

## CONFIDENCE BUILDERS FOR CONTROLLING STAGE FRIGHT

MAT 490: SENIOR SEMINAR IN MATHEMATICS

- Above all: Know your material as well as possible.
- Practice your talk as much as possible. This will help you be more confident and less nervous.
- Inspect in advance the room where you will give your talk. Be familiar where you will stand or move about during your talk. How loud must you speak to be heard the back of the room?
- Prepare in advance any equipment you will need during your talk. If you are writing on a backboard or whiteboard, you may want to bring your own chalk or whiteboard markers and eraser; and try to write with a fresh whiteboard marker—not one that is almost dried out. Write large enough so people in the back of the room can read it.  
If you use audio/visual equipment be familiar with it in advance. If your talk is on a flash drive, remember to take the flash drive with you (!) and try to download the talk to the computer you will be using in advance of the talk (you may be able to run your presentation directly from the flash drive, maybe not). If your talk is on your laptop/phone be sure the right cables to connect to the presentation device are available (usually such cables will be with the computer you will be using, but be sure about that or bring your own). Be aware of PC vs Mac compatibility issues. If wireless connection is available, be sure it is working in advance of your talk. Be sure any software you need for your talk is on the computer you will be using.
- Try to anticipate questions that might be asked during or after your talk. Make a list of the most likely questions you think are relevant to your talk, and prepare answers.
- Do not apologize for mistakes or nervousness. This calls attention to things not relevant to your talk and is distracting for the audience. A possible exception to this is to make some humorous comment about the mistake; if none occurs to you, continue with your talk, maybe with a shrug, shake of the head and a smile. The point is to get on with your talk.
- Adhere to relevant points in the *Guidelines and Expectations for Presentations* distributed in class.
- Go to the toilet before your talk.
- Have fun.