

Hello there!

Before you begin, we just want to say
thank you so much for being willing to
volunteer your time to test out the **COMM App**.

This is a project that we are deeply excited to share with you!
We appreciate you and your willingness to
participate in what could only be described as a dream.

If you need to get in contact with us at any point during the
next four weeks, don't hesitate to shoot us an email at:

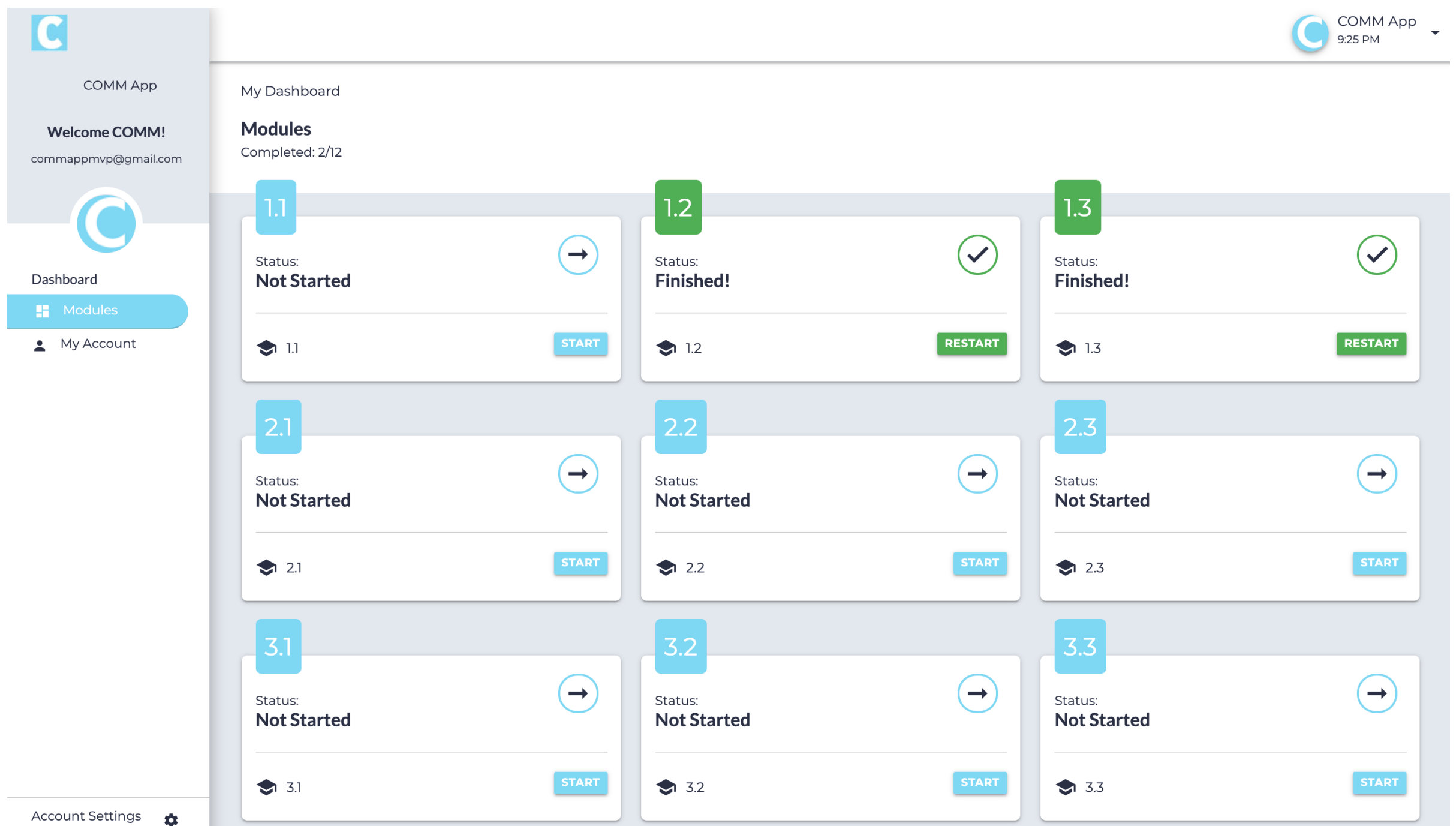
commappmvp@gmail.com

- the COMM App Team

As soon as you log in, you will be brought to the **Session Selection** screen.

