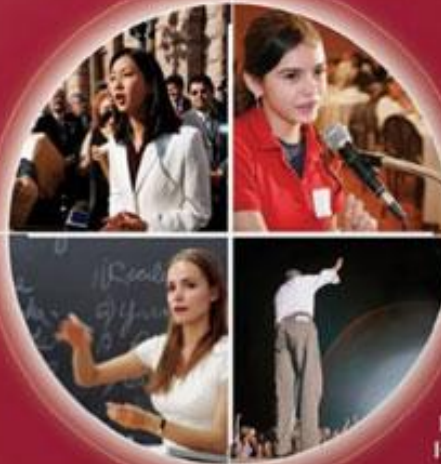


TEST BANK

Thomson Advantage
Books

Essentials of
Public Speaking



Fourth
Edition

Cheryl Hamilton

Chapter 2--Building Speaker Confidence

Student: _____

1. Socrates, who was a Greek contemporary of Plato and Aristotle:
 - A. possessed an impressive speaking voice that could be heard by large crowds.
 - B. suffered from speaker anxiety and had a voice that would not project.
 - C. had no impact on the study of public speaking.
 - D. started an unsuccessful school of rhetoric.

2. The belief that you are the only person experiencing nervousness is a characteristic of trait anxiety known as:
 - A. dissimilarity
 - B. speaking history
 - C. subordinate status
 - D. low self-concept

3. A speaker who worries that the audience knows more about his topic than he does is exhibiting the characteristic of trait anxiety known as:
 - A. dissimilarity
 - B. speaking history
 - C. subordinate status
 - D. communication apprehension

4. Which of the following is used to relieve the feeling of subordination?
 - A. compare yourself to the best speakers in the class
 - B. mentally psyche yourself up to increase aggressiveness
 - C. find and use two or more expert sources to support your thesis
 - D. speak only on subjects that require no research

5. To overcome a feeling of subordination, you can:
 - A. Find one or two expert sources that agree with your viewpoint and cite them during your speech.
 - B. Act superior to the audience
 - C. Make up facts that support your viewpoint.
 - D. Use words that the audience probably doesn't know or understand.

6. Instead of worrying about looks or impressions, it is better to:
- A. concentrate on not losing your concentration.
 - B. concentrate on getting your meaning across.
 - C. concentrate on your grade.
 - D. concentrate on entertaining the audience.
7. All of the following are true of positive imagery except:
- A. it involves creating vivid, detailed mental images.
 - B. feelings, such as pride or confidence, will not occur until the situation actually exists.
 - C. it can affect brain waves, heart rate, and other physiological responses in much the same way the actual event would.
 - D. it can be applied to other anxiety-producing situations as well as to public speaking.
8. When you practice your speech, it is best to:
- A. always practice out loud
 - B. practice the speech in your head
 - C. read the speech several times silently
 - D. read the notes you have taken and speak without practice
9. According to the text, the subconscious works to:
- A. tell the difference between what you have actually done and what you have only imagined yourself doing.
 - B. help you force yourself to do what you are not sure you can do.
 - C. make sure that you stay in your comfort zone.
 - D. all of these
10. Which of the following is the best example of a well-worded positive statement?
- A. I want to speak with greater enthusiasm
 - B. I will try to use gestures that are smooth and natural
 - C. I do not handle visual aids clumsily
 - D. I am relaxed when I speak to large groups
11. Careful preparation for a presentation, can reduce anxiety as much as:
- A. 25%
 - B. 50%
 - C. 75%
 - D. 10%

12. For positive imagery to work, you must read your list of positive statements and also:
- A. say them.
 - B. see them.
 - C. feel them.
 - D. all of these
13. The final step in using positive imagery is to:
- A. compare yourself to speakers superior to you
 - B. compare yourself to speakers inferior to you
 - C. avoid comparing yourself to other speakers
 - D. avoid borrowing techniques from other speakers
14. If you have trouble with actual visualization of images, the next best thing to do is:
- A. use physical pictures.
 - B. imagine how you would feel if you actually saw the image.
 - C. try another exercise.
 - D. give up entirely.
15. Systematic desensitization is a method of dealing with trait anxiety, which involves:
- A. learning communication skills.
 - B. relaxing and staying relaxed as you visualize anxiety-producing situations.
 - C. challenging irrational beliefs.
 - D. all of these
16. The anxiety that is caused by a speaker's feelings of personal inadequacy or low self-esteem is known as situational anxiety.
- True False
17. Feeling apprehensive about public speaking is normal.
- True False
18. Trait anxiety is less common than situational anxiety.
- True False
19. A recent poll shows fear of public speaking to be the number two fear of Americans.
- True False
20. Any time we become anxious, afraid, or excited, our heart begins pumping more blood, the digestive system slows down and pupils dilate.
- True False

21. People who feel comfortable expressing themselves are perceived as more competent, make a better impression during job interviews, and are more likely to be promoted to supervisory positions than anxious people are.

True False

22. List and briefly explain four of the techniques discussed in the text for managing situational anxiety.

23. List the four methods discussed in the text for managing trait anxiety. Briefly explain the two which you feel have the most potential to be useful as you prepare for your speeches.

24. List and briefly explain the three steps in mastering positive imagery.

25. Using the guidelines in the text, develop five well-worded statements you could use in applying positive imagery.

26. _____ anxiety is anxiety caused by factors in a specific situation.

27. _____ anxiety refers to the internal anxieties an individual brings to the speaking situation.

28. _____ imagery simply requires the use of your imagination and is a successful technique that you can do on your own.

29. Taking a public speaking course is a form of _____ training.

30. Systemic desensitization involves the combined use of deep muscle relaxation, breathing, and _____.

Chapter 2--Building Speaker Confidence **Key**

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Answer not provided.

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Trait

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Positive *or*
Visualization *or*
Mental

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skills

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visualization