Just a Minute (JAM)

## What is JAM? –

‘Just a Minute’ (JAM) is basically a one minute or less extempore speech that is carried out without any preparation or impromptu performances. In the present scenario, it is very commonly used by the recruiters of numerous companies along with the GD and PI sessions as a part of recruitment process. As an example, a very recent campus selection by LIC took place in GIET, Baniatangi on 23rd April, 2014 in which candidates were selected through GD, JAM and PI sessions. Through JAM, a recruiter tests a candidate’s communication skills, overall presentation skills (body language, confidence, eye contact etc), ability to think off the feet, idea generation, prioritization and sequencing of ideas to display logical thinking, and his ability to connect with the panel. To perform well in a JAM session, candidates must be fluent, erudite and articulate. They are suggested to prepare and practice well in advance so that that impromptu speech comes out to be spontaneously impressive!

## Some Tips –

The following points need to be remembered to deliver effective extempore speaking in JAM.

1. Mental Preparation: Know what to speak before delivering speech. Ponder over the topic for some time and prepare the flow of delivery. Your previous extempore practice sessions would surely help here. Understanding the audience, the direction they are most likely to accept, helps in framing the flow of speech.

2. Start speaking in an even pace: Do not start really fast, as you are likely to end up not having anything to speak.

3. Confidence: Confidence along with Knowledge always helps, even in abstract topics where the candidate is tested on presence of mind, spontaneity and analytical skills.

4. Handle Mental blocks smartly: At times, when you get blank about what to speak, try to manoeuvre yourself out of the situation gracefully by avoiding being nervous. Candid smiles also help and for such situations it is better to have back up plans.

5. Control on speech: Don't get emotional about the respective topic, avoid getting too personal on sensitive matters, don't even deviate from the topic and talk irrelevant. For a satisfactory performance, it is always better to use your knowledge in an intelligent way with a control on the speech.

6. Presenting both sides – In case of controversial topics (e.g.; Should republic day celebrations be redefined?), the candidate may choose to explore both sides, a stand which becomes difficult to take in case of GDs due to challenges of group dynamics. In an extempore, since the candidate is the only person speaking, it becomes possible for a smart, strategic speaker to discuss both aspects of the controversial topic. However, one has to be careful about the time constraints while taking this stand.

7. Competence, Enthusiasm & Adaptability is the key: Work on your competence and competitive advantage which may be excellent vocabulary, good general knowledge, etc. How well and quickly a candidate adapts to the situation he/she is put in and with what enthusiasm and energy level does he/she deliver the speech are some of the other desirable evaluation parameters.

If nothing works- More often than not, you can use the following guidelines to talk on an extempore or JAM topic.

1. If possible define the topic or specific terms of a topic. (e.g. ‘Computer’. Start with the definition of the computer and say what a computer is.)

2. If any widely known classifications exist about the subject of the topic, talk about the classifications. (e.g. types of computers.)

3. Provide supporting evidence in the form of data (if you know) or examples. (e.g. If you talk about your best friend, then say why and how he is your best friend to justify yourelf)

4. If the topic provides scope for narrating personal experiences, use the opportunity to do so.

5. Most importantly, time yourself well. If the panel has given you one minute, try and do one or more of what has been mentioned in points a to d and complete the extempore logically. It may not be a good idea to be stopped in the middle of one your sentences.