You do not have to complete these sessions in order.

Before clicking on a session to begin, we recommend that you move somewhere quiet where you have some privacy.



Each session should take you roughly 10-15 minutes to complete.

There are 12 sessions in total.

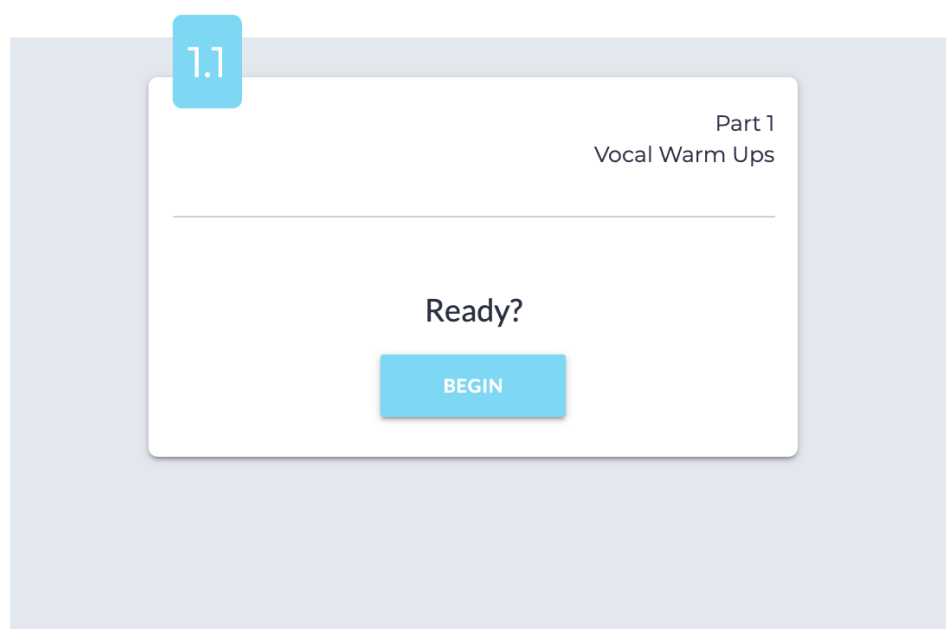
We recommend you complete a minimum of 3 sessions per week so you can complete your testing within one month's time.

To begin a session, click **START**.

Each session is comprised of three sections.

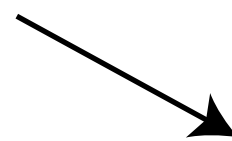
The first section you will be working through is the **Vocal Warm-Up (VW)** section. Here, we will present you with two tongue twisters. We recommend you repeat each tongue twister out loud **at least 2-3 times** to help warm up and strengthen the muscles involved in speech.

Below are displays for how this section will appear in the app:

