**Presentation skills and practices**

Question 1

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

**Prepare materials beforehand**

Speak quickly so you don’t run out of time

Describe each graph in-depth

**Channel your excitement**

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.

### 2.Question 2

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

Preparing material beforehand

Starting with broad ideas

**Practicing breathing exercises**

Applying the five second rule

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

### 3.Question 3

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

Make constant gestures

**Be mindful of nervous habits**

**Build in intentional pauses**

**Make eye contact**

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