Have you ever found yourself trembling at the prospect of presenting in class? Does your voice shake and your heart race when you have to speak in front of an audience? Does the fear of public speaking plague you and your career as a graduate student? Then this is the workshop for you! This workshop will provide you with the tools you need to overcome public speaking anxiety.

Public Speaking Anxiety: An Overview
You are not alone! Roughly 13% of the population suffers from social anxiety. Public speaking is one of the most commonly reported social anxieties on college campuses nationwide. This type of anxiety involves persistent fears of situations involving social interactions or social performance. Anxiety can lead to low self-esteem, depression, substance abuse, or dropping out of college.

Symptoms of Public Anxiety
- Blanking out
- Fear or embarrassment
- Trembling
- Sweating
- Clammy hands
- Increase heart rate
- Shaky voice
- Dry mouth
- Confusion
- Gastro-Intestinal problems
- Dizziness

Managing Public Speaking Anxiety
When managing public speaking anxiety, it is important to consider the following basic concepts.
- Recognize that anxiety and stress are normal.
- Stress can be appraised as Eustressful (invigoration) or Distressful based on your self-perceptions

Specific Techniques to Manage Anxiety
This workshop provides various techniques to help manage public speaking anxiety.
- Challenge Irrational Thoughts
- Relaxation
- Imagery and Mental Rehearsal (visualization)
- Behavioral Rehearsal (practice)
- ABCD Chart
- Dispute Handles Questions (Sank & Schaffer, 1984)

Challenge Irrational Thinking
Performance anxiety is a learned response with interactive physiological, behavioral, and cognitive components. The events themselves do not cause the anxiety, it is the thoughts and beliefs we have about those situations that create and maintain anxiety. The negative beliefs and thoughts we have about situations involving public speaking only serve to increase our anxiety. Manage your public speaking anxiety by challenging these irrational thoughts.

More Strategies to Manage Anxiety
- Prepare
- Relax
- Externalize
- Stay Positive
- Remain Single-Minded
- Unite
- Re-Evaluate
- Extend Yourself

We are all capable of climbing much higher than we usually permit ourselves to.
-Octavia Butler-