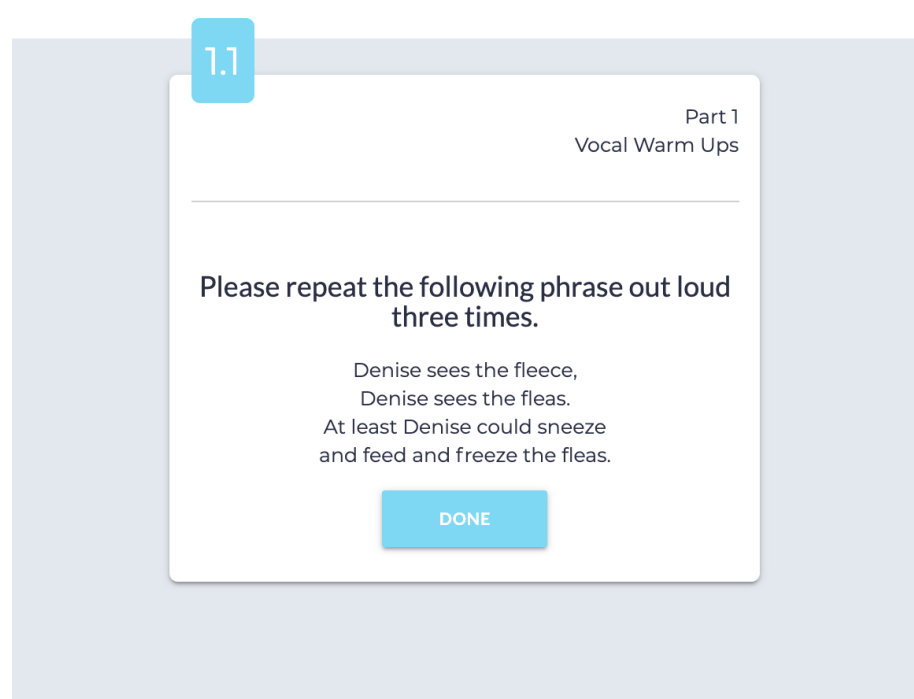
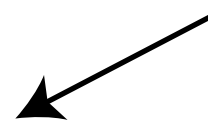
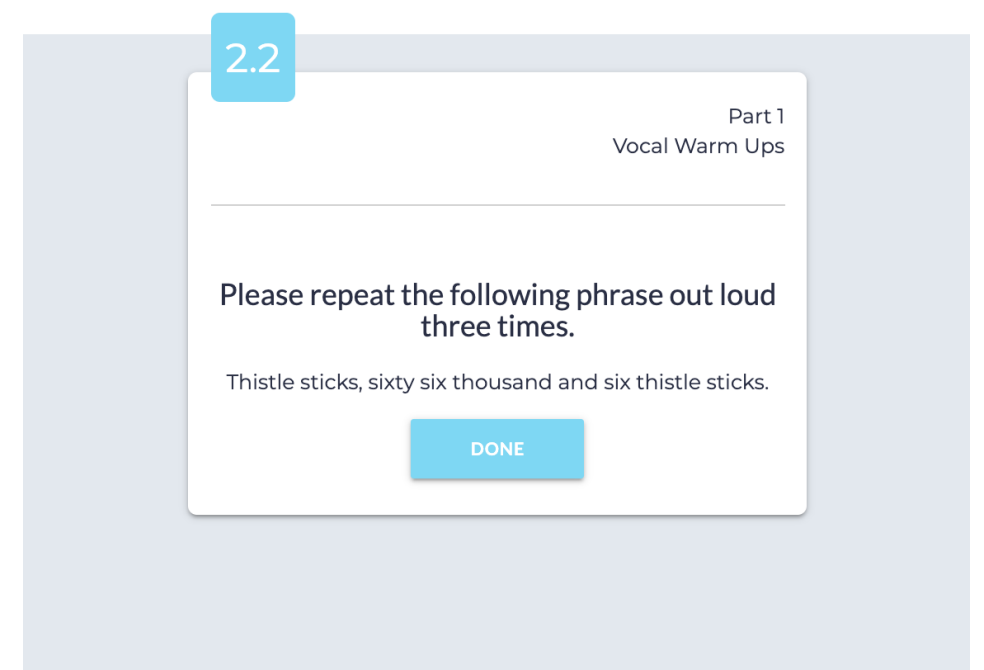


When you begin your session, you will be brought to the **VW Ready prompt**.

Once you click **BEGIN**, your first tongue twister will be revealed.



Once you repeat your first tongue twister out loud 2-3 times, click **DONE** and your second tongue twister will be revealed.

