

DELIVERY HINTS

I Speech techniques to remember:

- A. Eye contact** – This is extremely important. Practice often enough that you rarely need to look at your cards. Remember this is a friendly audience. Your judges are pulling for you. You need the reinforcement that their encouraging expressions will give you. Look at them. True communication happens with the eyes. A speech without eye contact is only half a speech. Do not turn your back on your audience to look at the TV, overhead, Power Point, etc.
- B. Posture** – Stand proud/Movement—Feel free to walk around within a defined area. You have a right to be proud. You have accomplished a great deal.

Avoid:

1. Gripping the podium—white knuckles are so unattractive.
2. Locking your knees—you've come too far to faint now.
3. Twitching, wiggling, and shaking.

You want your audience to pay attention to what you are saying, not to what you are doing!

- C. Voice**—Your voice needs to:
1. Be loud enough to be heard
 2. Be appropriate in pitch and tone.
- D. Gestures**—Use your hands to help make your point. Gestures should be natural and spontaneous, not choreographed and mechanical.
- E. Props**-- Plan and practice using any props you will need.

II Prepare for questions—Of course, there is no way to know for sure what the panel members will ask you, but you can make some educated guesses and that process will provide you with the confidence and clear-headedness to take on any queries. Answer the following brainstorm questions:

- A. If you were a judge listening to your speech, what would you want to know?
- B. What would you like people to ask?
- C. What unusual qualities does your project have that might spark interest?
- D. What part of your project paper might make people curious?
- E. What controversial topics, if any, do you touch on?

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- F. What prompted you to choose this topic?
 - G. Who helped?
 - H. How did you finance it?
 - I. How much time did you spend?
- III Time: Remember you have 6 - 8 minutes.** When you see the host judge hold up a yellow card, you will have one minute in which to finish your presentation.