

COM 1010: FOUNDATIONS OF COMMUNICATION



Prince George's Community College
COM 1010: Foundations of Communication

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CHAPTER OVERVIEW

1: What is Communication?

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1.1: OER vs Textbook

Welcome to COM 1010: Foundations of Communication. We have moved from a traditional textbook to an OER. An OER is an Open Educational Resource that has been created by your faculty. The difference between an OER and a textbook is that the content in this OER has been created for you by your instructors. Unlike textbooks and other static sources of information, OERs can be updated quickly to incorporate student feedback. This material will be revised as needed, and as the times and society changes. We plan to keep the most up to date information for you in this OER. This OER contains content that will reside in the public domain.

Now that we have an OER for this course, this will allow us, your faculty to revise and remix the exact content we want to teach, in the manner we want to teach it. This OER is totally free to you, and makes it possible for everyone to have the required course materials from the first day of class.

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1.2: Communication 101

Learning Objectives

1. Explain the definition of Communication.
2. Identify the purposes of Communication.
3. Understand the need for a Communication class.



You're in COM 1010! We will spend the next several weeks together to become better communicators on a variety of levels, develop public speaking skills, and deliver dynamic presentations. You will learn that communicating and speaking in public are skills that need to be learned and refined. Simply knowing how to talk does not mean that you can do it well, nor does it mean that you can effectively speak in public.

Do you wonder why you need to take a course in communication? The answer is that it will help you become more effective in communicating, both orally and in writing, and teach you to properly develop and deliver a public presentation.

This course is designed to help you with communicating better in every facet of your life, whether it is at work, at home, in school, or in public. A large portion of this course concentrates on public speaking, which means that you will choose a topic, develop it through research, and present it to the class all this while controlling your nerves

Yes! We all get nervous and that is normal. You will not be graded on whether you are nervous or not; rather, you will be graded on how well you manage your anxiety. It is okay to be nervous, but you must not let your nerves get the best of you during your speech. Relax! Practice helps build your confidence, and confidence minimizes nervousness. Having said all that, let us roll up our sleeves and get to work.

Communication is a multifaceted topic that can be seen as having five dimensions: intrapersonal (communicating with oneself), interpersonal (communicating with others), public (communicating with an audience), and mass (communication transmitted through electronic and print media to widespread audiences) and social media (communicating through electronic platforms).

Communication Defined

Communication is about messages. It is a complex process through which we express, interpret, and coordinate messages with others. We do so to create shared meaning, to meet social goals, to manage personal identity, and to carry out our relationships. (Verderber, 2017).

Characteristics of Communication

Communication has a purpose. When we communicate we have a purpose for doing so.

Communication is:

Relational - The relationship you have with others as to the manner in which you will speak with them. You communicate with your parents them one way, but communicate your friends differently.

Irreversible - Once you put it out there, it is out there. You cannot take messages back. It is always wise to think before you speak.

Situational - It is expected that different situations you find yourself in would cause you to communicate differently. The environment in which you are in often dictates how you will communicate.

Can be learned - Communication is a skill that can be learned. For starters, you are taking this class to increase your communication competence.

There is no ideal way to communicate - Communicate who you are. Communicate how you please. There are many ways to communicate, so communicate in the manner you feel is best.

Key Takeaways

- Communication is a part of our daily lives
- Communication is about messages
- Communication several characteristics
- Intrapersonal, Interpersonal, Public, Mass Communication and Social Media are the five dimensions of communication.

Exercises

1. Provide an example when you used 3 of the communication Characteristics. Explain how that effected the overall conversation.
2. Which dimension of communication makes you feel best when communicating? Explain why?

References

1. Verderber, K., Sellnow, D., Verderber, R. (2017). *Communicate*, (15th ed.). United States: Cengage Learning.

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1.3: The Communication Process and Models

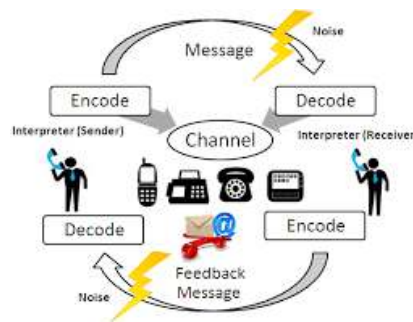
Learning Objectives

1. Identify and define the components of the communication process
2. Identify and define the components of the linear, interactional and transactional models of communication.
3. Compare and contrast the three models of communication.
4. Use the transactional model of communication to analyze a recent communication encounter.