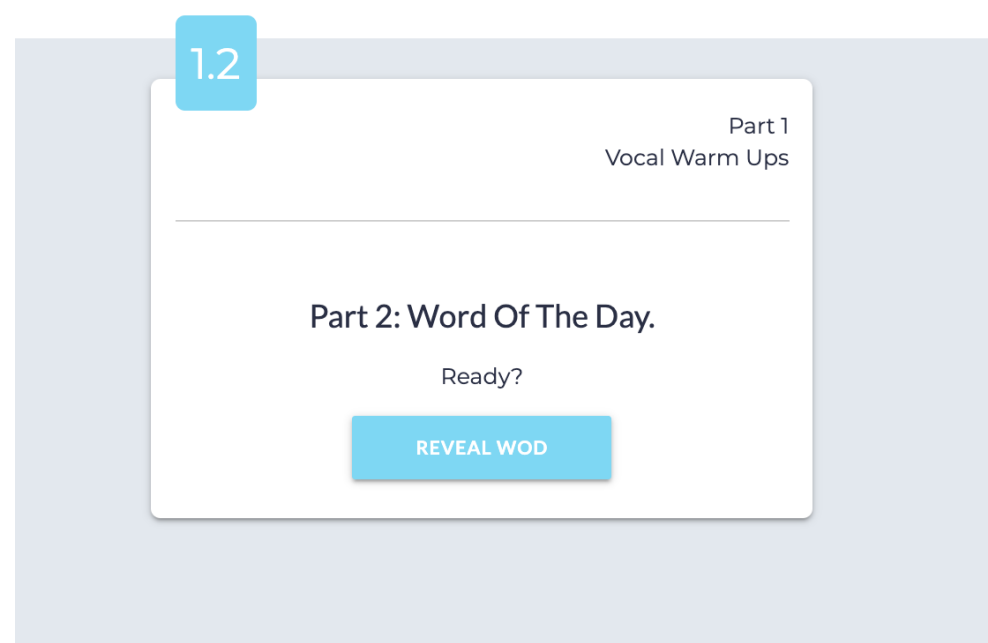


When you repeat your second tongue twister out loud 2-3 times, click **DONE** and you will be brought to the second section of the session.

Now that you've warmed up your vocal muscles, you will enter the **Word of the Day (WoD)** section.

