Overcoming Public Speaking Anxiety and Improving Presentations

Winter 2017 Thursdays 1:40-3:00PM, Register for 2 Units, P/NP, CRN 45269

- 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: Anthony Ho, PhD Candidate, Biochemistry, Molecular, Cellular, Developmental Biology

Priority given to graduate students, but postdocs and professional students may attend with approval of instructor. Questions? Please contact Anthony Ho - kaiho@ucdavis.edu

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