Overcoming Public Speaking Anxiety and Improving Presentations

Fall 2015 T/TH from 5:30-7:00pm
CRD 298-001, CRN – 47665, Register for 2 Units, P/NP
Location: Wellman Hall 233

- Want to improve your presentation materials?
- Nervous before giving a class lecture?
- Worried about facing your TA section?
- Anxious before presenting at a meeting or professional conference?

Public speaking is a pervasive requirement for graduate students and postdoctoral scholars in every field of study. We are asked to present our research at professional conferences and meetings and to lecture to undergraduate students, but there is surprisingly little formal preparation or training provided to acquire this essential skill.

Course Goal: To help graduate students and postdocs master the ability to prepare and deliver excellent presentations to a variety of audiences both in academia and beyond.

Topics Covered:
- Understanding the roots of public speaking anxiety
- Managing speech/performance anxiety
- Introducing yourself and your research in networking situations
- Presentation organization and effective use of PowerPoint
- Designing/improving research posters
- Speaking to different audiences including peers and the media

Instructor: Margaret Swisher Mantor, PhD
Dr. Swisher completed her PhD in Geography from UC Davis and was a Professors for the Future (PFTF) fellow. During her PFTF fellowship year, she designed and taught a graduate-level course to help other graduate students and postdoctoral scholars overcome the debilitating effects of public speaking anxiety. Her motivation arose out of her own experience with public speaking anxiety and the desire to master this common fear and become a successful presenter. She now enjoys teaching and giving presentations in academia and to non-academic audiences and looks forward to sharing what she has learned and helping you overcome your anxieties related to public speaking.

Questions? Please contact Dr. Swisher Mantor - maswisher@ucdavis.edu

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