

Some students presented their third speech today. Some did not as those who did present seem to have been never reading from their cue cards that were supposed to only be intended for keeping their statistics or facts. Many of the presentations also seem to be rushed. This was something that Jeffrey brought up later when he was getting feedback on the people who have already gone. Another thing was at the statistics and citations were not eloquently weaved into the story. The way that they were presented was jarring and gauche. I asked him about if citing the cost of equipment would be a suitable citation. He said no unfortunately, that means I'll have to find a new third citation to include in my speech. we also reviewed the seven seas on which we are being marked. We did some exercises and better next to reset our spine. He reminded us to embrace discomfort and get some practice repetitions in because that is what top performers do.