The Communication Process

Human communication is essentially a process of sending and receiving information. Every verbal and non-verbal interaction that we have goes through this process. Essentially, the process is transactional, in which each of the components overlaps simultaneously. The components of the communication process are as follows:

- **Source:** Sender of the message
- **Receiver:** Recipient of the message
- **Encoding:** The process of turning thoughts into communication
- **Decoding:** The process of turning communication into thoughts
- **Feedback:** Reply or response (verbal or non-verbal) to the message
- **Message:** Content of communication
- **Channel:** Vehicle through which communication travels
- **Noise:** Interference in communication



Noise



Any interference in the communication process is considered noise. Noise hampers the source from sending out a clear message and the receiver from taking in the message as it was intended. Noise is ever present in each of the three models of communication.

The following types of noise can negatively impact the communication process:

- **Environmental noise:** Noise present in the physical environment, like loud music or the noise of traffic can impact communication.
- **Semantic noise:** This refers to the differences in the understanding of meaning by the sender and the receiver. For example, the meaning of the word 'fat' (phat) can have different connotations for different groups of people.

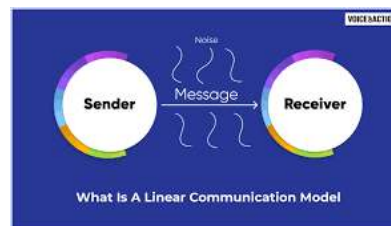
- **Syntactical noise:** Grammatical mistakes in formation of sentences can hamper the correct understanding of messages. A common example is the incorrect use of tense.
- **Organizational noise:** If the message is not appropriately structured and ordered, it can lead to miscommunication. An example is when someone receives unclear instructions to complete a task.
- **Cultural noise:** Differences in cultural norms, such as ethnic, religious, or gender differences, can lead to misinterpretation of a message. For example, eye contact in some contexts can be seen as disrespectful and rude, while in others it is a sign that you are paying attention and being respectful.
- **Psychological noise:** Internal feelings, like being hungry, upset, elated, angry, or discouraged, can affect communication.

Communication Models

Three models are used to explain the communication process. These are discussed here.

The **linear model** of communication describes communication going in only one direction. The sender encodes a message and channels it to the receiver. The components at work include sending and receiving, and encoding and decoding a message, but there is no feedback loop.

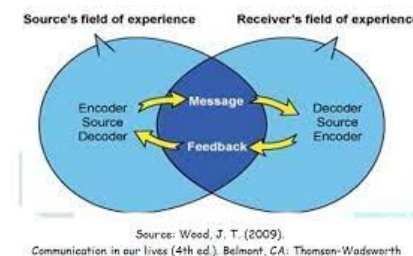
For example: Receiving a letter in the mail or an email.



The **interactional model** reflects more of a back-and-forth conversation, in which a person waits for the feedback loop to be completed before responding. Conversation is interactive when the source sends a message to the receiver, it is encoded, and a message is sent back, creating a two-way conversation. There is no time lag in communication.

The interactional model of communication describes communication as a process in which participants alternate positions as sender and receiver and generate meaning by sending messages and receiving feedback within physical and psychological contexts (Schramm, 1997). Rather than illustrating communication as a linear, one-way process, the interaction model incorporates feedback, which makes communication a more interactive, two-way process.

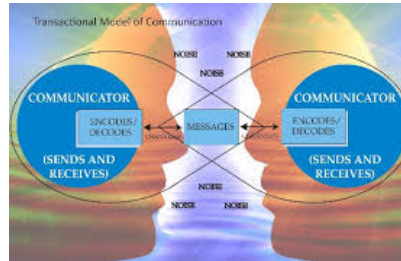
For example: A question-and-answer session, in which a question is asked and a response given, is an example of an interactional model of communication. Feedback and context help make the interactive model a more useful illustration of the communication process. Rather than illustrating communication as a linear, one-way process, the interaction model incorporates feedback, which makes communication a more interactive, two-way process. Each participant alternates roles as sender and receiver in order to keep a communication encounter going, we alternate between the roles of sender and receiver very quickly and often without conscious thought.



