Republic of the Philippines

NATIONAL POLICE COMMISSION

**PHILIPPINE NATIONAL POLICE**

**PHILIPPINE NATIONAL POLICE ACADEMY**

**CADET CORPS PHILIPPINE NATIONAL POLICE**

Camp General Mariano N Castañeda, Silang, Cavite

ISO 9001:2015 Certified

**MEMORANDUM**

FOR : Acting Director, PNPA

FROM : Undersigned Cadet

SUBJECT : **Reflection Paper re: Public Speaking by Ms. Mabella**

DATE : November 30, 2022

1. Reference: Verbal Instruction of the Acting Director, PNPA on November 30, 2022.
2. This pertains to the instruction of the Acting Director, PNPA to ﻿write a one (1) page reflection on the ELP Activity on November 30, 2022, at the PNPA Heroes Hall.
3. In connection, respectfully submits the attached reflection paper composed by the undersigned cadet.

**KENNETH B. GAKO C-23114**

CDT LT 1C “B” Coy CCPNP

CDT 1C KENNETH B. GAKO C-23114

BRAVO COMPANY

REFLECTION PAPER

*Public Speaking by Ms. Murielle Marquez-Marbella*

*November 30, 2022*

Our theme for this morning's lecture, which complies with the increase learning package, is Ms. Marbella's public speaking. She has approximately 15 years of experience as an event host and radio broadcaster. Public speaking is the practice of addressing a group of people in a structured, intentional way with the goal of educating, persuading, or entertaining the audience. This is Ms. Marbella's explanation of what public speaking entails. A simple exchange of words with another person qualifies as public speaking, in my opinion. where the information, message, or idea has a sender and a receiver.

Most of us are frightened of speaking in front of an audience. We all engage in conversation and social interaction, but the idea of speaking in front of an audience while standing on stage with a microphone will make you feel quite anxious. When I was a college student, we had an English word. In this part, all students will take classes that will improve our collective ability to speak and write in English. Our final exam required us to talk for five minutes about a predetermined topic because we had studied public speaking. I'll be the first to admit that I'm not a good speaker since I sometimes get tongue-tied.

I believe that we were stopped from discussing a certain problem in front of a huge audience because we were afraid that we might somehow be humiliated by our English or that others might make fun of us. It takes courage and confidence to speak in front of an audience. Instead, than trying to impress people with how well we speak English, Ms. Marbella contends that we should talk to inspire, amuse, and allow others to be inspired by our words. Of course, speaking clearly and choosing the appropriate words might help us convey the ideas we really want the other person to understand or take away from what we are saying.