Fall 2003

STRICTLY SPEAKING

Volume 1, Issue 1

The official newsletter of the University Speaking Center

The University Speaking Center provides reactive and proactive services for UNCG students, faculty, employees, and members of the Greensboro community. Services are designed to empower clients with communication confidence and competence.

Speaking From The Center

At the University Speaking Center we are proud to offer reactive and proactive services to UNCG students, faculty, employees, and select members of our Greensboro community. These services are designed to empower our clients with communication confidence and competence. We offer assistance in the preparation and delivery of speeches, development of knowledge and skills in interpersonal communication, and overall success in group or team communication situations.

Our reactive services are designed to respond to the needs of each individual client. In the center, undergraduate communication consultants work with UNCG students and other clients who are seeking to build upon their knowledge and skills in the above areas. Consultations are available in one-on-one or group formats.

Our proactive services take the form of dynamic and interactive workshops on a variety of communication topics. This semester we have already designed, developed, and facilitated over 30 client-specific workshops. We offer our workshops to UNCG classes at the request of faculty from any discipline, to UNCG student organizations, to UNCG student services, to UNCG employees, and to nonprofit community groups.

Please call us at 256-1346 to schedule an appointment, arrange a center orientation, or request a workshop.

Kimberly M. Cuny, Director University Speaking Center

Speaking Center Myths

Myth #1: The Speaking Center consultants are here to criticize your speaking ability.

The Speaking Center is here to give you feedback that will make your presentation, speech, or assigned project the best it can possibly be, not to criticize you and ruin your self-esteem. Our constructive criticism outlines what works and what doesn't. We also realize that nobody's perfect.

Myth #2: The Speaking Center can only help you with finished speeches.

Although we do listen to many finished speeches and presentations, we encourage people to stop by even when they have "work in progress." We can help you brainstorm, come up with a plan of action, and even give you guides that can assist you in the planning process. We ask that you do come with at least an outline and the instructor's assignment sheet so we will know how to help you.

Myth #3: All of the consultants are majoring in Communication and they know everything about speaking and presenting.

Okay, well this misconception is two myths tied into one and the real answer to both is…NO WAY! We are undergraduate students on this campus who have a passion for speaking skills and enhancing others abilities to communicate. After being trained in pedagogy and peer tutoring, in the Communication Studies 390 Course, consultants have a better grasp and a reasonable amount of credibility but we are always learning more.

We have a very diverse group of consultants with majors such as Business Administration, Art Education, Voice Performance, and Information Systems Management. Sure there are consultants majoring in Communication, but it just goes to show that the consultants are students from several majors across campus.

I hope I have touched on some topics that will provide you with clarity on what the Speaking Center provides, who we are, and what we can do for YOU. If you have any other questions or potential "myths," don't hesitate to ask.

-Kelly Ryan
Communication Consultant Manager

So What Are You Afraid Of?

When thinking about performing or presenting a speech, do your hands get sweaty and shaky? Does your heart beat faster? Do you have trouble concentrating? If you answered yes to any or all these questions, don't worry about it. Public speaking is a fear for many people. Jerry Seinfeld once said:

"According to most studies, people's number one fear is public speaking. Number two is death. Death is number two. Does this seem right? This means to the average person, if you have to go to a funeral, you're better off in the casket than doing the eulogy."

90% of college students experience moderate to high levels of speech anxiety. So how can you cope with it? Well think about the *Presentation P's:*

- Be **P**roud of who you are and your work.
- **P**repare yourself for the assignment.
- **P**acify yourself before you start; be comfortable.
- **P**retend the audience is a familiar group.
- Remember you are **P**owerful beyond measure.
- **P**ortray what you mean; use appropriate language.
- It is your **P**rivilege to be there.
- And don't forget to think of the **P**arty you can have when you are done.

So really what are you afraid of? Challenge yourself to face your fear and create an awesome **P**resentation!!! And remember we are always here to help.

- Mari-inetta Glover
Communication Consultant

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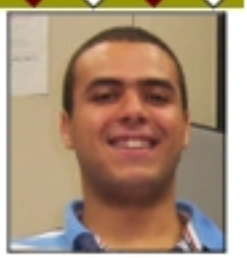

Islam Tawfik
Senior Consultant

Share your passion as a communicator

Work on Campus

Serve as a peer mediator

Consider a meaningful internship

Consider the
Possibilities

Further your leadership skills

If these opportunities appeal to you, you may want to consider applying to become a Communication Consultant at the University Speaking Center.

Consultant candidates take the CST 390 class and act as Junior Consultants the semester before they officially begin. This course introduces the particulars of peer-to-peer tutoring, public speaking, interpersonal communication, group communication, and the development and facilitation of training workshops.

Interviews will begin during UNCG's class registration period and will continue until the class is full. Applications are currently being taken. Completed applications include: 1.) Proof of a 3.0 GPA or higher 2.) A faculty recommendation letter 3.) A letter of personal interest that also indicates a minimum of a one-year commitment to a paid position or to a semester-long 3-6 credit hour CST 412 internship position. Send applications to the address below.

The GA's version of a Typical Consultation

The two best ways to set-up an appointment at the center are to call 256-1346 or to stop by McIver Building Underground Room 22. Sessions can be scheduled for 20 minute time blocks or 45 minute time blocks, depending on your needs. Upon entering the center for an appointment, clients will be greeted by their consultant and will be escorted into one of two consultation rooms.

While in the consultation room, the client will present his/her presentation as it will be presented on the day the assignment is due or will view a videotape of a previously-presented speech. The consultant will then provide the client with constructive criticism regarding the presentation. The client may also be asked how he/she felt while presenting and if applicable, the teacher's feedback may also be discussed.

After the client and the consultant have had ample time to discuss the presentation/speech, the consultant will leave the room to finish filling out the evaluation form and the client will be asked to fill out a feedback form describing the effectiveness of his/her Speaking Center visit. When the client finishes the feedback form, it is then placed in a box to be collected by the Speaking Center Director. A copy of the evaluation form will be given to the client upon his/her departure from the center and a copy will be sent to the client's professor.

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