

✔ Congratulations! You passed!Grade received **91.67%** To pass 80% or higher[Go to next item](#)

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

1 / 1 point

- ☐ Speak quickly so you don't run out of time
- ☒ Prepare materials beforehand

✔ Correct

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.

- ☒ Channel your excitement

✔ Correct

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.

- ☐ Describe each graph in-depth

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

1 / 1 point

- ☐ Applying the five second rule
- ☒ Practicing breathing exercises
- ☐ Preparing material beforehand
- ☐ Starting with broad ideas

✔ Correct

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.

0.75 / 1 point

- ☒ Make eye contact

✔ Correct

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

- ☒ Build in intentional pauses

✔ Correct

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

- ☐ Be mindful of nervous habits
- ☐ Make constant gestures

You didn't select all the correct answers