

Director's Corner



Speaking Center Staff Fall 2010

Change is literally in the air! Even the above ninety-degree extreme temperatures that seemed to last forever have finally given way to cooler, more pleasant weather befitting our season. Change has come to Combs 101 too: The Speaking Center has several pieces of news to share with our UMW community.

First, we welcomed seven new staff members on board. To fill the positions left vacant by the exodus of our graduating

seniors, we hired and began training early to ensure that our quality of attention to the students who visit the center remains consistent. During our All-day Retreat on the Saturday of the first week of classes, we reviewed all of our policies and made sure that the staff members are comfortable with their roles. You can read about the individual staff members in the following pages, but we have some excellent communicators who were recommended by their professors for their communication skills. From Psychology majors to Student Senate members, their backgrounds and interests are diverse, however their common passion for helping others led them to the Speaking Center.

In terms of technology, we finished testing the Beta of the On-line Scheduler, created collaboratively with Computer Science students working with Professor Jennifer Polack. After

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New Ideas at the Speaking Center

By Rob Belcourt

This semester marks the beginning of a new and exciting chapter at the UMW Speaking Center. Ready and eager to begin, the consultants have pledged to "Continue the Tradition of Excellence" and expand the influence and publicity of the Speaking Center. Promotion has become a core component and goal for this fall. Last semester saw the largest number of students come to the Speaking Center since the service began expanding in 2000, and this semester we hope to break even more records. Throughout October, the Speaking Center sponsored *Octoberfest*, a program designed to educate, inform, and promote public speaking and speech basics. Students took advantage of interactive workshops on a wide variety of topics including Speech Basics, Speaking Anxiety, and Presenting in a Foreign Language. Other activities included a screening of the movie *The Great Debaters*, a writing contest, and a logo design contest! Stay tuned for more details and the announcement of

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our "Technology Guru" David graduated, Sam took on the job of managing the technological aspects of this new software that takes appointments, generates reports for students and faculty, and collects assessment data for the Speaking Center. He is doing a marvelous job.

The Speaking Center will also offer three new workshops for students this fall. Our staff members have been working on adding their personal examples and insights to the topics of "Introduction to Public Speaking," "Communication Apprehension," and "Presenting in a Second Language."

Our staff training will also take on a new twist, with a collaborative session jointly held with the Korean exchange students on the topic of "Public Speaking in a Second Language." I hope to bring our staff together with these students to give the staff members a chance to interact with the Korean students to enable the consultants to hear about the challenges of public speaking in a second language directly from them. Based on this initial session, the staff members will gain insight on the topic to share during the "Presenting in a Second Language" workshop that is open to all UMW students.

You can read more details about these and other news reports in the following pages. Better yet, we hope that you will drop by Combs 101 soon to experience these exciting new changes!

Esther Lee Yook, Ph.D.

New Ideas *continued from page 1*

competition winners!

The technology is also continuing to expand at the Speaking Center. Appointments are now easier than ever to create using our Online Scheduler located on the Speaking Center website. Our mounted cameras and plasma TVs located in each consultation room make presentations more convenient to go over and discuss. The Speaking Center continues to grow and evolve, and with a host of new consultants comes new ideas and new perspectives. We look forward to having a great year!

Race Against Time---World

AIDS Day Speech

By Abbie Boaduwa Yirrah

Barack Obama is undoubtedly one of the world's greatest speakers, and on December 1, 2006 at the Global Summit on AIDS, he did what he does best: he sent shivers down the spines of his audience. Obama's control over the English language and his construction of simple words into powerful statements is still a puzzle many are trying to solve.

