**Chapter 1 Public Speaking and You: Building Confidence**

**Discussion Questions and Activities**

1. How much public speaking anxiety do you possess? Using the following link <http://www.jamescmccroskey.com/measures/prpsa.htm> complete the Personal Report of Public Speaking Anxiety (PRPSA). Once you have answered all of the questions tally your results. Were you surprised by your score? How have you managed your public speaking anxiety in the past?
2. What role will formal presentations serve in your future career? Describe how this course will prepare you for your future career.
3. Give the students approximately five minutes to prepare a brief one minute speech about their greatest fear of public speaking. After all impromptu speeches have been completed, ask students to reflect upon their speaking experiences and describe elements of the situation that contribute to higher levels of anxiety. For example, you may ask the students about whether speaking in front of a small versus large audiences produces the most anxiety. (Note: This activity could serve as an introduction to a lecture on communication anxiety.)
4. This question can be used in both on-ground and on-line classrooms. Ask the students to generate a list identifying the challenges of speaking to a virtual audience and a list that identifies the challenges of speaking to a live audience, face-to-face.
5. Describe the relationship between culture, channel, and public speaking.
6. Compare and contrast public speaking to interviewing as a form of interpersonal communication.
7. Compare and contrast public speaking to writing a formal essay.