All our natural day-to-day conversation takes the form of the **transactional model**. In this model, there is a simultaneous flow of communication between the sender and receiver of information. There is an overlap in the encoding and decoding of information. While the sender is completing a sentence the receiver is already thinking of what to say next. Short of cutting one another off

during conversation, intrapersonal communication and feedback is also occurring with this process. The key phrase here is ‘at the same time’.

As the study of communication progressed, models expanded to account for more of the communication process. Many scholars view communication as more than a process that is used to carry on conversations and convey meaning. We don’t send messages like computers, and we don’t neatly alternate between the roles of sender and receiver as an interaction unfolds.



To review, each model incorporates a different understanding of what communication is and what communication does. The linear model views communication as a thing, like an information packet, that is sent from one place to another. From this view, communication is defined as sending and receiving messages. The interactional model views communication as an interaction in which a message is sent and then followed by a reaction (feedback), which is then followed by another reaction, and so on. The transactional model views communication as integrated into our social realities and displays the all components of the communication process.

Key Takeaways

- The Communication Process outlines the many facets that take place during communication.
- The linear model of communication describes communication as a one-way, linear process in which a sender encodes a message and transmits it through a channel to a receiver who decodes it.
- The interactional model of communication describes communication as a two-way process in which participants alternate positions as sender and receiver and generate meaning by sending and receiving feedback.
- The transactional model of communication describes communication as a process in which communicators are simultaneously senders and receivers.
- Understanding how noise is always present in communication.

Exercises

1. Getting integrated: How might knowing the various components of the communication process help you in your day-to-day life?
2. What communication situations does the linear model best represent? The interactional model? The transactional model?
3. Use the transactional model of communication to analyze a recent communication encounter you had. Sketch out the communication encounter and make sure to label each part of the model (communicators; message; channel; feedback; and physical, psychological, social, relational, and cultural contexts).

References

Schramm, W., *The Beginnings of Communication Study in America* (Thousand Oaks, CA: Sage, 1997).

Wood, J.T., *Communication in Our Lives* (4th ed.). Belmont, CA (Thomson-Wadsworth, 2009).

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1.4: Ethics and Communication

Learning Objectives

1. Describe the importance of being an ethical communicator.
2. Explain the National Communication Association (NCA) credo for ethics.



Ethics refers to what is acceptable and unacceptable behavior. The concept of ethics applies to communication too. As ethical communicators, you should conform to certain moral standards. The National Communication Association (NCA) has approved a code of ethics for communication in the Euro American Culture. This is referred to as the Credo for Ethical Communication. You can access this credo at the official site of [National Communication Association](https://www.nca-net.org/).

THE NATIONAL COMMUNICATION ASSOCIATION

Credo for Ethical Communication

- ◉ - truthfulness, accuracy, honesty are essential to the integrity of communication;
- ◉ - endorse freedom of expression, diversity of perspective, and tolerance of dissent to achieve the informed and responsible decision making fundamental to a civil society;

As a student of communication, you can follow the credo by always presenting accurate, honest, and truthful content for listeners. You should not knowingly alter the truth or hide facts. Always substantiate the information you present.

Let us explore this credo further through an example. Here are two statements made during a presentation by two speakers:

- **I believe 37 percent of automobile accidents were due to drinking and driving last year.**
- **According to the County Highway Administration, 83 percent of automobile accidents were caused by drunk drivers in 2022.**

The first statement can be considered unethical because it contains partial information that may not be correct or valid. Speakers should use accurate and complete statistics in their presentations and tell the audience the source of that information. Guessing facts deprives the audience of the truth. Increase your credibility by providing valid sources for facts and statistics.

Key Takeaways

- Understand the importance of being an ethical communicator.
- Public speakers have to take ethics into consideration while delivering speeches.
- Learn and recite the NCA credo of ethics.

Exercise

1. Review the Credo at www.natcom.org and explain ethical communication to a new communication scholar.

References

National Communication Association, [Credo for Ethical Communication](#) (approved 1999, reaffirmed 2017).

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2: Intrapersonal Communication

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2.1: Intrapersonal Communication Defined

Learning Objectives

1. Define intrapersonal communication.
2. Explain how to manage and improve intrapersonal communication.
3. Explain how self talk, self concept, and self love effect communication.
4. Discuss the direct effect intrapersonal communication has on interpersonal communication.

Communicating with oneself is called intrapersonal communication. This internal conversation is an ongoing process that rarely stops.

