Capstone presentation

2 – **Speech content**

A – Your T**opic & strategy**

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| What is the topic of the presentation?   * Briefly describe **the topic** of your presentation. * **Why** did you decide to talk about this topic? | 1. benefits of reading books to keep your health. 2. I dicide to talk about this topic because I want to talk about benefits of reading that it can help keep us in healthy. |
| What is your objective?   * What do you want from this presentation?   + Are you **informing** about something?   + Are you **persuading** that something needs to be done? * What immediate result or response do you want from your audience? (“as a result of this presentation, my audience will \_\_\_\_\_”) | 1. I want from this presentation to persuading audience about benefit of reading and can help their health:  * Start or keep habit reading book.  1. As a result of this presentation my audience will :  * start new habit with reading book. * know the benefit of reading book. |
| Who is your audience?     * **Who** will listen to your presentation? * What do they need to **know**? * What information is needed to achieve the goal of your presentation? | 1. My audience are PNC Teacher and PNC student. 2. They need to know the benefit of reading book : Reading reduce stress levels, Reading strengthens connections in your brain.. 3. The information is need to achieve the goal of presentation : main point of benefit of reading book:  Reading reduces stress leveLReading prevents age-related cognitive deline... |
| What is your key message?   * Write a sentence that clearly states your **Key Message**. * For example, if anyone asks my listeners what was this presentation about, I want them to say… | The more that you read, the more things you will know. The more that you learn, the more places you'll go. |

# B– Your presentation **pyramid content**

The more that you read, the more things you will know. The more that you learn, the more places you'll go.

# C– Your presentation **structure**

## reduce the physical:

Research has found reading for just 30 minutes can reduce the physical and emotional signs of stress.

## a lower risk of early death.

A large 12-year study published in [2017](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6245064/) found reading books is associated with a 20% reduction in risk of mortality compared to those who didn't read books.

## Reading may even help you live longer

## emotional signs of stress.

## reduces stress levels

## mental

## map

reading is a cognitively demanding process that can strengthen memory and concentration.

## creates [neurons](https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Life-and-Death-Neuron#:~:text=Glia%20outnumber%20neurons%20in%20some,rest%20of%20the%20nervous%20system.) in the brain

Fact: A small [2013 study](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3868356/) found that reading a novel increased communication between parts of the brain

## improves memory and concentration

## strengthens connections in your brain

|  |
| --- |
| Write in your **opening** “Hook”​​​ I will speak about “Why do you must reading book?” |
| My first Main Argument is: I will talk about the first point “strengthens connections in your brain “ and talk support this point by add fact(like you know book have alot benefit but it have alot benefit alot too in health. My transition to the next Main Argumentis: First of all, reading connects the K-brain when we read and think, innovate, form a group of neurons called old neurons, neurons create strong neurons. |
| My second Main Argument is:, reading also helps us to reduce stress.  Research has found that just 30 minutes of reading can reduce physical signals and feelings of stress.  My **transition** to the next Main Argument is: On the other hand |
| My third Main Argument is:.Reading may even help you live longer  My **transition** to the next Main Argument is: In particular, reading also helps us to live longer |
| My Four Main Argument is: “Reading improve memory and concentrantion My transition to the next Main Argument is: The bottom line is that reading enhances memory and concentration |
| Keep adding Main Arguments if you want to make more than three, but don’t make your presentation too long. You may want to use internal hooks to wake up the audience... I will ask again about my five mian point that I have explained already. “What are the benefit of reading book” |
| My strong **conclusion** is: I will summies the five point again and Say Thank you for pay attention about this presetation. |