



Project Achievement Kickoff

**Kick the Fear of
Public Speaking to the Curb**



THE UNIVERSITY OF GEORGIA
COOPERATIVE EXTENSION
Colleges of Agricultural and Environmental Sciences & Family and Consumer Sciences

Step into a Demonstration with 4-H

- Do you want to make yourself heard?
- Would you like to go to Camp Rock Eagle?
- How about Kicking the Fear of Public Speaking?

Yes!!! Yes!!! YES!!



Public Speaking

- Public Speaking appears on virtually every survey
- Ranks 1st & 2nd among the most- common fears

1. PUBLIC SPEAKING
2. death
3. spiders
4. darkness
5. heights
6. people/social situations
7. flying
8. open spaces
9. thunder/lightning
10. confined spaces

4-H is Going to Help You.....



Squash That Fear!

Goals of Project Achievement

- Develop Written and Oral Communication
- Learn Presentations Skills
- Follows GA Performance Standards
- Overcome fear of Public Speaking

Earn Class Points!!!






What Do I Do?

- Choose a Project area that interests you
- Research your Topic
- Write a 4-5 minute Speech
- Make Posters/Visual Aids
- Achieve Success in Class by giving your presentation
- Chance to Visit Camp Rock Eagle!

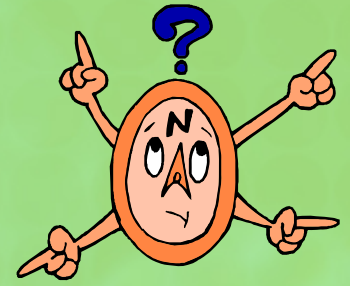




Step One...

Choosing a Project Area

Where do I begin?



Choose A Topic

- What interests you? What do you want to learn more about?
- Possible Topics range from Air Science...to Sports... to Wildlife
 - There's something for everyone!
 - Don't forget to narrow down your topic

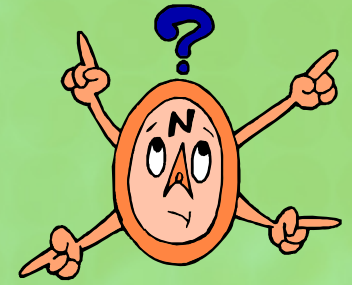




Step Two...

Planning Your Speech

Speech Research



Where Do I Go?

- Library (Books, Magazines, Newspapers)
- Internet
- Interview An Expert
- Visit a Museum

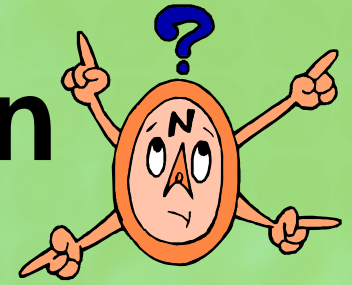
You Need at least 3 Different Resources!



Step Three...

Planning Your Speech

Speech Organization



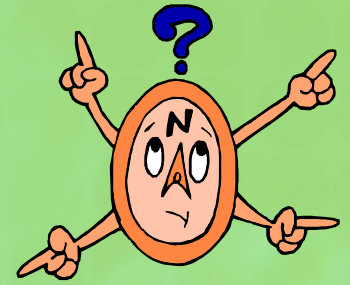
Introduction

Body

Conclusion

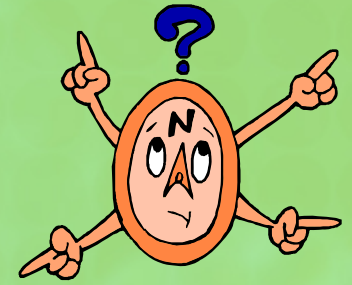


Introduction



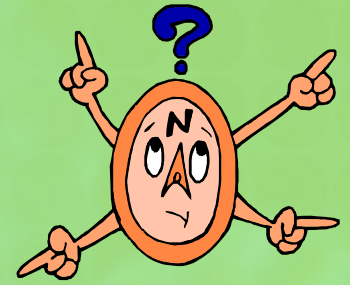
- Attention-getter like a Catchy Title!
- Make it short, but interesting
- Starter examples
 - Starling fact, believe it or not statement, quote from a famous person
- Introduce yourself

Body



- “Meat” of your demonstration
- Include information / research on your topic
 - Who, What, When, Where
- Keep ideas in logical order
- Always use your own words
 - Don’t read from research book

