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1. List five examples of distractions that the speaker could/should try to avoid
2. List five examples of distractions that the audience could/should try to avoid
3. List five examples of fears speakers can have related to public speaking.
   1. Gestures/movements/ticks
   2. Fillwords i.e. “ehh”/ unwanted noises
   3. Not having focus directed to the audience
   4. Not understandable language for the audience
   5. Appearance should be appropriate
4. 1. Respect to the presenter (i.e. talking, being on their phones, not making funny faces)
   2. Not paying attention to the presenter
   3. Interruptions of the presentation (i.e. moving heavily/suddenly)
   4. An inappropriate appearance
   5. Noises that could distract the presenter in a negative way
5. 1. Fear of failure
   2. PSA -> public speaking anxiety
   3. Performance anxiety
   4. Ethnocentricity (Fear of being different compared to the average of the audience / different views than the average of the audience)
   5. Process Anxiety (Fears related in the process of preparing the presentation)