Intrapersonal communication occurs when we are thinking, studying, writing, dreaming, reading, listening, and so forth. What we say to ourselves on a daily basis is called self-talk, which is directly correlated with how we view ourselves. This perception of ourselves is called self-concept. Let us learn more about self-talk, self-concept, and self-love.

It is important to understand that self-talk has a direct influence on interpersonal communication. In this module, you will learn the importance of the messages you speak to yourself and the impact they have on the way you communicate.

Example - Often waking up and getting out of bed on a Monday morning is challenging. Sometimes it is difficult to get going and start another work or school week, and you might say to yourself, “Just another manic Monday...I wish it were Sunday.” The tone and substance of this intrapersonal conversation will affect subsequent conversations one has that day with others at work or at school.

Types of Intrapersonal Communication

Self Talk

Self-talk can be positive or negative. Self-talk

- Influences your feelings, self-esteem, and stress level.
- Shapes your internal attitudes, which influences your external attitudes and behavior.
- Affects your self-concept and the love you feel for yourself.

When it comes to using self-talk to accomplish a goal, it helps to tell yourself that “I can do it” and “I am smart.” Giving yourself positive messages can help create a desired outcome.

When negative thoughts come into your mind, try replacing them with positive thoughts. Going down a negative thought path will simply yield more negativity. Instead of saying, “I hate mathematics,” say, “Mathematics is challenging for me.” While the former sounds like you have given up, the latter sounds like you are still trying to do well in mathematics.

Self Concept

Self-concept is how you perceive yourself. Our self-concept is also formed through our interactions with others and their reactions to us. Quite naturally, if you picture yourself as a pleasant and engaging person, then others will see you in the same way. You will carry yourself as if you are pleasing and attractive if that is how you see yourself. Generally, others will perceive your positive demeanor and treat you in the same way.

The concept of the looking glass self explains that we see ourselves reflected in other people’s reactions to us and then form our self-concept based on how we believe other people see us (Cooley, 1902). This reflective process of building our self-concept is based on what other people have actually said, such as “You’re a good listener,” and other people’s actions, such as coming to you for advice. These thoughts evoke emotional responses that feed into our self-concept. For example, you may think, “I’m glad that people can count on me to listen to their problems.”

We also develop our self-concept through comparisons to other people. Social comparison theory states that we describe and evaluate ourselves in terms of how we compare to other people. Social comparisons are based on two dimensions:

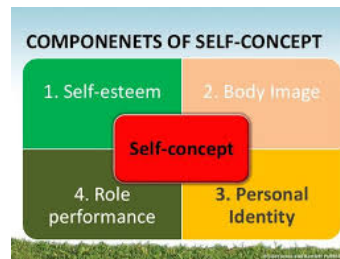
superiority/inferiority and similarity/difference (Hargie, 2011). In terms of superiority and inferiority, we evaluate characteristics like attractiveness, intelligence, athletic ability, and so on. For example, you may judge yourself to be more intelligent than your brother or less athletic than your best friend, and these judgments are incorporated into your self-concept. This process of comparison and evaluation isn't necessarily a bad thing, but it can have negative consequences if our reference group isn't appropriate. Reference groups are the groups we use for social comparison, and they typically change based on what we are evaluating. In terms of athletic ability, many people choose unreasonable reference groups with which to engage in social comparison. If a man wants to get into better shape and starts an exercise routine, he may be discouraged by his difficulty keeping up with the aerobics instructor or running partner and judge himself as inferior, which could negatively affect his self-concept. Using as a reference group people who have only recently started a fitness program but have shown progress could help maintain a more accurate and hopefully positive self-concept.

Example - It is important to understand that self-concept is situational. For example, you may be good at English and get lots of A's but not as well with mathematics. Therefore, you may not be as confident in your mathematics class as you are in your English class. Your self-concept will change based on the situation you find yourself in. Most people do not have complete confidence in every situation.

Cultivating a positive self-concept typically involves

- Sometimes "tooting your own horn"
- Creating a positive scenario, so that positive actions may occur
- Attacking negative self-thoughts and beliefs (as soon as they come).
- Being careful of social comparisons

What we tell ourselves is what we begin to believe about ourselves. If we repeat positive statements to ourselves, then our outlook will be positive. On the other hand, negative thinking will lead to a negative outlook.



Self-love

An additional way to keep negativity away is with self-love. Self-love involves accepting yourself as a worthy person

Accepting who and what you are

Knowing that if others cannot accept you as you are, it is their problem, not yours.

