Practicing Your Speech

**Helpful tools**
- Mirror
- Stopwatch
- Friends
- Visual Aids
- Recording device

**How to practice with these tools**

- Practice in front of a mirror or in front of your friends (but only if your friends will provide honest and useful feedback).
- Use a stopwatch to time your speech to make sure you know if you should add to your speech or if you should edit your speech.
- If you have any visual aids, make sure you practice your speech actually using your visual aids.
- Use a recording device so you can see what you are doing with your hands, posture, facial expressions, and movement.

**Additional Tips**

- Eye contact is one of the best ways to communicate to your audience-if you are practicing to an empty room try focusing your eyes on certain objects in the room.

- Never practice a speech sitting down. You will not likely be sitting down when the speech is given. Your breath support will be different when you are standing up. You can breathe deeply, and your volume will be stronger.

- Practicing your speech in your mind does not count. You can’t hear yourself: words sound different when spoken out loud.

- Time your speech each time you practice. If it is over the time parameters, edit, refine, and time it again. Time parameters are NOT a suggestion. They are the rule.

- If possible, practice your speech in the room where you will be giving your speech. If not possible, find out specifics about the room where you will be speaking. Never be shy about asking questions about the location of your speech.