Fact vs. Fiction

**Fiction**
Everyone in the audience is thinking about how bad I am at presenting.

**Fact**
Most people are genuinely interested in what you have to say and don’t want to see you nervous - your classmates want you to succeed!

**Fiction**
I just paused for a few seconds. I messed up the whole presentation.

**Fact**
Not necessarily! Pauses (and a deep breath) can make a presentation better.

**Fiction**
If I use my hands too much people will get distracted.

**Fact**
Hand gestures are useful not only for yourself, but for the audience. It keeps the audience from zoning out when they don’t see you standing completely still.

**Fiction**
Speaking fast and finishing the presentation quickly is a good thing.

**Fact**
Speaking at a steady rate allows your peers and audience to understand and absorb your words, and that is better than trying to rush through it.

**Fiction**
Your teacher is looking for ways to take points away.

**Fact**
Your teacher wants to see you deliver the best speech you can and do well in the class. After all, they are there to guide you and help you grow in their class!