

How to Stand Out as a Presenter

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Important Note:

- This presentation is based off workshops on defending your thesis/dissertation, so some information may be similar and overlap.




What makes public speaking so unnerving?

- Imposter syndrome
- Fear of judgement or failure
- Lack of practice or a bad experience
- Physiological response (activated nervous system)




Combatting stage fright

- The opposite of Imposter Syndrome? Think of yourself as the Expert!
 - Know your material
 - Understand the meaning of your presentation
 - Appreciate your unique take
- 

Overcoming fear of judgement or failure

- The truth about the audience
- The truth about failure





Lack of practice or
bad experience

- Practice makes practiced
- Ask for feedback
- Replace the bad experience



Stress and your body

- Use the nervous energy
- Use relaxation and visualization exercises
- Reach out to counseling services



What makes an engaging presenter?

- Makes eye contact with audience
- Clear tone and loud voice
- Seems comfortable
- Looks professional
- Has lots of knowledge on subject



Before your presentation

- Organize your content
- Know your audience
- Get to know the space



During your presentation



Use appropriate humor



Know your greatest tools: your voice, your body



Thank you vs. I'm Sorry

Answering questions like a pro

01

Hear the whole question

02

Acknowledge the questioner

03

Ace your response



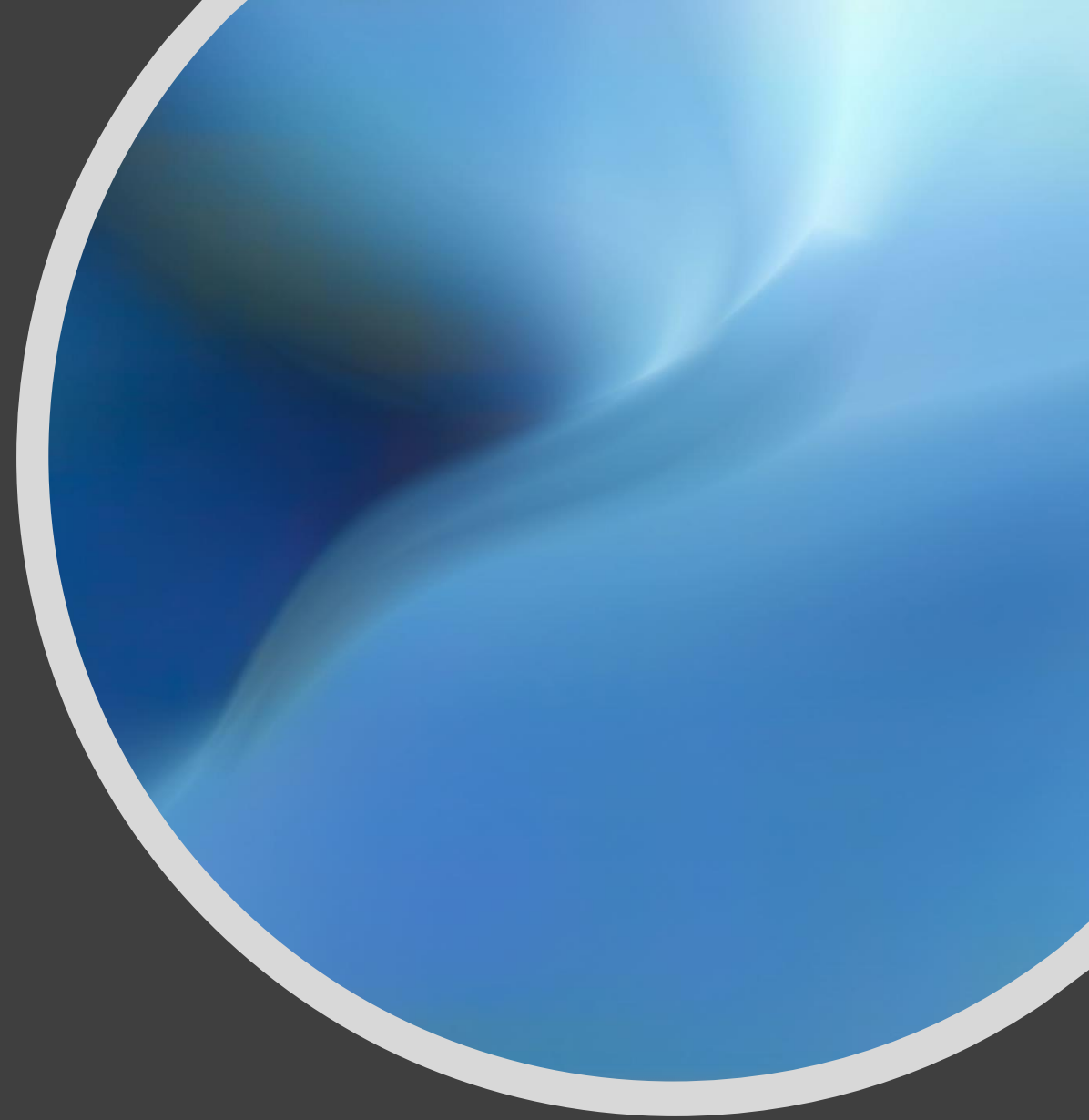
A few notes about PowerPoint

The PowerPoint is a support

Less is more

When it's not necessary

Using other visual aids





Thank you!

For more resources and support check out the Graduate Student Academic Success Center in PLG 203.

References

Baez, T. [Rick Schlueter]. (2013, Feb 27). *Overcoming Anxiety* [Video]. YouTube. <https://youtu.be/cuwt-2gxVwQ>

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