

## Research Presentations

Weekly Report 10- 10/29 to 11/4

This past week in Independent Student Mentorship, I prepared for my presentation about the research that has been done by me as well as the interviews that have taken place. All of my focus was on this speech, which took some focus away from other aspects of this class. Because of this, attention was not focused on what else was due in the upcoming weeks and due to this I fell a little behind. To combat this in the future, I will always put due dates on my agenda and keep it constantly with me in to order to be sure I see when things are coming up. Time management has consistently been one of my weaknesses, so other methods of keeping up with my work are going to be tried to help with this problem.

Another thing that was noticed while practicing my speech was that when talking, either, out of nervousness, I would talk very quickly or the use of filler words like “um” and “so” were used a lot. To fix these issues with my public speaking in the future, practice will be key. Also, while practicing, timing the speech will help to make sure that I am pacing myself to better my future presentations. Talking too fast will make my audience feel lost and confused, whereas talking too slow will lose my audience's attention and, therefore, the perfect medium could be found through this method.