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**Spring 2025 Semester**

**Speech and Debate: Midvale**

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### **Semester Reflection #2**

This semester in Speech and Debate, I've learned even more about myself, specifically that I enjoy persuasive speaking in settings like Student Congress, and that I can stay calm under pressure, which helped me a lot in Extemporaneous Speaking. Both of these events taught me that I not only love forming arguments, but I also enjoy responding to unexpected challenges in real time.

One of the biggest things I've gained from this class is the ability to think critically and organize my thoughts quickly. Before, I used to hesitate when forming opinions on the spot. But through my experience in Extemp, I've gotten much better at researching, outlining, and delivering speeches within a limited time. It's made me sharper and more confident in real-world conversations too.

A challenge I had to push through was the unpredictability of topics in Extemp. At first, it was intimidating to get a topic I knew little about and be expected to speak on it intelligently. But after some practice and watching others, I realized that I could trust my research. I also got more comfortable debating with people in Student Congress, even if I disagreed with them. Now, I don't shy away from speaking up in front of a room full of competitors or classmates.

The highlight of my semester was participating in Student Congress. I felt like it combined everything I enjoy: structure, strategy, and speaking. I worked hard preparing my

speeches, and when I stood up to speak, I felt like I belonged. I was especially proud of the times when others referenced my arguments or agreed with my points—it showed that I was making an impact.

If I had to give myself a grade, I'd still say an A is fair. I showed up, did the work, prepared for my events, and participated in class discussions and a tournament. I also met most of the goals I set for myself and continued improving as a speaker.

One thing I want to do differently going forward is to spread out my homework and prep time. I still have a bad habit of putting things off until the last minute, especially speeches. I know I do better when I give myself time to think and revise, so I plan to fix that.

Something Jantzen could do differently is maybe bring in more mock rounds or practice drills that mirror real competition settings, especially for events like Extemp and Congress. I found those really helpful. Also, we should definitely keep the in-class tournaments, they're challenging but fun and make the real thing feel less scary.

All in all, this semester helped me grow even more as a speaker and thinker. I'm proud of what I've accomplished, and I'm excited to keep building my skills. Thanks for a great semester, Jantzen.