

Three Exercises for Oral Presentations
Center for Teaching, Learning, and Research

Exercise one. TRY THIS (Walking).

BREATHE. RISE.
BREATHE. WALK.
BREATHE. PAUSE.
LOOK. SMILE.PAUSE.
WALK. SIT.

Exercise Two. TRY THIS (Introduction.)

BREATHE. RISE.
BREATHE. WALK.
BREATHE. PAUSE.
LOOK. SMILE.PAUSE.
I'M (NAME), a (YEAR) (your major) MAJOR at Middlebury College.
[Pause.] **THANK YOU.** [Smile.]
WALK. SIT.

Exercise Three. TRY THIS (See. Stop. Say. Famous Speech—one sentence).

Choose one sentence of a famous speech. Practice saying that out loud.

BREATHE. RISE.
BREATHE. WALK.
BREATHE. PAUSE.
LOOK. SMILE.PAUSE.
Try: See. Stop. Say. **Give us your sentence.**
Add your introduction at the beginning or the end:
I'M (NAME), a (YEAR) (your major) MAJOR at Middlebury College.
[Pause.] **THANK YOU.** [Smile.]
WALK. SIT.