety (4-5 sentences)

I can use the analyze your audience technique in this situation by asking questions to my audience and seeing if the topic I am speaking referring to is relatable to others. I believe this technique would help gain confidence and familiarize myself with the audience. This will help me better adapt to the situation and overcome any audience anxiety I might have.

2. Type of Anxiety: Situational anxiety

Discuss ways to Manage this type of anxiety (4-5 sentences)

In some football meeting I'm required to present so I struggle with this, because of how lengthy the meeting are and I believe thing I can do to combat this fear would be to make sure I'm well prepared prior to the meeting by reviewing my notes ahead of time.

3. Type of Anxiety:

Uncertainty _____

Discuss ways to Manage this type of anxiety (4-5 sentences)

Being new in a class different environment always was a struggle with me, because im not familiar with the classroom setting but ways I can combat this is by thinking positive, organizing my notes before I present and make sure I familiarize myself with the class beforehand for more comfortability between myself and peers.

4. Type of Anxiety: Formality

Discuss ways to Manage this type of anxiety (4-5 sentences)

Some of the reliefs I seen throughout the chapter that I believe will benefit me with this anxiety would be to anticipate the reactions of your body. When it comes to speaking in from of large groups my voice becomes shaky and I begin to sweat and over think what my speech or presentation was about from the beginning. So anticipate how my body will react to speaking to a large group I should take deep breath and think positive to prevent this anxiety from affecting me.

