During my contract teaching, I always felt that my throat was very sore after the whole day teaching. There were a couple of times I lost my voice after shouting in class.

After this e-learning lesson, I learnt how to increase the loudness of my voice without over stretching my throat. I will start with practicing right breathing style, diaphragmatic abdominal breath, I have learnt abdominal breath before in my yoga lesson. However, to adopt it to my daily speech needs more practice.

Secondly, I need to be aware of my posture, make sure my jaw, face, head and my neck are in relaxing position when I’m talking. I will also warm up my voice before lesson. Constantly do stretching exercise to protect my throat from being hurt.

In addition, I will also adopt healthy life style by eating less deep fried oily and spicy food, learn to protect my voice when going to Kolaok with friends.

Lastly, I see the importance of adopting the speeching techniques such as using more easy onsets instead of hard onsets while talking, using resonance, retraction and twang. However, I’m still not good at these techniques after watching the videos. I think I will need more practice to do these better.