Key Takeaways

- Intrapersonal communication is communicating with yourself.
- We cannot turn off intrapersonal communication.
- Three types of intrapersonal communication are self talk, self concept, and self love.

Exercises

1. Take a day to jot down all of the negative things you say to yourself. This will help you realize that you need to be nicer to yourself.
2. When you say negatives things to yourself, immediately replace it with something positive.
3. Explain which component of the self concept affects you the most and discuss how it can be improved.

References

Charles Horton Cooley, *Human Nature and the Social Order*. New York: Scribner's, 1902, pp. 179-185.

Hargie, O. (2011) *Skilled Interpersonal Communication: Research, theory and practice*. 5th Edition, Routledge, London.

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2.2: Role of Perception in Communication

Learning Objectives

1. Explain the three steps of the perception process.
2. Explain two common perceptual errors: the fundamental attribution error and the self-serving bias.
3. Discuss how the first impressions influence perception.
4. Discuss how physical and environmental factors influence perception.
5. Define Schemata.
6. Explain the horn and halo effects.



 Domestic violence - Wikipedia

Perception

Since we perceive information based on our frame of reference, we can often be incorrect and run the risk of over-generalizing and misjudging. It is important to examine ourselves and the situation before making a judgment. Since this is an intrapersonal process, what we perceive will affect our interpersonal communication with others. Take a look at the ribbons above, they are the same but have different colors, which yields different meanings for different groups of people. What do these ribbons mean?

Example -

A neighbor who is usually friendly has not responded to your “Good morning” message for three days in a row. How would you perceive being ignored?

Instead of deciding to never speak to that person again, check your perception to see if there is something wrong with the neighbor. Give the neighbor the benefit of the doubt; share your perception of his or her behavior, and ask if everything is all right.

Conducting a perception check will help you avoid jumping to incorrect conclusions.

Perception and Communication

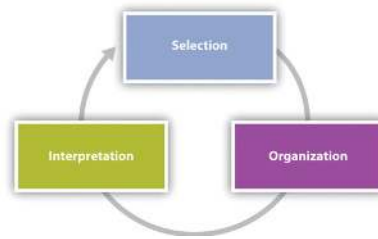
Perception is the way in which we see the world, and each of us sees the world differently. As a result, each of us comes to a conversation with different ways of talking and of doing things. Perception directly affects the way we communicate. More often than not, we perceive based on our frame of reference, which includes our background, attitudes, beliefs, experiences, and culture. These aspects not only affect our intrapersonal communication, but also drive how we communicate daily with others. Perception colors the way we create and respond to messages.

Keep in mind that when you are talking with others, they have their own frame of reference driving their thought processes. No two people have exactly the same frame of reference!

Perception Process

Perception is the process of selecting, organizing, and interpreting information. This process, includes the perception of select stimuli that pass through our perceptual filters, are organized into our existing structures and patterns, and are then interpreted based on previous experiences. Although perception is a largely cognitive and psychological process, how we perceive the people and objects around us affects our communication. We respond differently to an object or person that we perceive favorably than we

do to something we find unfavorable. But how do we filter through the mass amounts of incoming information, organize it, and make meaning from what makes it through our perceptual filters and into our social realities?



Selecting Information

We take in information through all five of our senses, but our perceptual field (the world around us) includes so many stimuli that it is impossible for our brains to process and make sense of it all. Selecting is the **first part** of the perception process, in which we focus our attention on certain incoming sensory information.

about how, out of many other possible stimuli to pay attention to, you may hear a familiar voice in the hallway, see a pair of shoes you want to buy from across the mall, or smell something cooking for dinner when you get home from work. We quickly cut through and push to the background all kinds of sights, smells, sounds, and other stimuli, but how do we decide what to select and what to leave out?



The Perception Process

- Selection
 - What attracts your attention?
 - Selecting which impressions we will attend to
 - Stimuli that are intense often attract our attention
 - We're more likely to remember:
 - Extremely tall or short people
 - An obnoxious laugh
 - A person who speaks loudly

We select information based on:

Needs and Interests - We tend to pay attention to information that we perceive to meet our needs or interests in some way. We know what interests us and we automatically gravitate toward stimuli that match up with that.

Expectations - Since we expect something to happen, we may be extra tuned in to clues that it is coming.

