

## WEEK 11 - READING THE AUDIENCE

### THE EXERCISE

You will need a friend and a video recording device (I know you all have phones, so that should work) to complete this assignment! I am sure you have someone around, so hand them your phone and ask them to help you out! Please do this exercise while standing.

**Be sure to read ALL the instructions before you start!**

- (1) Your “friend” will choose a random amount of time between 30 seconds and 2 minutes, and WILL NOT TELL YOU HOW MUCH TIME THEY PICK.
- (2) You will look into the camera, as if you were looking right at your audience. Your “friend” will start recording, and you will stare into the camera until they tell you that time is up. Remember: the camera is full of people (your audience!) watching you watch them!
- (3) Once the time is up, your “friend” will ask you to do one of the following (again, without telling you ahead of time which one):
  - Count books on a nearby shelf
  - Count upward by sevens
  - Count down from 1000 by twos
  - Balance on one foot for 15 seconds, then balance on the other foot for 15 seconds, and keep alternating

If you finish before your “friend” tells you that you are done, just start over and keep going!

- (4) Once your “friend” thinks you are “in the zone”, they can tell you to stop and then end the recording.
- (5) Answer the following debriefing questions in a Word document (or PDF):

**Question 1.** How did you feel when you were looking at the audience?

**Question 2.** How did your stomach feel?

**Question 3.** How did you feel when you were doing one of the counting exercises?

**Question 4.** Did your stomach feel differently at this point?

**Question 5.** What does this have to do with presenting/reporting?

**Please submit your recording and your answers to the debriefing questions via Canvas.**