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BEWERTUNG

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Test your knowledge on presentation skills and practices

GESAMTPUNKTZAHL 3

1. Which techniques can be helpful to prevent nerves before a presentation? Select all that apply.

1 / 1 Punkten

☒ Channel your excitement



Richtig

It's helpful to channel your excitement to keep from getting nervous about a presentation. Preparing materials beforehand can help you remember your material, which may alleviate nerves.

☒ Prepare materials beforehand



Richtig

It's helpful to channel your excitement to keep from getting nervous about a presentation. Preparing materials beforehand can keep you from forgetting your material, which may alleviate nerves.

☐ Speak quickly so you don't run out of time

☐ Describe each graph in-depth

2. Which technique can make it easier to keep your body calm before a presentation?

1 / 1 Punkten

☐ Preparing material beforehand

☒ Practicing breathing exercises

☐ Applying the five second rule

☐ Starting with broad ideas



Richtig

Practicing breathing exercises can make it easier to keep your body calm before a presentation.

3. Which practices are helpful for keeping an audience focused on your presentation? Select all that apply.

1 / 1 Punkten

☒ Make eye contact



Richtig

The practices that help keep an audience focused include making eye contact, reducing nervous habits, and pausing intentionally.

☐ Make constant gestures

☒ Be mindful of nervous habits



Richtig

The practices that help keep an audience focused include making eye contact, reducing nervous habits, and pausing intentionally.

☒ Build in intentional pauses



Richtig

The practices that help keep an audience focused include making eye contact, reducing nervous habits, and pausing intentionally.

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