

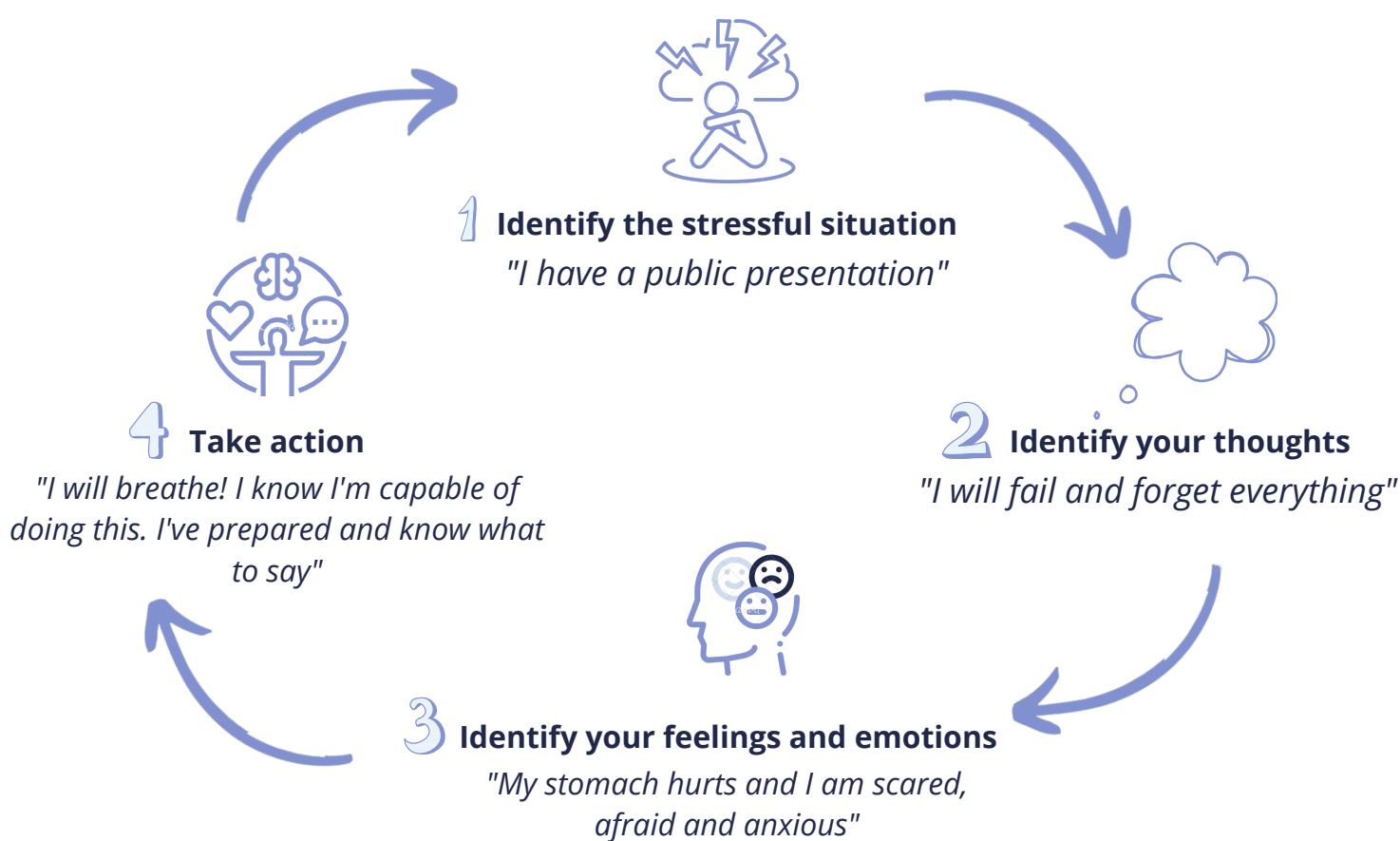


HOW TO DEAL WITH

# ORAL PRESENTATIONS

SELF-MANAGEMENT

Oral presentations can be a stressful/anxious moments, since you have to speak in front of your classmates and teachers. In these situations, it's important to consider the following steps, in order to better manage your feelings.



(adapted from raisingchildren.net.au, 2021)



HOW TO DEAL WITH

# ORAL PRESENTATIONS

POSITIVE SELF-INSTRUCTIONS/THOUGHTS

In order to help you deal better with these moments, here are some **positive self-instructions/thoughts that you can use to increase your confidence.**

**"I can do this!"**

**"I prepared for this!"**

**"I can breathe and calm  
down."**

**"I'll do great!"**

**"I'm capable!"**

**"I know my feelings and I can  
control them."**

**"I just need to focus on what I have  
to say."**





HOW TO DEAL WITH

# ORAL PRESENTATIONS

TRICKS TO USE



Remember that in front of you in class are your friends, with whom you've shared fantastic experiences and are there to support you.



Look at people in the audience that give you confidence.



Do rehearsals. Presentations can be rehearsed in front of the mirror or recorded on video to expose yourself to the sensation of being watched.



Carry a small script or outline of the contents of your presentation.



Remember, the most important thing is your work and your effort. You won't be evaluated by your personal characteristics.