Organizing Information

Organizing is the **second part** of the perception process, in which we sort and categorize information that we perceive. We organize interactions and interpersonal experiences based on our firsthand experiences

We also organize information based on:

Similarity - We tend to think similar-looking or similar-acting things belong together and we have a tendency to perceive others as similar to us

Difference - We assume that the item that looks or acts different from the rest doesn't belong



Interpreting Information

Interpretation is the **third part** of the perception process, in which we assign meaning to our experiences using mental structures known as *schemata*. Schemata are like databases of stored, related information that we use to interpret new experiences. We all have fairly complicated schemata that have developed over time as small units of information combine to make more meaningful complexes of information.

It's important to be aware of schemata because our interpretations affect our behavior. For example, if you are doing a group project for class and you perceive a group member to be shy based on your schema of how shy people communicate, you may avoid giving him presentation responsibilities in your group project because you do not think shy people make good public speakers. Schemata also guide our interactions, providing a script for our behaviors. We know, in general, how to act and communicate in a waiting room, in a classroom, on a first date, and on a game show. Even a person who has never been on a game show can develop a schema for how to act in that environment by watching *Beat Shazam*, for example.



Schemata are used to interpret others' behavior and form impressions about who they are as a person. Think about how your communication with someone might differ if he or she were introduced to you as an artist versus a doctor. We make similar interpretations based on where people are from, their age, their race, and other social and cultural factors.

Factors Affecting Interpretation of Stimuli

After the data have been received and organized, the perceiver interprets or assigns meaning to the information.

Factors which contribute to interpretation

1. **Perceptual Set**:- Previously held beliefs about objects, influence an individual's perceptions of similar objects.
Ex :- Managers general perception about workers.
2. **Attribution** :- It refers to the process by which the individual assigns causes to the behavior he conceives.
3. **Stereotyping** :- It is the tendency for a person's perceptions of another to be influenced by the social group to which the other belongs.

Prof. (Dr.) Rita Gandhi Arora 8

“Getting Real”: Police Officers, Schemata, and Perception/Interpretation

Prime-time cable and network television shows like the *Law and Order* franchise and *Southland* have long offered viewers a glimpse into the lives of law enforcement officers. *COPS*, the first and longest-running prime-time reality television show, and newer reality-themed and educational shows like *The First 48* and *Lockdown*, offer a more realistic look into techniques used by law enforcement. Perception is a crucial part of an officer's skill set. Specifically, during police-citizen encounters, where tensions may be high and time for decision making limited, officers rely on schemata developed through personal experience off the job and training and experience on the job (Rozelle & Baxter, 1975). Moreover, police officers often have to make perceptions based on incomplete and sometimes unreliable information. So, how do police officers use perception to help them do their jobs?

Research has examined how police officers use perception to make judgments about personality traits, credibility, deception, and the presence or absence of a weapon, among others things, and just like you and me, officers use the same process of selection, organization, and interpretation. This research has found that officers, like us, rely on schema to help them make decisions under time and situational constraints.

In terms of **selection**, expectations influence officer perception. At preshift meetings, officers are briefed on ongoing issues and “things to be on the lookout for,” which provides them with a set of expectations—for example, the make and model of a stolen car—that can guide their selection process. They must also be prepared for things that defy their expectations, which is not a job skill that many other professionals have to consider every day. They never know when a traffic stop could turn into a pursuit or a seemingly gentle person could turn violent.

These expectations can then connect to **organization** strategies. For example, if an officer knows to be alert for a criminal suspect, they will actively organize incoming perceptual information into categories based on whether or not people look similar to or different from the suspect description. Proximity also plays into police work. If a person is in a car with a driver who has an unregistered handgun, the officer is likely to assume that the other person also has criminal intent. While these practices are not inherently bad, there are obvious problems that can develop when these patterns become rigid schema. Some research has shown that certain prejudices based on racial schema can lead to perceptual errors—in this case, police officers mistakenly perceiving a weapon in the possession of black suspects more often than white suspects (Payne, 2001). Additionally, racial profiling (think of how profiles are similar to schemata) has become an issue that's gotten much attention since the September 11, 2001, terrorist attacks and the passage of immigration laws in states like Arizona and Alabama that have been critiqued as targeting migrant workers and other undocumented immigrants. As you can see, law enforcement officers and civilians use the same perception process, but such a career brings with it responsibilities and challenges that highlight the imperfect nature of the perception process.

1. What communication skills do you think are key for a law enforcement officer to have in order to do their job effectively and why?

