

Today we reviewed the grading criteria for the speech, shown below:

Clarity – diction, enunciation, easily understood, volume

Command – grab attention, reach your audience

Correct – 3 verifiable facts (/15)

Concise – Get to the purpose

Coherent – Logical

Changes of colour – Variety of pitch and pace

Complete – Full story with beginning, middle, end and its impact on you.

And we reviewed some things we have learned in this class and how to have a successful third speech:

Neck bends to reset spine

Embrace discomfort, self reflection

Get some practice reps in

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 C's 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.

I've also found my three facts for The Speech

[Muscle contraction and relaxation-response time in response to on or off status of visual stimulus | Journal of Physiological Anthropology | Full Text \(biomedcentral.com\)](#)

- Response time can be reduced 25% to 75% when muscles are tense and contracted vs relaxed

[The influence of alcohol on judgement of facial expressions of emotion - Borrill - 1987 - British Journal of Medical Psychology - Wiley Online Library](#)

Humpback whales throat is only 12-15 inches in diameter According to the national oceanic and atmospheric administration. Backed up by center for surf research.

[Humpback Whale | NOAA Fisheries](#)

[Humpback Whale Size | One Of The Largest Animals on Earth \(centerforsurfresearch.org\)](#)