

KEYS has had its difficulties throughout the program but as presentation week approaches, I have gotten very nervous. My biggest concern is being able to fluently present my research without hesitation come presentation day. I have always had trouble with presentations in the past. Because this presentation demonstrates everything I have learned so far in the program and all the research I have done, this presentation is harder to present than others before. I feel as if I either may be underprepared or just may not know enough. These fears have been affecting for so long but I want to show the self-confidence skills I gained and the research I've done, as this presentation will be my first real experience with presenting scientific material to an audience outside of a school setting.

My plan to overcome these fears is to just practice as much as I can and to as many people as I can. These include my friends, family, my lab, and more. I feel like this is the only way I can get over my nerves and feel ready enough to present my research. Even though I know I understand my research to a large extent, I feel as if I will somehow mess up my presentation. Practicing presenting frequently and to a variety of people will be helpful in getting over these fears.

The self-confidence I gained already throughout this program will be helpful in presenting but I feel as if the more practice I get the better I will be at presenting my research. This will be the absolute best way to get myself prepared to present fluently.