

SPARTANS COMMUNICATORS

Storytelling Podcast Transcript

Ken Cansler: Alright, Good morning, Good Afternoon, Good Evening where ever you are when you're listening to this. Welcome to our podcast Spartan Communicator. My name is Ken, and I'm going to be your host for today with Sachin and Janae and today we are going to be discussing the importance of Storytelling and ways to upgrade your own storytelling skills at home!

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Ken Cansler: So, why do you guys think people tell stories? Why is it important for us as humans to tell stories?

Janae Bell: Well honestly, storytelling is a natural human behavior that has been around for centuries as oral traditions. For example, in Native American culture, there are a lot of stories told from older generations to younger generations that discuss their past or cultural values and even life lessons.

Sachin Dumbare: I think that storytelling provides cultural maps for us from which we learn to behave in an environment by the stories that we hear and secondly, I think that the storytelling or the people who tell stories, they allow us to connect to the journey and expand our own understanding of the world around us.

Ken Cansler: Yeah, yes! Those are both great reasons people engage in storytelling. Both of those reasons are very very important to storytelling and just in addition to those things, there are also two other things people do storytelling for. One of those things is improving children's education. Through storytelling, we see that children can improve their vocabulary and get context to certain key ideas and beliefs in their cultures. In addition to this, it (storytelling) also prompts others to share their experiences with others which can make people feel closer together and build more connectivity in communities.

Ken Cansler: On that note, Storytelling goes hand in hand with learning and every person learns differently. So, stories are often changed and molded to fit a person's needs. Do you guys think you could elaborate on learning through storytelling and maybe what that experience entails?

Janae Bell: Yes, I definitely can. So, there are five components to learning through storytelling and those include; finding a story, telling it, expanding on that story and processing it on your own, and then finally making that story your own and applying it to your life.

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Ken Cansler: Alright, so now let's talk about making your own story. We talked about storytelling and why it's so important so let's go ahead and dive into the ways that you guys at home could go ahead and make a story your own. Janae, Sachin, When delivering a story what are some of the main components of a story that you really want people to remember when they're making the delivery?

Janae Bell: So when delivering a story there are a few things you should focus on that will help improve your delivery. The first being your voice, making sure that you're using appropriate volume, clear language, even consistent character voices to make the story come alive and enhance the experience for your audience. The next could be your rate of speech, making sure that you don't speak too fast or too slow. You can even add pauses in there to your advantage so that you can either catch your breath or build suspense for the audience. And finally, making sure that you have nice facial expressions. It's always best to smile but you can even match your facial expressions to the emotions and mood of the story to give a visual effect for your audience.

Sachin Dumbare: Some more main things I'd like to add to remember when making a story of their own, which will be your movement, your body movement or your hand gestures, which can act out or mime different actions for your characters, in which you can use different hand gestures or be purposeful. But yeah, I'd like to say don't be afraid to use big and exaggerated gestures or be a little silly. And in that second thing, I'd like to say about the props and costumes which will be a fantastic addition to the story. But, after that, it can really go south if you are overusing them which aren't manageable for the story you are telling or it may not fit in the story. After that, if you have anything that covers your face or mouth it which will be inappropriate and that will distract your audience.

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Ken Cansler: Alrighty folks, today we discussed the 4 main reasons people engage in storytelling which was ; passing down traditions, creating cultural maps, improving the vocabulary and education of the younger generation, and promoting shared experiences among the community to enhance connectivity. In addition to this, we also went over some important skills and behaviors that can help you improve your storytelling. Some of those skills were: Vocal volume, vocal rate, your facial expressions, hand or body gestures, and even using props or costumes when telling a story!

Sachin Dumbare: Thank you for that. All of the information discussed today was provided by the UNCG Speaking Center and, I'd like to thank you all so much for listening.