

5 minute video link -

https://uwotds.sharepoint.com/teams/EducationStudiesLevel4Carmarthen_GRP-CerysJones/Shared Documents/Recordings/New channel meeting-20231025_133449-Meeting Recording.mp4?web=1

Powerpoint presentation link -

https://uwotds-my.sharepoint.com/:p:/r/personal/2305555_student_uwotds_ac_uk/_layouts/15/Doc.aspx?sourcedoc=%7BC4078852-A9D8-4779-977A-BC26DF437769%7D&file=Securing%20successful%20study%20skills%3B%20time%20management%20presentation.pptx&action=edit&mobileredirect=true&DefaultItemOpen=1&login_hint=2305555%40student.uwotds.ac.uk&ct=1698411471803&wdOrigin=OFFICECOM-WEB.START.REC&cid=a6e77281-a5a5-48b7-aa2b-a222fbfb9924&wdPreviousSessionSrc=HarmonyWeb&wdPreviousSession=8e11fc83-3e64-4ccc-b3aa-973bd47d367c

Reflection

Upon reflection of completing my presentation, many positives and negatives came out of this. My initial thoughts of carrying out my presentation, I felt a lot of anxiety building up to recording myself, throughout this reflection I hope to find strategies to help contribute to dealing with anxiety and stress. Regardless of this, once I started to record and make a few copies of my presentation my confidence boosted each time which made me more comfortable with the assignment.

Once completing this presentation, it gave me time to reflect on my rehearsal report. Firstly, while presenting, my pace was accurate at 138 words per minute. This is an aspect of my presentation that I was happy with as my tone was appropriate throughout and what I'm delivering sounds confident. However, my pitch was low at times which can make the audience lose interest in what I'm presenting. Secondly, using filler words were a downfall for me. As I had a lot of anxiety building up to this, the use of filler words showed in my report. Emden, JV and Becker, L (2016, p.34) propose the idea of having the confidence to allow silence instead of using those filler words. This allows you to prepare for the following point you are going to make. Furthermore, my language throughout presenting was varied and inclusive, I used different word choices to keep my audience engaged. This is important as you do not want to go off on a tangent and disengage the audience. Lastly, my body language was precise which keeps the audience focused and interested in the topic I am delivering. There are many ways to keep good body language, such as practicing balancing eye contact, keeping your hands clear from your face, keeping your face friendly and mirror the gestures of the audience you're conversing with (Indeed, 2023). The use of cue cards was vital throughout this presentation, I found using them helpful as they allow you to back up your point and join all the information together. These allow me to have organization and structure throughout.

Throughout this, a big challenge I faced beforehand and during my presentation was anxiety and stress. This is something I wanted to delve into deeper and find strategies which would benefit myself. While researching, I found many useful solutions that contribute to controlling stress within an educational setting. To start

with, Scott, E (2023) suggests the idea of using guided imagery. They explain that this involves you to visualise yourself in a peaceful manner which can help calm you down, detach from what's stressing you out and reduce your body's stress response. Another idea they create is mindfulness, this involves you to focus on what's going on around you in the present, become more aware of how you are feeling, observe your reactions and accept these feelings. As well as this, I found strategies to help combat anxiety as a student. Cottrell, S (2019, p.153) creates many ideas to do so, they suggest that sharing your concerns can be beneficial. This includes making time to speak to other students outside of lectures and forming bonds which will make you gain more confidence and a sense of belonging. Another idea they propose is being your own person, so rather than worrying about what other students are doing, keep that focus on yourself and make your study plan self-centred. These strategies allow me to focus on keeping myself calm during situations that may make me feel out of my comfort zone, such as completing this presentation.

Despite having negative feelings towards this to begin with, once completing my presentation I felt that my confidence had improved over the duration of this, as this was something out of my comfort zone. While researching, I found strategies that help to build up self-confidence. These include, focusing on your strengths, setting realistic goals for yourself, keep developing your mindset and eliminate negative language towards yourself (Indeed, 2023). There are many more ideas that contribute to self-confidence, each strategy is individual and may not work for everyone.

If I were to do this assignment differently, I would know that all these feelings are valid and not to be afraid of expressing them. I would use these ideas and strategies to help myself rather than building up stress and anxiety. I hope to develop controlling my nerves also, Emden, VA and Becker, L (2016, p.33) propose different strategies to controlling nerves during presenting. They suggest that to control nerves you should have plenty of accurate information to give so you do not go off on a tangent. They also say that you should rehearse your presentation carefully and use the correct visual aids, so you are fully aware and prepared for what you are about to present. This is useful guidance as should I do this again; I can develop my skills further by following this guidance to help control my nerves.

Overall, I am happy with the execution of my presentation and the feedback that I received from my rehearsal report. It is clearly shown in my report that I exceeded in some respects such as my body language, tone and inclusiveness of language. However, my pitch and the use of filler words is something that I would focus on thoroughly should I complete this again. Although there were barriers to overcome, it is clear there are many strategies out there to help combat anxiety and stress in and out of an educational setting. I hope to use these strategies to help myself overcome stress, anxiety and nerves.

Your Rehearsal Report (Preview)

Rehearse Again

Summary

Good job rehearsing! Keep up the hard work.

5:52

total time spent

8

slides rehearsed

Fillers

To sound more polished and confident, try to avoid using filler words. Pause or take a breath to relax. Some filler words to avoid are:

uhh

Learn More

Repetitive Language

✓

Nice work! Your variety of word choice will help keep your audience engaged.

NEW

Pace

100

150

slow

fast

138

words/min

Your pace is just right! Keep it up!

Your average pace over time

words/min

200

150

100

50

0

1:25

2:50

4:15

Learn More

Pronunciation

BETA

* Based on General American English

Your Rehearsal Report (Preview)

Rehearse Again

Repetitive Language

✓

Nice work! Your variety of word choice will help keep your audience engaged.

NEW

Learn More

Inclusiveness

✓

Great job! Your use of inclusive language was excellent.

Learn More

Learn More

Pronunciation

BETA

* Based on General American English

We found some words that could use a bit more practice.

researching

management

beneficial

accordingly

allows

creates

including

knowing

studying

researching

re-search-ing

⏮

Slow

⏭

Practice

Learn More

Your Rehearsal Report (Preview)

Rehearse Again

Pitch

Low pitch variation will make your audience lose interest. Try increasing the tone for your key points.

Target

Monotone

0:10

2:00

3:50

5:00

Learn More

Body Language

✓

Great job keeping your gaze forward, maintaining good distance from the camera, and giving the audience a clear view of your face.

NEW

Learn More

Reference list

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