Conclusion

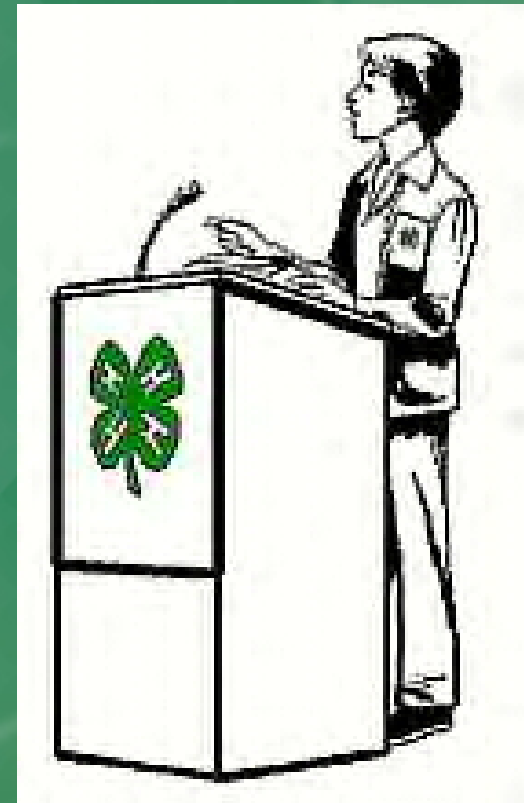


- Make it short
- Restate the main points of your topic
- This is what you want your audience to remember about your whole speech



Helpful Tips

- Be specific
 - Narrow Topic to specific area
- Catchy Introductions
- Body of Talk
 - Add lots of good details
- Conclusion / Sum it Up
 - Make it memorable



Step Four...

Creating Your Visual Aids



What is A Visual Aid?



Poster

Uniform/Outfit

Objects



Visual Aids

This is the fun part!



A chance for you to be
creative!





Perfecting Your Posters

Parts of A Poster

Introduction / Cover Poster

Main Point Poster

Conclusion

(2-3 Posters Minimum)



Introduction Poster

- One poster for cover or title of project
- Catch audience's attention
- Catchy Title
- Be creative!



Catchy Title Poster





Main Point Poster

- Lettering
 - Keep it Clean & Neat
 - Cut-Out Letters
 - Stencil Letters
 - Don't Write too Much!
 - Use bright/dark lettering colors
 - Font size large enough for audience in back row to read





Main Point Poster

- Pictures
 - Keep it Clean & Neat
 - Don't use too many!
 - If you can't find a picture, draw a picture.
 - Large enough for all audience to see





Poster Tips

- Poster Board
 - Find at most stores
 - Use light colored posters
 - Yellow, blue, green, or white
 - Use colorful lettering / pictures
 - Don't do rainbow colors – hard to see
 - Don't put too much on one poster
- Poster Care
 - Keep them flat – Do NOT roll posters!
 - Store in plastic bag / garbage bag



Other Visual Aid Options

■ Uniform/Outfit

- “Sports” – wear your uniform
- “Veterinary Science” – wear lab coat



■ Objects

- “How To Build A Birdhouse” – bring a birdhouse you made
- “Cat Care” – toys, feed bag



Step Five...

Delivering Your Speech



Practice Makes Perfect

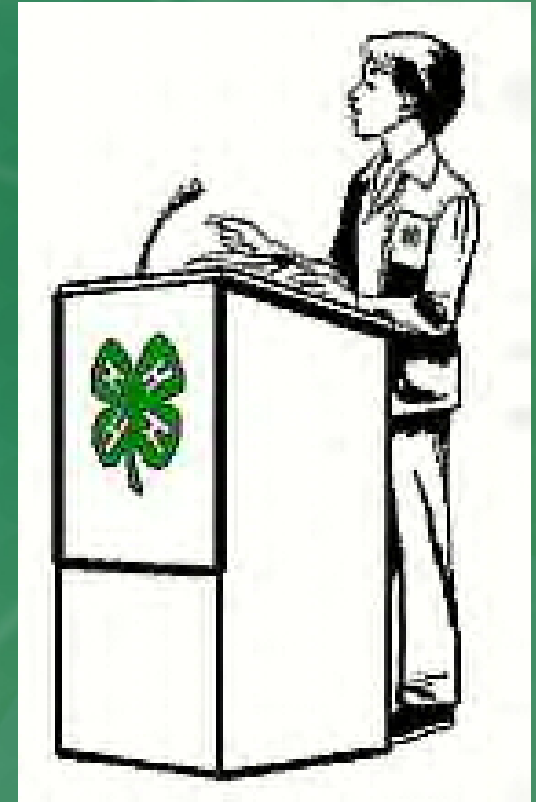
- You can't practice enough!
- Practice...
 - In front of Parents / Family
 - In front of Mirror
 - In front of Stuffed Animals!
- Remember, practice makes all the difference – it's the key to Kicking The Fear of Public Speaking!






Helpful Tips

- Note-cards
 - Use key words, don't write entire speech on note-cards
 - Number your note-cards in order
- Eye Contact
- Use of Posters
 - Reference pictures



Have Fun With It!



Step Six...

Let's See The Final Product



To Sum it Up

- Ask us for help
- Sign up for topic
- Research
- Write Speech
- Create visuals

Practice...

Practice...

Practice...

and Kick The Fear!

Questions?



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