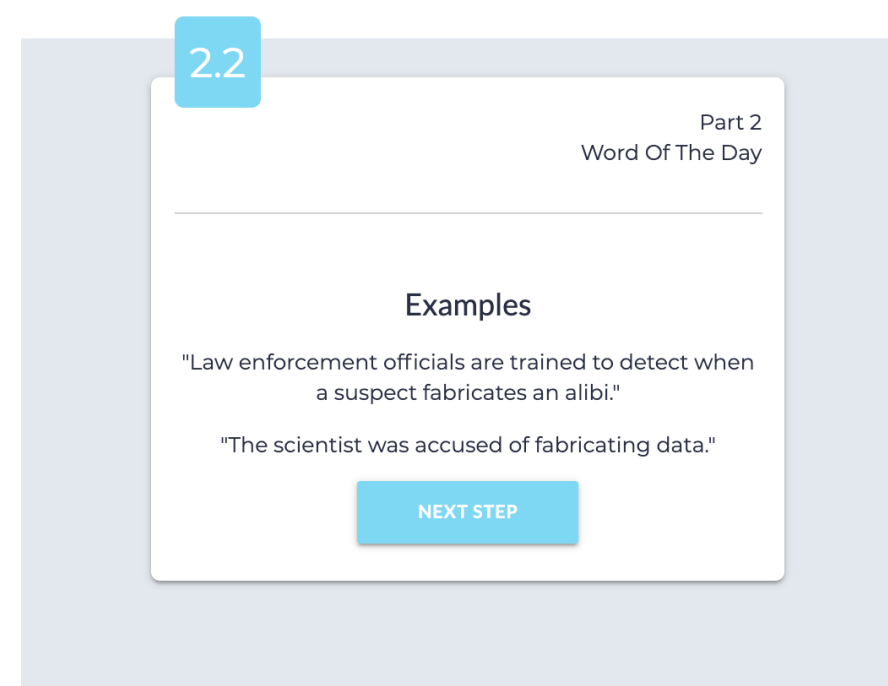
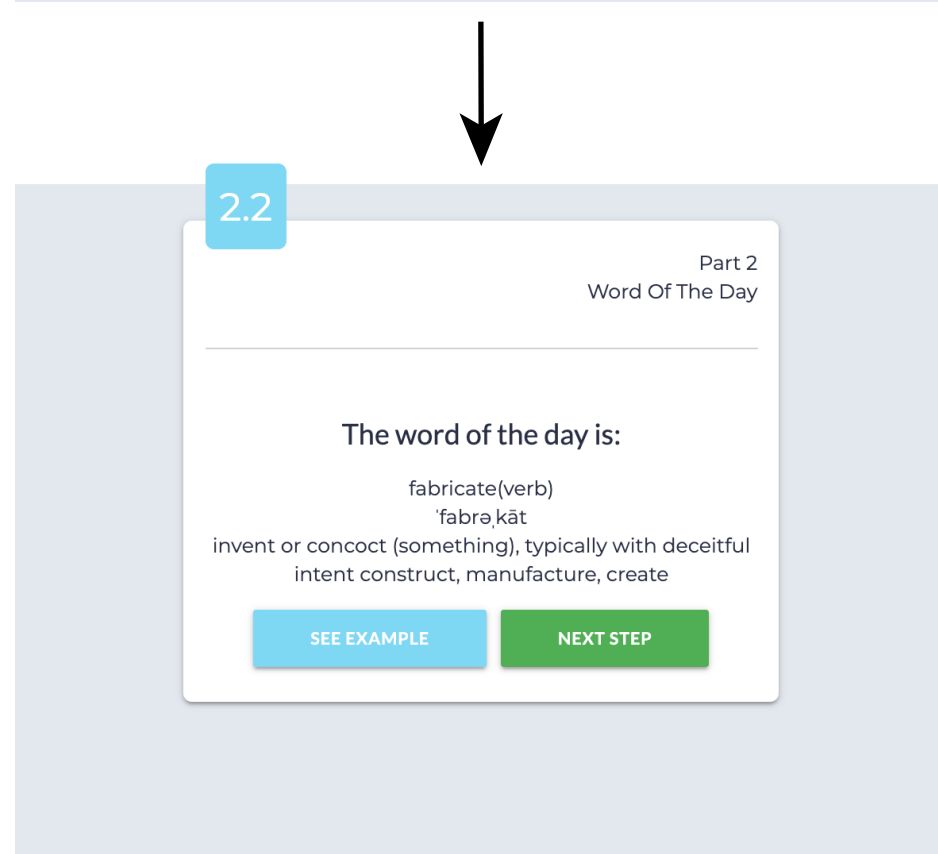
We believe in the value of learning a brand new word each day in order to expand our vocabulary with the goal of becoming more articulate speakers. We hope you derive benefit from each of the 12 words we have curated for this project!

Below are displays for how this section will appear in the app:



Upon completing the VW section, you will be brought to the **WoD Ready prompt**.

Once you click **REVEAL WoD**, the Word of the Day will be revealed.



We encourage that you take a moment to absorb the Word of the Day. It might help you remember it if you write it out on paper. When you are satisfied, click **NEXT STEP** to move on to the third and final section.

If you are unsure how to pronounce the word, you can click the word itself and you will be brought to the Merriam Webster page of the word, which will include a recorded pronunciation of the word.

