



# DON'T SWEAT THE SPOTLIGHT: Public Speaking Made Easy



*A Skill Building 4-H Youth Development Program  
for High School Students*

You are sitting in English class, your teacher tells you that you need to sign up to give a presentation at a future class. Your hands get sweaty, your heart starts racing, you get butterflies in your stomach, and you think “I have to do what?” This six hour program is designed for high school students who are interested in developing and/or improving their public speaking skills. Program highlights include:

- ✓ *The qualities of an effective presentation*
- ✓ *How do I do it?*
- ✓ *Organizing your presentation*
- ✓ *Helpful hints for reducing nervousness*
- ✓ *Making visual aids*
- ✓ *Presenting yourself in social situations*



**Schedule:** Workshops will be held on Mondays, October 18, October 25 and November 1, 2010 from 4:30-6:30pm at the Nyack Library, 59 South Broadway, Nyack, New York. Snacks will be provided; please let us know if you have any special dietary needs.

**Instructors:** Dr. AnnMarie DiSiena, Assistant Professor of Communications and Coordinator of the Communication Studies Undergraduate Program at Dominican College. Pat Hubbard, LMSW, 4-H Youth Development Program Director, Cornell Cooperative Extension of Rockland County.

**Registration Information:** The program fee is \$50.00. Students interested in participating in this program should complete the Registration Form below and return it to Cornell Cooperative Extension of Rockland County, 10 Patriot Hills Drive, Stony Point, New York, 10980 with a check or money order made payable to Cornell Cooperative Extension by October 8, 2010. Certificates will be presented upon completion of all three workshops. Confirmation letters will be sent prior to the first session. For more information contact, Pat Hubbard at (845) 429-7085, ext. 103 or pp40@cornell.edu.

*Cornell Cooperative Extension of Rockland actively supports equal educational and employment opportunities.  
Please contact the Cornell Cooperative Extension of Rockland County office if you have any special needs.*

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## Don't Sweat the Spotlight: Public Speaking Made Easy

PLEASE PRINT

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*Student's Name*

\_\_\_\_\_  
*Town*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*Zip Code*

\_\_\_\_\_  
*School*

\_\_\_\_\_  
*Grade*

\_\_\_\_\_  
*Home Phone Number*

\_\_\_\_\_  
*Cell Phone Number*

\_\_\_\_\_  
*E-mail Address*

I have enclosed a check or money order for \$50.00 made payable to Cornell Cooperative Extension.