

CONFIDENCE BUILDERS: RESOURCE 6

Communication Anxiety Quiz

Student Name:

Background

1) What is your experience with public speaking?

- A. I have never given a speech in public.
- B. I have given presentations for school or work assignments.
- C. I have public speaking experience through my extracurricular activities.
- D. I have been a public speaking coach, mentor, or teacher.

2) How do you react to the following statement:

"I enjoy public speaking."

- A. Strongly Agree.
- B. Agree.
- C. No Opinion.
- D. Disagree.
- E. Strongly Disagree.

Communication Traits

On the following questions, rate yourself in terms of:

"Developing" -- beginning level, either new to the skill or lacking confidence in this area.

"Solid" -- intermediate level, average ability and can hold their own most of the time.

"Expert" -- expert level, outstanding ability and/or able to teach this trait to others

| | Developing | Solid | Expert |
|--|------------|-------|--------|
| 3) Authenticity: When I speak publicly, I am able to be myself and I feel free to speak about what I care about. | | | |
| 4) Compelling: When I speak publicly, I am able to inspire interest and action from others. | | | |
| 5) Clear: When I speak publicly, I am able to be understandable and to the point. | | | |
| 6) Credible: When I speak publicly, I come off as expert and trustworthy. | | | |
| 7) Polished: When I speak publicly, I use appropriate gestures, movement, facial expressions, and vocal techniques to enhance my message. | | | |
| 8) Connected: When I speak publicly, I am able to connect to what my audience finds relevant, interesting, and motivating. | | | |

Anxiety Triggers

9) Which of the following make you nervous about public speaking?

- Forgetting what to say
- Getting stuck and losing track of my points
- Making a mistake
- Not feeling ready or not having enough time to prepare
- Not knowing my content well enough
- People staring at me and being on the spot
- Failing to impress or please my audience
- Worrying about people disliking what I have to say
- Not being loud enough
- Not looking good when I present
- Stuttering or stumbling over words
- Not having enough experience with public speaking
- Other: _____

10) How do nerves and fear affect you?

- Sweating and jitters
- Speaking too quickly
- Feeling sick/stomach pain
- Stumbling or stuttering
- Making me laugh uncontrollably
- Going blank and/or forgetting my points
- Getting defensive or short-tempered
- Getting distracted or restless
- Wanting to run away or avoid things

Situations

Please rate your level of anxiety in different public speaking situations.

- 1 - No fear or anxiety at all.
- 2 - Some fear and anxiety, but I can get through it with a little more preparation.
- 3 - Some fear and anxiety, but I can get through it with hard work.
- 4 - My fear and anxiety make it extremely difficult to speak publicly in these situations.
- 5 - My fear and anxiety makes it impossible to speak publicly in these situations.

| | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| 11) Situations where I have to speak spontaneously and come up with ideas on the spot, with little to no time to prepare. | | | | | |
| 12) One-on-one conversations. | | | | | |
| 13) Small group discussions. | | | | | |
| 14) Whole class discussions. | | | | | |
| 15) Presentations for a small audience (less than 30 people). | | | | | |
| 16) Presentations for a large audience (more than 50 people). | | | | | |
| 17) Presentations for people I know. | | | | | |
| 18) Presentations for people I don't know. | | | | | |

19) What makes you feel more comfortable

- Having notes or slides to use during my speech
- Having a microphone
- Having a podium or stand
- Having time to collect my thoughts and prepare remarks
- Practicing and rehearsing my remarks ahead of time
- Specific feedback and guidance to improve ahead of time
- Collaborating with a partner or group on ideas ahead of time
- Knowing what to expect from the situation
- Knowing how I will be evaluated or judged by the audience
- Positive encouragement from my peers or teacher/coach
- Giving myself pep talks
- Warming up and getting myself energized
- Friendly-looking, attentive audience members
- Having someone who makes sure the audience is focused and supportive (i.e. facilitator, teacher, leader)
- Other: _____

20) Is there anything that people should know to help you? (open response)