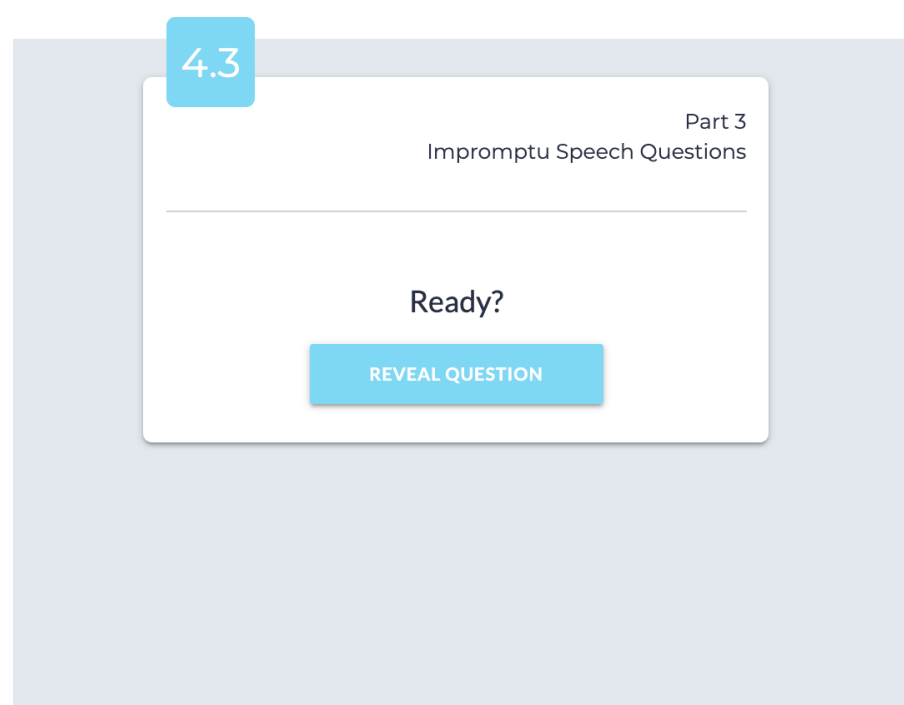
If you are uncertain of how to use the word in context, click **SEE EXAMPLE** and two examples of the word used in a sentence will be revealed. Once satisfied, click **NEXT STEP** to move on to the third and final section.

Almost there!

You've made it to the third and final section, the **Impromptu Speech Question (ISQ)** section.

Here, you will respond to 3 questions, which will force you to speak off the cuff. Your goal is to think on your feet and speak for **at least 1 minute** or **no longer than 2 minutes and 30 seconds** in response to each question. For each question, you will have 3 minutes total to quickly prepare, record and upload your response.

There are no right or wrong answers to these questions so don't be afraid to have fun with this! The questions are intended to challenge you, force you to be introspective and help develop your ability to speak clearly and confidently in high pressure scenarios like a job interview, for example. Also, **try to use the Word of the Day** throughout this section!



Upon completing the WoD section, you will be brought to the **ISQ Ready prompt**.

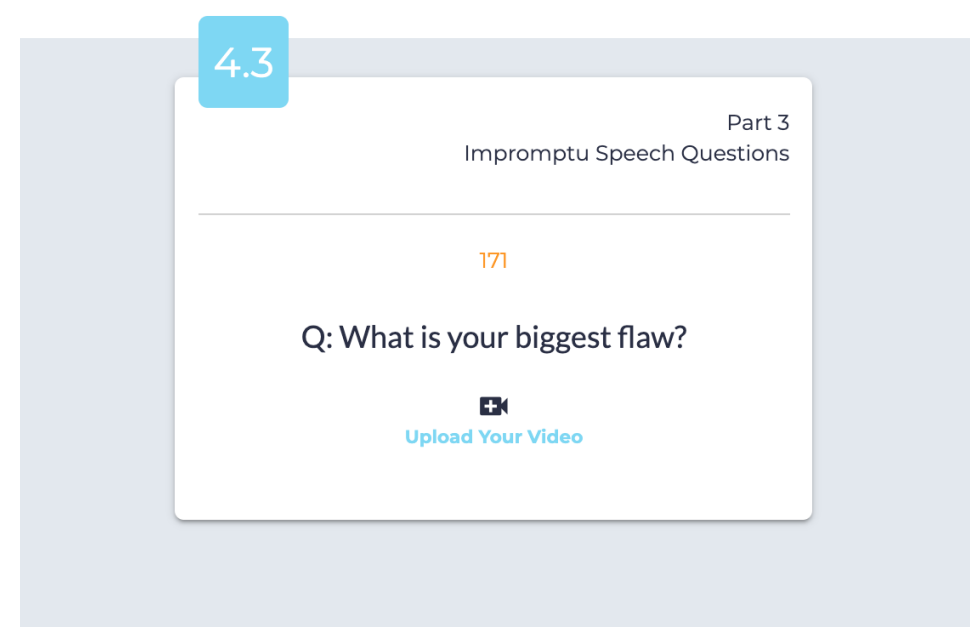
Once you click **REVEAL QUESTION**, your first question will be revealed.

