**Chapter 1**

**PUBLIC SPEAKING AND YOU: BUILDING CONFIDENCE**

**Sample Speech Topics**

**Chapter 1**

1. **Introductory: Birthday Speech/*Visualize a Positive Experience***

For the next class, prepare a 1-2 minute speech about something that happened in the world on the day you were born. Try to find something that happened in your exact year. Bring in the article from which you found the information. Remember this class is public speaking, not public reading, so concentrate on looking up at your classmates as often as you can.

<http://dmarie.com/timecap/> This site creates a time capsule for the day you were born.

<http://www.thebirthdaytimes.com/> This site pulls up a newspaper of the day you were born.

1. **Introductory : A Significant Person in My Life/*Choosing a Topic You Are Knowledgeable About and Are Comfortable With***

Prepare a 3-5 minute speech on a person who has had an impact on you in your life. Remember to use dialogue (conversations) and narratives (stories) rather than adjectives to describe the person.

https://www.youtube.com/watch?v=WhbTL3nHfYc/ This speaker speaks about the influence his mother has had on him.

<http://www.vulture.com/2014/03/read-mcconaugheys-very-mcconaughey-oscar-speech.html>/ Oscar winner Matthew Mcconaugheys describes the heroes in his life.

1. **Introductory: An Activity/Hobby That Has Shaped My Life*/Choosing a Topic That You Are Knowledgeable About and Are Comfortable With***

For a first speech, students can prepare a 3-5 minute speech about an activity or hobby that has been meaningful and significant to them in shaping who they are today. Remember to use narratives (stories) rather than adjectives.

<https://www.youtube.com/watch?v=FmicUmNGmWc/> This young speaker speaks confidently, creating audience interest, about her hobby.

<https://www.youtube.com/watch?v=8428ttic3Ag/> Comment constructively on this favorite hobby speech. What mannerisms do you find distracting or engaging?