



LESSON 3.15 Butterflies are Normal

Module #3: Making the Grade

Academically, the ninth grade year often defines a student's entire high school experience. Therefore, it is imperative that all freshmen get off to a great start with their academic work. This can be accomplished through the teaching of study skills, note taking skills, and learning styles and through an increased awareness of resources available to build academic success.

Enduring Understandings

- I. **Academic success in high school requires a toolbox equipped with skills and strategies to use in navigating the completion of academic coursework.**
- II. Knowing about, understanding, and using the many academic resources available will increase the likelihood of a successful high school experience.

Essential Questions

- I. What are habits of mind and how will they help me? (I)
- II. **What can I do to ensure my academic success in high school? (I)**
- III. What resources does my high school have available to help build my academic success? (II)

Lesson Objective(s)

Students will gain knowledge of and practice in presentation skills.

Lesson 3.13

Lesson 3.14

Lesson 3.15

Lesson 3.16

Lesson 3.17

Directions:

1. Public speaking is scary for many people. In fact, a survey for the Discovery Health Channel put the fear of public speaking above the fear of hell, cancer, violent storms, or fire! Freshmen can be especially scared of speaking in front of a class—particularly if the class has upperclassmen in it!
2. Before class, each student leader should write the main points from “Public Speaking 101” on flip chart pages. As freshmen arrive for class, divide into small groups (one small group for each student leader).
3. Use each main point from “Public Speaking 1010” as the beginning of a discussion. Then add your personal experiences, and ask the group to share any of their previous experiences with public speaking.
4. Once the small group discussions are complete, bring the full group together for a share out.
5. Conclude the lesson with a brief introduction to “impromptu” speeches (see Lesson 3.13); give

freshmen the “heads up” that they’ll all be getting in from of the class during the next lesson!

Materials & Supplies

- Copies of “Public Speaking 101”

FOCUS
POINT

It's hard enough being a freshman. Now try being a freshman in front of a class giving a speech! Some words of encouragement from you will go a long way – and be remembered when they have to give a speech for real!

- There are many good books in the market aimed at teenagers that can be a great enhancement to this module.
- Two texts we suggest:
 - *7 Habits of Highly Effective Teens* - Sean Covey
 - *Seven Secrets of How to Study* - Stephen Jones
- Blog/Journal Entry: Do you like public speaking? Why or why not?

resources
&
extension



Public Speaking 101

Some Tips to Make it a Bit Easier



Being nervous is normal. Most people get a little scared before speaking in front of a group. And, this is OK. In fact, it's kind of a good thing because it means you'll be concentrating a little more.



Typically, you're not speaking to enemies — so your audience is friendly and wants you to do a good job.



Talk about things you know. Never get in front of a group to talk about something that you haven't studied well.



Include visual aids. This will enhance your speech, keep your audience's attention, and take ALL the focus off of you.



Rehearse before your speech. It's perfectly fine to talk to yourself in your mirror. Reading a speech silently doesn't cut it — you need to practice a speech out loud.



Try not to think about being nervous. Rather, just focus on your audience and your speech.



Keep giving speeches. The more speeches you give—the better you'll get at it and the more comfortable you will be.