

“At My Best” Speech

Topic: A time when you were at your best in life

Length: 4-5 minutes

Total Points: 60 points

This speech is used as a forum to tell us more about yourself. The goal is to tell the class something about you as a person. The focus of your speech should be to tell a story about a time when you were at your best—when you overcame a difficult challenge, when you rose to the occasion, or when you did something of which you are proud. The range of possible topics is broad, and I encourage you to think about a creative and interesting approach to your story. Please make sure that your topic is one that you are actually comfortable talking about in front of the entire class. Although a very personal moment may actually be the time when you were at your absolute best, some things may be too personal or too difficult to share. End your speech with “And this was the time when I was at my best.”

Outline and TurnItIn Receipt:

A typed **preparation outline is required** for this speech. Figure out an introduction, the main points of your story, and the conclusion. **Follow the examples given in class**; all points must be **written in a complete-sentence format**. **You must submit the outline to turnitin.com and print a receipt.**

Notecard:

One notecard with the speech outline on it (either written or pasted) is required when delivering the speech. Any extra notations you would like to make on it are acceptable BUT do NOT write your speech out word for word. You will lose points if you write your speech verbatim.

What I am looking for:

- Adherence to the assignment instructions
- Appropriate topic choice
- Presentation falls within the time restrictions
- Clear evidence of preparation
- Clear structure (intro, main points, conclusion)
- Solid delivery (eye contact, vocals, minimal physical/verbal tics)

Have fun! This is an interesting way to get to know your classmates. Be creative!

Remember, the only way anyone can ever truly improve his/her public speaking abilities is to practice. Be sure to time yourself so that you have a realistic idea of how long your speech will be.

Student Example

Mrs. Magel
CIS Public Speaking
8 Sept. 2012

Topic: My At My Best Speech

General Purpose: to inform

Specific Purpose: to inform the audience about a time when I was at my best

Introduction

I. Attention Getter: Comfort is a pretty great feeling. When you know you have friends around you and supporting you, life is much better.

II. Bridge: However, life can be hard when you're uncomfortable, and I found out years ago through a very painful experience I had.

III. Thesis: Today, I can say I'm fortunate to have had a life-changing experience that has made me who I am.

Body

I. It all started when my mom moved me as a sophomore

- A. Initially, I didn't want to go; I loved my old friends.
- B. In my new school, I didn't have any friends; in fact, I ate lunch in the bathroom.
- C. I became so depressed that I actually dropped out of sports.
- D. After a few months, I finally made some new friends.

II. After I settled into my new home and school, we went back to visit. I thought it would be great!

- A. I showed my old friends pictures of some of my new friends, and they proceeded to call my African American friends niggers.
- B. I was so taken aback that I didn't do anything but giggle.
- C. This process happened a few more times.
- D. Finally, on the third time they did this, I stood up to them.

Conclusion

I. Restated Thesis: This life changing experience changed who I am as a person. In time, I found myself and realized true friends are those who are accepting of others, not people who call others names. I'm fortunate to have had that experience to teach me early on about racism. Because of this experience, I'm proud of myself and still live with the ideal of accepting all people.

II. Clincher: "And this was the time when I was at my best."

3=excellent

2=average

1=needs work

0=missing

Introduction

- ___ gained attention while introducing topic clearly (attention getter)
- ___ connected attention getter and thesis smoothly and leads to fuller development (bridge)
- ___ thesis is stated clearly

Body

- ___ overall organization is effective and clear
- ___ transitions are effective and are used between body paragraphs and used to help story flow smoothly
- ___ topic sentences are stated and developed in detail
- ___ support is clear, logical, and helps to enhance speech and meet time limit
- ___ language is clear, descriptive, accurate, and appropriate

Conclusion

- ___ reinforced thesis
- ___ vivid ending (clincher)

Delivery

- ___ maintained eye contact
- ___ used voice effectively (pace, volume, rhythm)
- ___ used gestures and body effectively

Overall Evaluation

- ___ professionalism, preparedness, and overall smoothness
- ___ note cards effectively used and neatly written (If your whole speech is written out, you'll lose 10 points)
- ___ completed in time limit (If your speech does not meet time limit, you'll lose extra points)

Outline and Receipt

- ___/10 outline follows format from class and is turned in on time
- ___/2 turnitin receipt (must be turned in to turnitin.com for credit)

Total Points: /60

What did the speaker do most effectively?

What should the speaker pay special attention to next time?