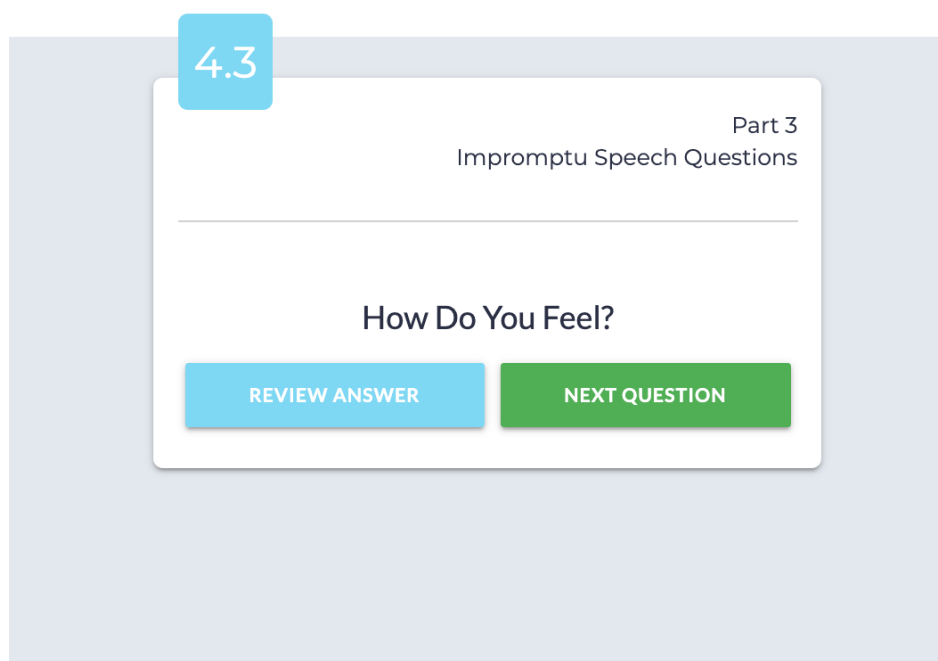
Your first question will be revealed and a 3 minute timer will begin counting down.

Take a few seconds to think about your response.

When you are ready, record your response via phone or webcam.