Although not one of his most well-known political speeches, the issue at stake was sensitive- the AIDS pandemic. Obama gave the speech at the Saddleback Church campus in Lake Forest, California, in front of thousands of people who had gathered to hear the great speaker's views on this global virus. Obama called the pandemic a canker that is eating into the lives of millions of people all over the world. He began his speech by narrating his experience of a trip he made to Africa. He talked about how an HIV/AIDS hospital in South Africa was filled with people who had walked for hours and days to seek help. Obama told the story of a South African woman who lost six siblings and countless nephews, nieces and cousins to the virus. He reported that 40 million people were infected with the HIV virus, and in 2006 there would be 4.5 million people newly infected. Not to mention the 12 million orphans who lost their parents or the 90% of people who were infected with the virus but were unaware of it. Obama added that in a couple of years, AIDS will be the 3rd leading cause of deaths worldwide.

The tone with which Obama gave this speech was calm yet powerful, and he did his very best to pause in between sentences to allow the audience to digest the information he provided. He maintained eye contact with the audience, and some could even see the passion in his eyes as he talked about the crisis. He appealed to his listeners and urged all to do whatever they could to help reduce the rate at which the virus could take over the world.

Everyone that listened to Obama's talk felt some sort of responsibility to help curb the rate at which the disease spread. Obama proved that if you are a good speaker your topic doesn't matter. You can move your audience and give them something to think about, whether the subject is politics, health, business, or any other area. A good speaker knows his or her way around!

Meet the New Consultants!



Edmund

Edmund is a sophomore from Springfield, Virginia working toward an English major at UMW. He comes from a background of debate through his high school, and he enjoys working pop-culture references into edgy presentations. For breakfast he enjoys a bit of humor and hopes you will too. He currently holds an internship cooking downtown at Poppy Hill Tuscan Kitchen, but he won't cook for you unless you come to the Speaking Center.



Sam

Sam is a sophomore at UMW pursuing an economics major. He is an avid reader and enjoys tricking himself into thinking he's starting to understand how the world works. He loves working at the Speaking Center, finding it funny that they pay him to meet with and learn from fascinating people. He enjoys sharing what small expertise he's gained in public speaking with those around, and would like to note that he only very occasionally writes about himself in the 3rd person.



Meagan

Meagan is a sophomore at Mary Washington. She is a geography major from Chicago, looking to go into non-profit management or local government administration. She is involved in the Student Senate here at Mary Washington, and she is the Vice President of the campus group Student Anti-Violence Educators. She loves all she does at Mary Washington and she is excited to help students with speeches and presentations!



Stacey

My name is Stacey, and I am a sophomore at the University of Mary Washington. I am planning to major in either international affairs or political science. I started to work at the Speaking Center during the spring semester of my freshman year, but my experience here began before that. During my first semester at UMW, I took an Introduction to Public Speaking course to fulfill a speaking intensive requirement. It was mandatory to visit the Speaking Center, but I soon realized what a valuable resource it is to all UMW students. The consultants were helpful in every aspect of constructing a speech: from brainstorming to practicing to recording my speech on video. When I read that the Speaking Center was hiring new consultants, I knew I had to apply. I really wanted to join this friendly, hard-working team and to be able to help students, just as the other consultants have helped me. After working one semester at the Speaking Center, I can happily say I really enjoy my job. I look forward to working with everyone!



Rachel H.

Rachel is a junior from Philadelphia, Pennsylvania and a psychology major at the University of Mary Washington. She plans on attending graduate school and pursuing a career as a forensic psychologist. This is her first semester as a member of the Speaking Center team, but she is looking forward to learning from her fellow consultants. Rachel is eager to work with other students to help them become better oral presenters. She is excited for her third year here at the university, and she is thankful for the opportunity to be part of the Speaking Center.

Speaking Center

Workshops

By Karl Livingston

This semester the Speaking Center hosted three workshops on Speech Basics, Speaking Anxiety, and Presenting in a Foreign Language during its promotional campaign OctoberFest. Much like workshops of the past, these events offered tips and tricks to improving speaking and communication skills, a selection of useful handouts, and complimentary pizza and refreshments. Experienced student consultants guided these seminars, and from the feedback received, the workshops were a great success!

The following list includes the potential workshops for Spring 2011:

- **Constructing Introductions and Conclusions**
- **How to Effectively Use PowerPoint**
- **Delivery Tips and Tricks**

If you have a communication-related topic that you would like to know more about, let us know by e-mailing eyook@umw.edu. We look forward to your suggestions and to seeing you at future workshops!

