



✓ **Congratulations! You passed!**

TO PASS 80% or higher

Keep Learning

GRADE
100%

Test your knowledge on presentation skills and practices

TOTAL POINTS 3

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

1 / 1 point

☒ 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

☒ 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.

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

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

1 / 1 point

☐ Preparing material beforehand

☐ Starting with broad ideas

☐ Applying the five second rule

☒ Practicing breathing exercises

✓ **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.

1 / 1 point

☒ 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

✓ **Correct**

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

☐ Make constant gestures

☒ Make eye contact

✓ **Correct**

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