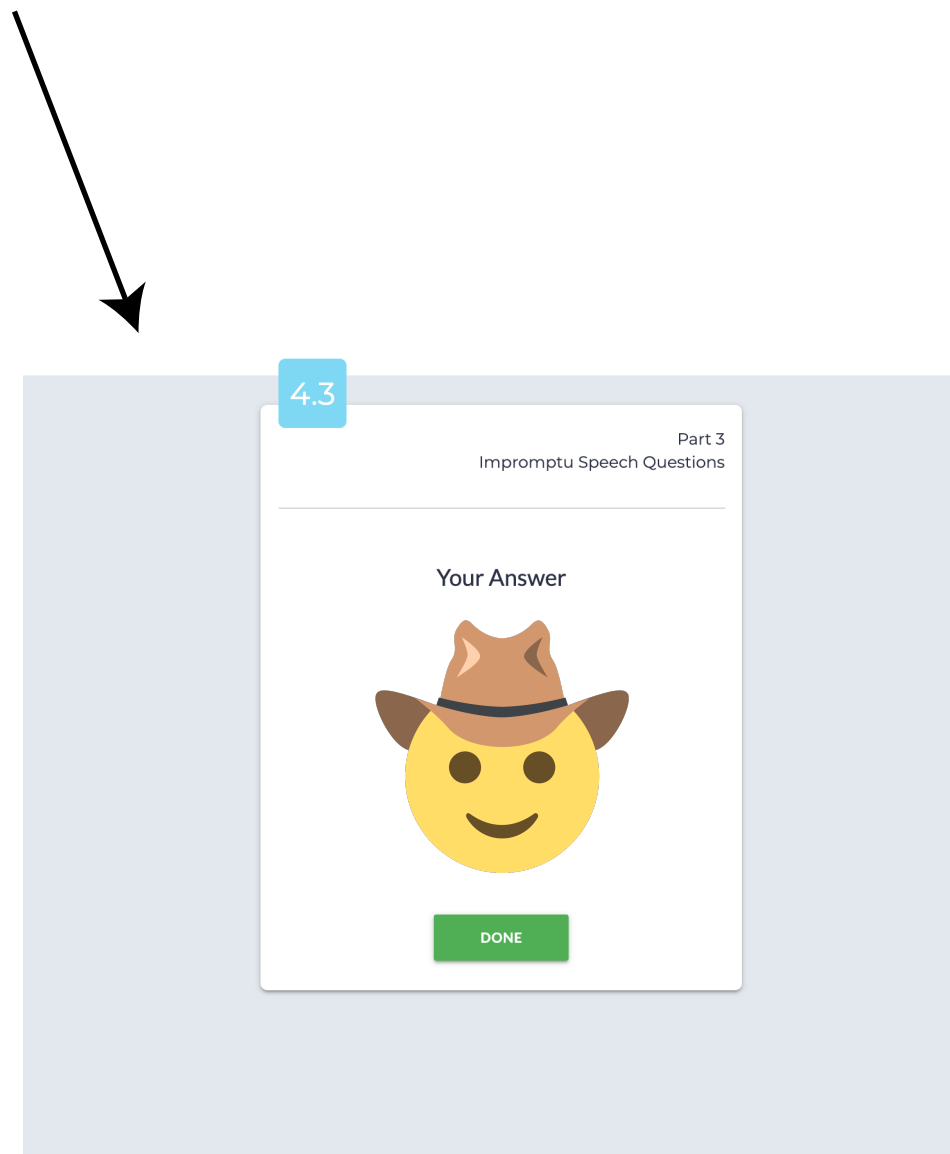
After you are satisfied, click **UPLOAD YOUR VIDEO** to move on to next page.





Once you have uploaded and submitted your response, you will be brought to the **ISQ Review prompt**.

On this page, you have the option to watch your ISQ response back by clicking **REVIEW ANSWER** or you can move on to your next 2 questions, which will follow the same exact sequence.



Watching your recorded response is a great opportunity to monitor your usage of filler language (i.e. “um”, “ah”, “you know”, “like”, etc.) Feel free to Google “filler words” to learn more about which words you might want to avoid using.

You might even want to **write down** the amount of times you use each type of filler word - you’d be surprised how many Um’s can be used within just a few sentences.

Also, pay attention to what you’re saying. Are you making sense? Are you answering the question directly?
Do you notice any patterns in your speech? Are you rambling?
Are you speaking clearly? etc.

Please note that once you click **DONE**, your response will be deleted forever.

When you click **DONE**, you will move on to the next 2 questions, which will follow the same sequence:

Your question is revealed. You then record and upload your response.

You are asked if you would like to review your answer or move on.

You watch back your ISQ response or you move on to next question.

The only thing that changes is that your third and final ISQ recorded response will be submitted to our team for review. **You will not have the chance to review your answer.**

Within 24 hours, we will review your response and provide feedback based on a rubric we have developed. We will be analyzing your use of filler words, your diction, whether you addressed the

question, whether you used the Word of the Day, how clearly you spoke, etc.

You will receive this feedback via email.

When you have recorded and uploaded your third and final ISQ response, you will be brought to the **Finish Lesson** screen shown below.

To save your progress and officially complete the day's session, click **FINISH LESSON**.

You will then be brought back to the Session Selection screen.

