



SPEECH ANXIETY

- About speech anxiety among students

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AGENDA

- What is Speech anxiety?
- Body, thought, behavior
- A model that describes speech anxiety
- Confronting the fear
- Information about our courses

WHAT IS SPEECH ANXIETY?

- A specific social phobia
- Approximately 15-20 % within the population
- The most common social fear

WHAT IS SPEECH ANXIETY?

- Difficulties to speak in or in front of a group
 - Give a speech
 - Oral presentations
 - Answering questions in class
 - Presentation rounds
- Difficulties in studies or in life in general
- Difficulties before, during and/or after the presentation

OUR BODY

- Increased puls
- Sweating
- Shortness of breath
- Hot in the face
- Muscle tension
- Chest pain
- Dizziness
- Weakness in knees

OUR THOUGHTS

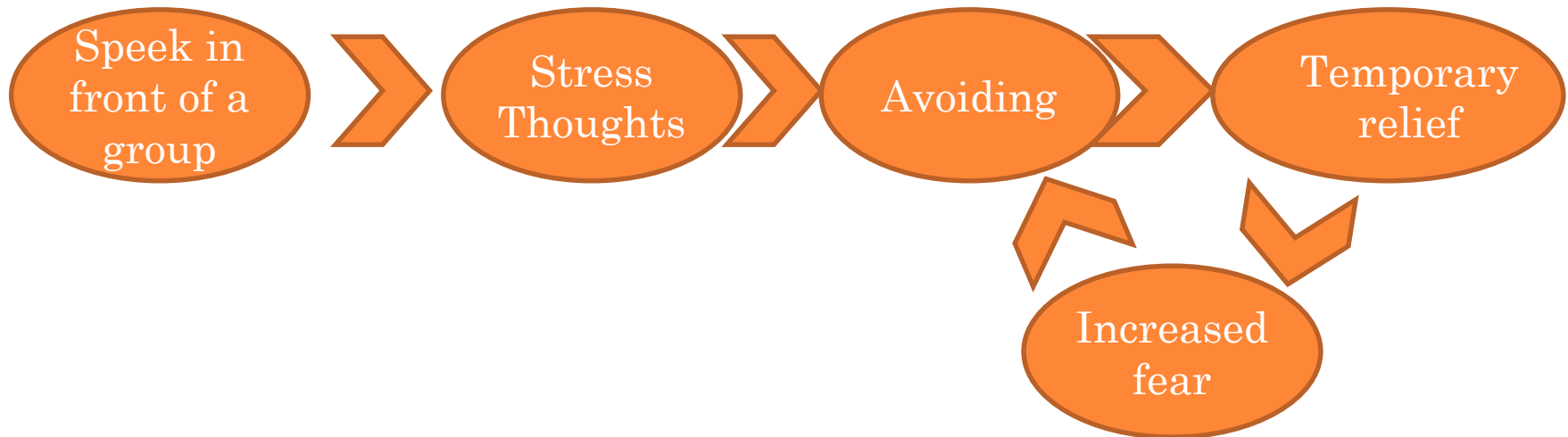
- Fears/ worries about a future social disaster
 - Internal focus
 - "I will faint"
 - "My heart is about to stop"
 - "I can't breathe"
 - External focus
 - "They will think I'm a strange person "
 - "Embarrassing"
 - "They will laugh at me"

