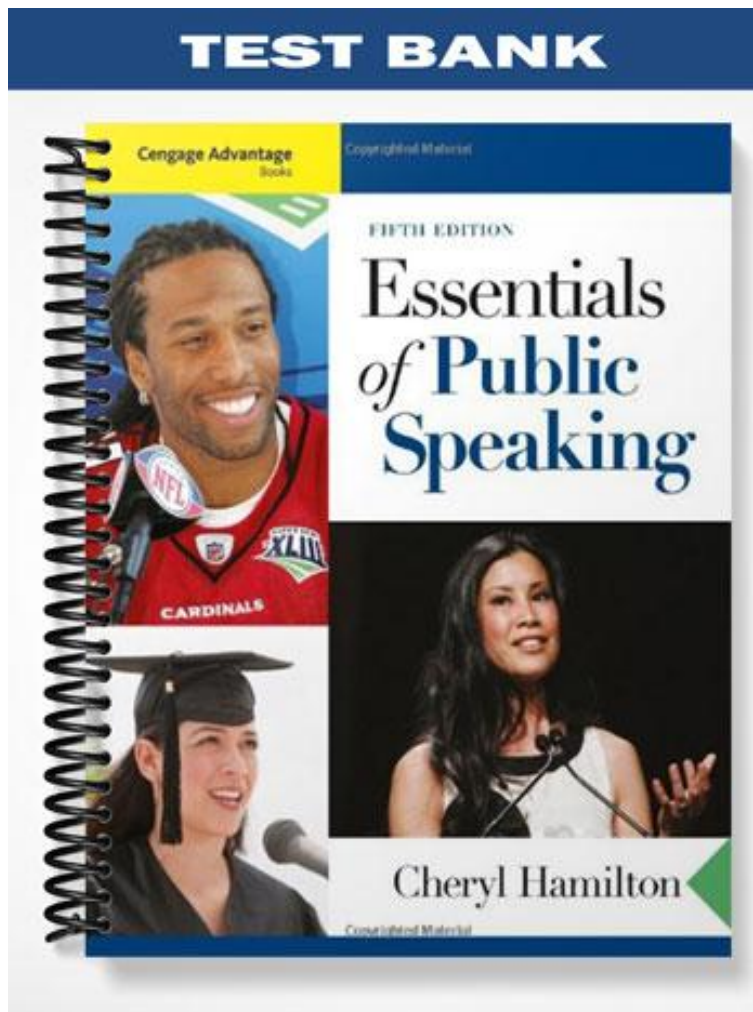


TEST BANK



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. What is the best way to prove to yourself that most nervousness is only minimally obvious to an audience?
 - A. pay attention to what you're doing as you speak
 - B. videotape yourself giving a speech
 - C. watch the audience for clues
 - D. speak using small gestures to help make yourself unnoticeable to the audience

5. Careful preparation for a presentation, can reduce anxiety as much as:
 - A. 25%
 - B. 50%
 - C. 75%
 - D. 10%

6. 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
7. Using visual aids helps speakers feel more confident because:
 - A. visual aids give you something to do with your hands
 - B. visual aids shift audience attention away from the speaker
 - C. visual aids make it almost impossible to forget what to say
 - D. all of the above
8. 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.
9. 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.
10. 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. keep us true to our picture of ourselves.
 - D. all of the above
11. 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

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 the above
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. Relaxation with deep breathing involves:
- A. tensing and relaxing each muscle group from your head to your toes as you inhale through the nose and slowly exhale through the mouth.
 - B. relaxing and staying relaxed as you visualize anxiety-producing situations.
 - C. slowly breathing while challenging irrational thoughts.
 - D. concentrating on a point on the wall while inhaling through the nose and slowly exhaling through the mouth.
16. A recent poll shows fear of public speaking to be the number two fear of Americans.
- True False
17. Feeling apprehensive about public speaking is normal.
- True False
18. People from all cultures experience the same level of communicator anxiety.
- True False
19. 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

20. The anxiety that is caused by a speaker's feelings of personal inadequacy or low self-esteem is known as situational anxiety.

True False

21. The current view of trait anxiety is that it is both inborn and learned.

True False

22. Describe the difference between situational and trait anxiety. Why is situational anxiety more common?

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

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. If you have extremely high trait anxiety and it seems that nothing you have tried so far has helped, you may have inborn - or genetically caused - anxiety that some researchers refer to as

_____.

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. Cognitive restructuring involves identifying irrational self-talk that produces speaker anxiety, _____, and practicing the coping statements in stressful situations.

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

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- TRUE**
17. Feeling apprehensive about public speaking is normal.
- TRUE**
18. People from all cultures experience the same level of communicator anxiety.
- FALSE**
19. 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**

20. The anxiety that is caused by a speaker's feelings of personal inadequacy or low self-esteem is known as situational anxiety.

FALSE

21. The current view of trait anxiety is that it is both inborn and learned.

TRUE

22. Describe the difference between situational and trait anxiety. Why is situational anxiety more common?

Answer not provided.

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Answer not provided.

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Answer not provided.

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Situational

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communibiology

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

Positive *or*
Visualization *or*
Mental

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

skills

30. Cognitive restructuring involves identifying irrational self-talk that produces speaker anxiety, _____, and practicing the coping statements in stressful situations.

developing alternative coping statements