

Amanda Baez

Journal #6

This week at the radio show I decided to do a devotional that I had wrote. Each week I have felt really nervous while doing the radio. This week I realized that the more I do it the less nervous or un prepared I feel. I had written a devotional in a shorter amount of time than it took me to prepare for all my other shows each week. I think the biggest lesson I have learned on the radio show and throughout this experience is conquering nerves. I prepared less detailed notes this week but was able to flow and I felt confident in it. I have been brainstorming what to focus my course project on and have been really nervous when I would think about my show being longer than I usually conduct them. Each week I wonder how I can make a show last longer or dive deeper into a topic.

This week I pulled from what I had learned in public speaking class. I noticed that I would make notes each week and would think that each show would be longer than what they ended up being and so this week I wanted to focus on time keeping. One thing I realized is that I rely to heavy on my notes and then end up blazing through them so quickly because I feel nervous. I had noticed that when I had a guest come on and it was more of a conversation, I did not blaze through my notes so quickly. I found that when I stuck to notes too tightly I left little room for anything else that could come up or come to mind during the show. I wanted to avoid being robotic. Something Brad Hickey had told me when conducting interviews a couple weeks back was that it was important to not stick to your notes too much because they you prevent the flow of natural conversation and the show, interview or conversation seems robotic or unauthentic. I took those notes and applied them when I had a guest come unto my show. We made notes but we ended up not sticking to them fully and were able to have a natural flowing

conversation but when I came in to do my shows solo the next coming weeks, I realized that I stuck to my notes too much when I was alone. I also realized that I relied on conversation and another person to make me feel a bit more secure talking about things.

So this week I wanted to really be mindful of my time, my dependency on my notes and authenticity. I attempted to actually visualize people I could be talking to instead of just thinking I was talking to a mic or computer. I had my notes on my phone and often put it down which allowed myself to think a bit more and go deeper into what I was discussing. I checked my time and my show was longer this week than it was last week. This week felt a bit more like practicing the skills I feel I have developed over the course of this internship as well as assessing my strengths and weaknesses. I do feel I have made more progress in my confidence and dependency on notes in preparation for the final project. I decided to stick to topics I know more about or feel more closely tied to as I am able to discuss more about it. I do enjoy receiving feedback from Brad Hickey each week as well because it helps me adjust more.

This week I wrote a devotional on what I felt was on my heart instead of going and trying to find what to talk about. I feel like this is a good approach depending on the type of radio show or content you are making. I wrote my notes out almost like a journal entry. I took a writing class in my freshman year of college at my old school and one of the things my professor said was, "Write to think instead of thinking in order to write." Each week I realized that this applies to speaking as well. I did not do this past weeks but I did this week. I made sure to write out all my thoughts in order to organize what I wanted to talk about and allow my brain to flow easier when I spoke. I also got more practice with the switching of music to mic. The other weeks Brad Hickey helped me more but this week seemed more hands off and I was able to get more practice in transitioning from music to mic. This week I definitely had less dead silence than past weeks.