OUR BEHAVIORS

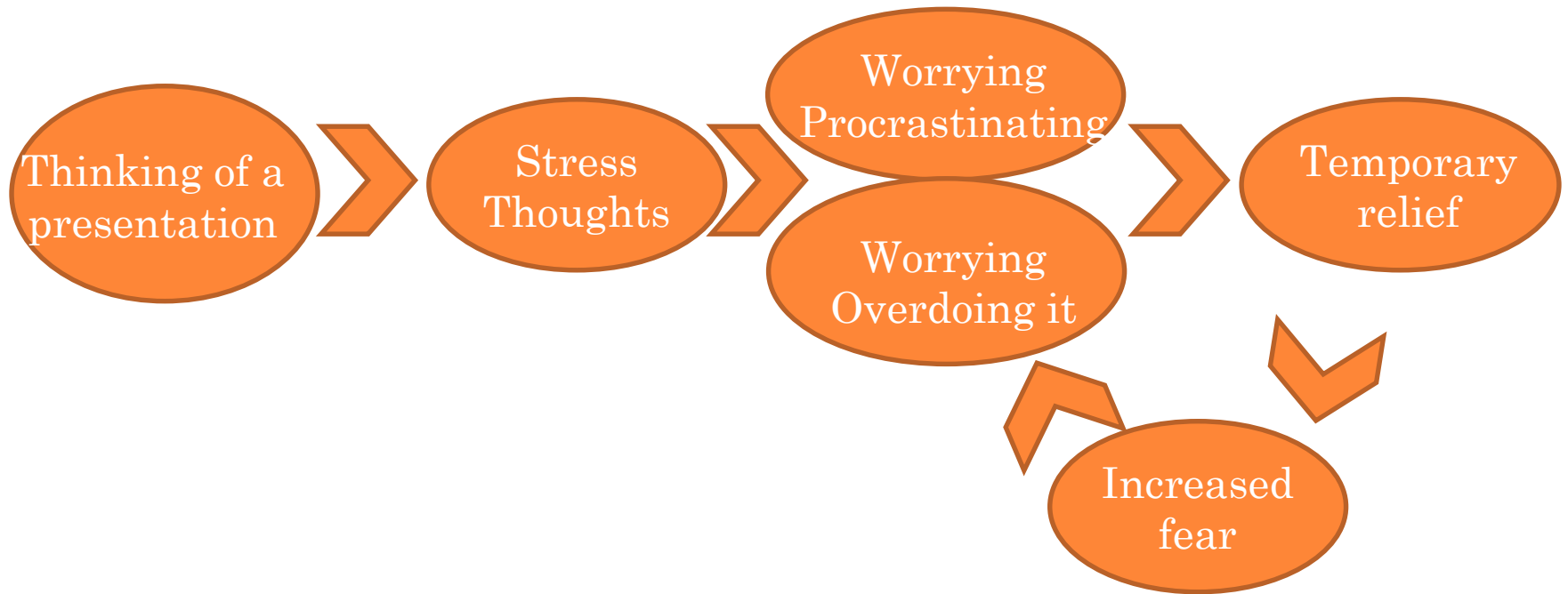
- Stay at home
- Sick leave
- Ask the teacher for another assignment
- Prepare the script over and over again
- Worrying/ruminating
- Clothes/makeup
- Handling the computer
- Skip sentences
- Talk fast
- Mumble
- Read the script
- Avoiding eye contact
- Internal focus



MODEL DESCRIBING SPEECH ANXIETY



MODEL DESCRIBING SPEECH ANXIETY



WHY CONFRONT THE FEAR?

- What is important to you?
- Who do you want to be?
- What do you value?
- Which is your direction?
- Your behaviour – a reaction or control of the will?

THE SPEECH ANXIETY COURSES AT THE STUDENT HEALTH SERVICES

- Theory, exercises, discussions, practical training
- Exploring together
- Alternative behaviors, try something new
- Meet the fear step by step
- No rhetoric /presentation skills
(no feed-back concerning the content)

PROGRAMME SPEECH ANXIETY COURSE

- **Dates:**

Tuesdays and Thursdays: 11/4, 16/4, 18/4, 23/4, 25/4

- **Time:**

15:30-17:30

- **Location:**

The Student Centre, Matrosgatan 1, ground floor

- **Not a credit course, free of charge**

GUIDELINES

- It's okey to “make mistakes”
- A place to practice
- Don't compare yourself to others
- Explore and confront your fears

ADVICE

- Where are you heading?
- Stop! Observe! Choose!
- Get to know your reactions
(body, thoughts, behaviors)
- Experiment – try something new!
- Practice in your everyday life

- Prepare yourself ”not too much – not too little”
- Meet your audience
- Dare to PAUS