**Week 2: Public Speaking Self-Reflection**

Nate Bachmeier  
COMM 218: Public Speaking  
University of Phoenix

August 29th, 2014

# Public Speaking Self Reflection

## What verbal and nonverbal speaking anxiety signs did you see?

In the first several recordings there was a lot of uhms and uhm sprinkled through the dialog. Another thing that I didn’t care for was the use of pointless words such as ‘like’ and ‘such.’ These are marginally better than uhhhh, but if it’s not followed by an awesome Beavis and Butthead impression; it just sounds misplaced.

## What specific areas do you intend to work on in this class?

One thing that I really don’t care for is that it sounds unedited. The sentence structure has repeated words, there are pauses then few words that are off topic.

In many of my talks there are steps that are waiting for some action to complete. This is another area that needs editing. Perhaps cut that section of the video and increase the time required. The audience’s time is valuable and it needs to not be filled with progress bars and waiting for events. For a live demo perhaps this part of the presentation can be simulated?

## What do you want to accomplish in this course?

An area that has been holding me back professionally is the small audiences that I share my ideas and innovations. For instance I’ll come up with a new system that saves everyone 10% of their day. It gets showed to a handful of people but more of the team could benefit from my larger presentations.

Or what’d be really awesome is if I started creating video tutorials instead and gave those out to people instead of my current talks. Then they can be shared and reviewed at others leisure. This could then be followed up in person talks, where the context is around asking questions and expanding on the material. I could see this being an extremely valuable teaching tool and a great way of raising through the ranks.

The ideas of this class will definitely be needed to properly hone in on a successful strategy. I could solve this on my own, but find that having a UoPX class in parallel significantly reduces the time and asks me to fully consider the entire scenario.

## How would you plan to improve weak areas to accomplish your goals?

Practice, practice and then practice. I need to spend more time in front of the microphone and listening to how I speak. This is a scary thing to me because I don’t like the way I sound. It’s choppy and not as well presented as it could be.

I also think that COM218 will give me a good initial base but it will not complete all aspects that need to be understood to be successful. To complement this I am strongly considering taking public debate at Bellevue College. They are fairly close and would allow me to practice with a live audience.