

Public Speaking Course, Spring 2026



Student: _____ Class: _____

Unit 1: Personal Learning Journal

I. Check (✓) the boxes next to the concepts you feel you understood or applied today.

- ☐ I considered my role as the **Speaker (Encoder)** when discussing questions with my classmates.
- ☐ I thought about how the **Listener (my classmates)** might interpret my message.
- ☐ I made **conscious choices** about the words to include in my **Message** and the body language I used when I spoke.
- ☐ When speaking, I made eye contact with my listeners to synchronize our **Auditory** and **Visual Channels**.
- ☐ I identified potential **Noise** (background voices, the room temperature, my classmate's mood, students checking their phone while talking, etc.).
- ☐ I used a technique to **project confidence** (posture, eye contact, the tone of my voice, etc.).

II. Choose the option that best reflects your current approach or belief.

1. To make my nervous energy work for my speech, I should primarily:

- A. Try to eliminate all feelings of anxiety before I begin.
- B. Channel it into enthusiasm and dynamic delivery.
- C. Apologize to the audience for being nervous.
- D. Speak as quickly as possible to get it over with.

2. If my hands shake while holding notes, the most strategic immediate action is to:

- A. Stop speaking until the shaking stops.
- B. Put the notes down and rely on my memory.
- C. Acknowledge it out loud to the audience.
- D. Use a deep breath and rest my hands on the lectern for stability.

III. Please write 2-3 sentences in response to each question:

1. Looking at the seven elements of communication (Speaker, Message, Listener, etc.), which one do you think is currently your strongest asset as a speaker?

2. Which anxiety management strategy from the guide do you want to focus on using before your next speech? Why does this one seem most useful for you?