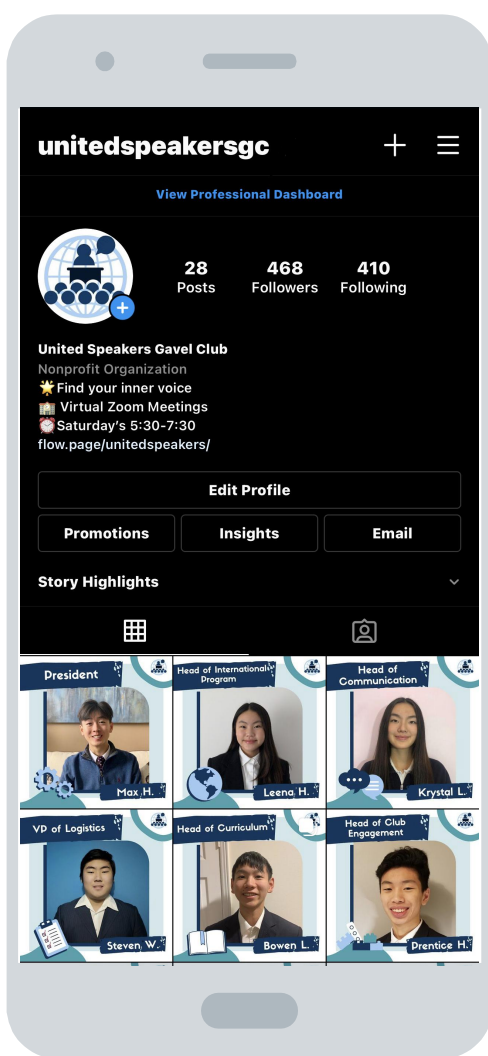




Stage Fright





Instagram and Classroom Code!!

Classroom Code:

lqyztfn



Agenda:

1. Overview
2. Misconceptions
3. Conquering Fear
4. Pros and Cons
5. Tips
6. Activity





“

What is stage fright?



**How does a good presenter look
like they feel when giving a
speech?**



Why is stage fright so common?

Stage fright is so common because humans have a natural tendency to be pessimistic and think about the possibilities of something wrong happening. We all want to do well, and the thought of failure can be really scary especially in front of friends, classmates, and etc... Not only that, the negative experience is completely magnified by common misconceptions about public speaking.



Side effects of fear

- Not being able to talk properly - stuttering, adding awkward pauses, swaying on the spot, and wringing your hands
- Not being able to improvise or remember speaking lines - freezing up
- Wanting to avoid public speaking as much as possible
- General anxiety



“

What are some common misconceptions about public speaking?



Side effects of fear

- A slight mess up will cause everyone look down on you
- Performing badly in one occasion will be ruin your entire carrier
- People stare at you while you are presenting and are waiting for you to mess up in some way
- Some people are naturally born with strong public speaking skills and others are not
- Experienced speakers do not feel nervous while public speaking





Conquering the Fear

There is no easy way to conquering any fear. Like many fears, conquering stage fright involves throwing yourself into situations of discomfort to get used to being in the environment. This is what we call a paradox. It's when something seems counter-intuitive at first but then proves to make sense later on. Signing up for a speech, or answering table topics questions may make you want to hide in a corner for the moment because of how terrifyingly painful it is, but the effect is that you ultimately become more comfortable the next time. And as you keep on putting yourself in the next uncomfortable situation, the confidence and experience adds up!



How to expedite your way to fearlessness

- Put yourself into situations of discomfort - do it before you think too much about it
- Be realistic about the worst possible scenario
- Be confident in yourself - Judge yourself based on how you know yourself, not how others think of you
- Try not to compare yourself with others





What is there to lose?

- Short-term Embarrassment
- Short-term Discomfort
- Time
- Effort

What is there to gain?

- Long-term Skills
- Better Social Interactions
- Opportunities
- Confidence





Tips

1. Practice - Get used to discomfort
2. Have Confidence
3. Don't worry about what others think
4. Think about the gains and the losses





Activity! - One Wish





Boom! A meteorite just crashed into your school window. Inside the meteorite pops out a genie. He gives your entire class one wish. In groups of two, you must propose a wish to the class (selfish or not) so that they can vote on which wish to tell the genie to grant. The genie has one rule: You cannot wish for more wishes, or compile a list of wishes. Talk for 2-3 minutes. Discussion after each pitch is allowed.





Find all resources
posted on google
classroom :)