How to Prevent the Speaking Center E-mails from Becoming Junk

Using our new digital scheduler can be an easy way to make an appointment at the Speaking Center from the convenience of your laptop. However, technology does have its drawbacks: messages from the Speaking Center software can be mistakenly tagged as junk mail and sent to that folder. To avoid this, we consulted the IT experts at UMW, and they suggest you follow two easy steps:

- 1) Select the message in your inbox
- 2) Go to Actions, Junk Mail, and add the sender to the Safe Sender's list.

We hope you will follow these easy directions to whitelist the Speaking Center's confirmation messages.

OctoberFest

By Rachel McGuirk

Four weeks. We only had four weeks to pull off one of the largest PR events in Mary Washington Speaking Center history: OctoberFest. During the entire month of October, the Speaking Center hosted a variety of activities from film screenings and writing contests, to a campus wide treasure hunt.

During those first few days in September, the task seemed simple enough: fill out the right forms, get the supplies, talk to the right people, and everything would come together. We were mistaken. The challenge quickly became who were the right people? What were the right forms? Where were the supplies? All the yellow tape standing in front of us was formidable and aggravating. Suddenly, four weeks seemed like an impossible deadline.

The first mountain was reserving the room for the screening of *The Great Debaters*. Since there was no how-to guide, we just had to blindly start somewhere. After exhausting the UMW search engine, the calendar of events was finally found, and location options were narrowed down. We soon realized that it is surprisingly competitive to reserve a room; most take months of advance notice to secure the more popular rooms. Thanks to Dr. Yook, the Speaking Center Director, we were able to snag Lee Hall on a Friday night.

The next challenge was getting *The Bullet* to feature OctoberFest. Again we tried the UMW search engine, but the only information that it offered was one name: Michael McCarthy. Scanning *Bullet* editions and tediously searching every UMW directory confirmed he existed, but where? One afternoon, we took it upon ourselves to search every faculty office looking for his name. Luckily, we started in Combs. It proved successful, but not without a fair share of curiously gawking faculty members as we roamed the hallways staring into office doors. One professor even stopped us and asked if we were lost. Finally, we found Professor McCarthy's door and thankfully, *Bullet* office hours were listed. His office was a desk in the middle of a large white room with members of *The Bullet* milling about. McCarthy seemed pleased to see us and offered us the name of the features editor to get in contact with and some other pieces of wisdom. For all the work to find this man, it seemed way too easy.

MEISNER LINES: Dramatic Techniques for Effective Delivery

By Manda Simmons

Have people ever asked you to repeat yourself? Or to speak slower, louder, enunciate? Do you find yourself getting bored with your own voice during presentations? Fortunately, the Speaking Center is here to help you.

The ability to speak with articulation and emphasis is the ability to draw your audience into your words. Some of the world's most famous speakers were not always known for their messages but for their delivery. Speakers like Ronald Reagan had complex understandings of the way we perceive emotion in speech, and he was able to emit that flawlessly. But don't think this skill is beyond you; fortunately there are acting techniques you can use to ensure your speech doesn't fall flat, specifically the "Meisner Line" technique.

Sanford Meisner was a prominent founder of the famous Group Theatre in 1931, which diverged from Konstantin Stanislavsky's "Method Acting" school. "The Method", as it is better known, prescribes how to use personal experiences in your own life to connect to your characters'. It also emphasizes the importance of improvisation in exploring a character's depth and psyche. But you may be wondering--how can this help me?

It's important to not just read the words on your page, but to *feel* them. I was lucky enough to be taught the technique of "Meisner Lines" by one of Sanford Meisner's students. Meisner Lines are a tool you can use to write out your speech to ensure memorization, inflection, and emotion. To aid in memorization, it's important to spread the words out spatially. You're more likely to remember something that is expanded visually rather than something typed out in size 9 font and single spaced. Double space your words on the page to leave room for edits later on. Have about three different colored pens or markers handy, and figure out a code. For example, a green line above the word means emphasize, a blue line means slow down, and red dashes mean pause.

