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Lab Section #24 Lab Instructor Abby Ebelherr

**Specific Purpose:** To inform my audience about anxiety and the science behind it.

**Central Idea:**

**Pattern of Organization:**

**I Attention:** Come in looking extremely unprepared and anxious: “How many of you feel like me, feeling anxious and worried about any speech you do?”

**II Reveal Topic:** 18.1% of the US population have had any anxiety disorder

**III Credibility:**

**IV Relate to the Audience:**

**V Preview:**

1. The effects of anxiety can be physical, emotional, behavioral, and cognitive.
   1. Physical
      1. Physical effects of anxiety may include heart palpitations, muscle weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach aches, or headaches
      2. Why?
   2. Emotional
   3. Cognitive
   4. Behavioral
2. The basis for anxiety can be genetic or stimuli as a youth.
   1. Genetic
   2. Youth
      1. Average onset at 11 yrs old
3. Types of anxiety include a disorder, Existential anxiety, test/performance anxiety, or social anxiety.
   1. Disorder – Can include OCD, PTSD, and Panic Disorder
   2. Existential Anxiety – Fear of death for example
   3. Performance – Speeches/Tests
   4. Social – Meeting new people, SAP

**Signal the End:**

**Reinforce the Central Idea:**

**Clear Closing Line:**