

✔ **Congratulations! You passed!**

Grade received 100% To pass 80% or higher

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1. Which techniques can be helpful to prevent nerves before a presentation? Select all that apply.

1 / 1 point

- ☐ Describe each graph in-depth
- ☐ Speak quickly so you don't run out of time
- ☒ Channel your excitement

✔ **Correct**

It's helpful to channel your excitement to keep from getting nervous about a presentation. Preparing materials beforehand can help you remember your material, which may alleviate nerves.

- ☒ Prepare materials beforehand

✔ **Correct**

It's helpful to channel your excitement to keep from getting nervous about a presentation. Preparing materials beforehand can keep you from forgetting your material, which may alleviate nerves.

2. Which technique can make it easier to keep your body calm before a presentation?

1 / 1 point

- ☐ Starting with broad ideas
- ☐ Applying the five second rule
- ☐ Preparing material beforehand
- ☒ Practicing breathing exercises

✔ **Correct**

Practicing breathing exercises can make it easier to keep your body calm before a presentation.

3. Which practices are helpful for keeping an audience focused on your presentation? Select all that apply.

1 / 1 point

- ☐ Make constant gestures
- ☒ Make eye contact

✔ **Correct**

The practices that help keep an audience focused include making eye contact, reducing nervous habits, and pausing intentionally.

- ☒ Be mindful of nervous habits

✔ **Correct**

The practices that help keep an audience focused include making eye contact, reducing nervous habits, and pausing intentionally.

- ☒ Build in intentional pauses

✔ **Correct**

The practices that help keep an audience focused include making eye contact, reducing nervous habits, and pausing intentionally.