Below is an example:

American soldiers are the epitome of
what this country stands for. Everyday

soldiers risk life and limb to protect the
rights we so often take for granted.

Selflessly // they put their own safety
aside to guarantee yours.

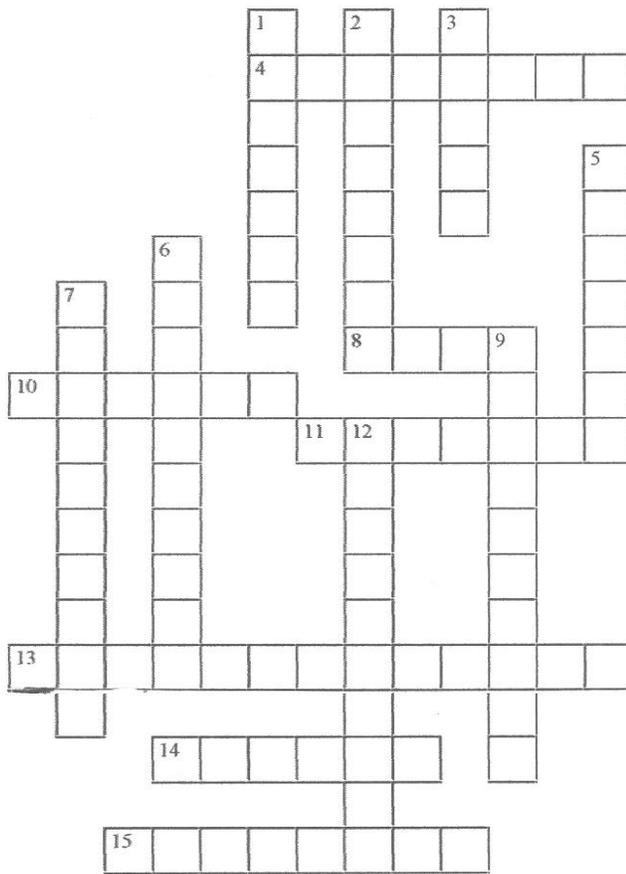
While this may seem like a daunting task at first, the effort and practice pays off. After spending some time reading your speech aloud, you'll start to emit these emotions without thinking twice. Acting students are able to memorize enormous amounts of dialogue using this very technique. The idea is not to "trick" your audience into feeling your words; it's about making sure your words leave an impression. After all, if the audience doesn't feel like you care about what you're saying, how will they?

OctoberFest *continued from page 4*

Back at the Speaking Center, Dr. Yook masterfully got us approved for a budget to fund prizes and supplies. By the last week in September everything fell into place. Tasks were assigned, meetings scheduled, and OctoberFest suddenly stopped being such an overwhelming mission. It turned into something that united everyone at the Speaking Center for a common purpose, all the while havng fun.

Crossword

By Benjamin Saunders



ACROSS

- 4 Aristotle said it's composed of ethos, logos, and pathos.
- 8 _____@mail.umw.edu
- 10 The newest avenue to schedule an appointment.
- 11 If timed well, can "speak" louder than words.
- 13 A speech is this kind of act.
- 14 A well organized speech is focused around this.
- 15 Establish this before your speech by feeling comfortable with your surroundings.

DOWN

- 1 Allows an audience to know what to expect in a speech.
- 2 Provides physical and visual cues.
- 3 The Speaking Center is located in this building.
- 5 Make this if you're having a hard time starting your speech.
- 6 If you aren't quite ready to practice your speech, you can do this with a consultant.
- 7 Make these with your audience to ensure they are invested in your speech.
- 9 Shouldn't introduce new concepts.
- 12 Don't be monotone when you speak, use this.



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Visit our new web page at www.umw.edu/cas/speaking/speaking_center for current hours of operation, faculty and student resources, and useful links, among other information.

The Speaking Center