2. Describe an encounter that you have had with a law enforcement officer (if you haven't had a direct experience you can use a hypothetical or fictional example). What were your perceptions of the officer? What do you think his or her perceptions were of you? What schemata do you think contributed to each of your interpretations?
3. What perceptual errors create potential ethical challenges in law enforcement? For example, how should the organizing principles of proximity, similarity, and difference be employed?

Are you a good judge of character? How quickly can you “size someone up?” Interestingly, research shows that many people are surprisingly accurate at predicting how an interaction with someone will unfold based on initial impressions. As you read this section, keep in mind that these principles apply to how you perceive others and to how others perceive you. Just as others make impressions on us, we make impressions on others. We have already learned how the perception process works in terms of selecting, organizing, and interpreting. In this section, we will focus on how we perceive others, with specific attention to how we interpret our perceptions of others.

Impressions and Interpretation

As we perceive others, we make impressions about their personality, likeability, attractiveness, and other characteristics. Although much of our impressions are personal, what forms them is sometimes based more on circumstances than personal characteristics.

- All the information we take in isn't treated equally.
- How important are first impressions?
- Does the last thing you notice about a person stick with you longer because it's more recent?
- Do we tend to remember the positive or negative things we notice about a person?

This section will help answer these questions, as we explore how the timing of information and the content of the messages we receive can influence our perception.

First Impressions

First impressions are enduring because of the primacy effect, which leads us to place more value on the first information we receive about a person. So if we interpret the first information we receive from or about a person as positive, then a positive first impression will form and influence how we respond to that person as the interaction continues. Likewise, negative interpretations of information can lead us to form negative first impressions. If you sit down at a restaurant and servers walk by for several minutes and no one greets you, then you will likely interpret that negatively and not have a good impression of your server when he finally shows up. This may lead you to be short with the server, which may lead him to not be as attentive as he normally would. At this point, a series of negative interactions has set into motion a cycle that will be very difficult to reverse and make positive.

Physical and Environmental Influences on Perception

We make first impressions based on a variety of factors, including physical and environmental characteristics. In terms of physical characteristics, style of dress and grooming are important, especially in professional contexts. We have general schema regarding how to dress and groom for various situations ranging from formal, to business casual, to casual, to lounging around the house.

You would likely be able to offer some descriptors of how a person would look and act from the following categories: a conceited person, a laid back person, a loud mouth, a fashionista, etc. The schema associated with these various cliques or styles are formed through personal experience and through exposure to media representations of these groups. Different professions also have schema for appearance and dress. Imagine a doctor, mechanic, congress person, exotic dancer, or mail carrier. Each group has clothing and personal styles that create and fit into general patterns. Of course, the mental picture we have of any of the examples above is not going to be representative of the whole group, meaning that stereotypical thinking often exists within our schema. We will learn more about the negative effects of stereotypical thinking later in the chapter, but it's important to understand how persuasive various physical perceptual influences can be.



Just as clothing and personal style help us form impressions of others, so do physical body features. The degree to which we perceive people to be attractive influences our attitudes about and communication with them. Facial attractiveness and body weight tend to be common features used in the perception of physical attractiveness. People perceived as attractive are generally evaluated more positively and seen as more kind and competent than people evaluated as less attractive. Additionally, people rated as attractive receive more eye contact, more smiles, and closer proximity to others (people stand closer to them). Unlike clothing and personal style, these physical features are more difficult, if not impossible, to change.

Finally, the material objects and people that surround a person influence our perception. In the MTV show *Room Raiders*, contestants go into the bedrooms of three potential dates and choose the one they want to go on the date with based on the impressions made while examining each potential date's cleanliness, decorations, clothes, trophies and awards, books, music, and so on. Research supports the reliability of such impressions, as people have been shown to make reasonably accurate judgments about a person's personality after viewing his or her office or bedroom (Hargie, 2011). Although the artificial scenario set up in *Room Raiders* doesn't exactly match up with typical encounters, the link between environmental cues and perception is important enough for many companies to create policies about what can and can't be displayed in personal office spaces. It would seem odd for a bank manager to have an *Animal House* poster hanging in his office, and that would definitely influence customers' perceptions of the manager's personality and credibility. The arrangement of furniture also creates impressions. Walking into a meeting and sitting on one end of a long boardroom table is typically less inviting than sitting at a round table or on a sofa.

Although some physical and environmental features are easier to change than others, it is useful to become aware of how these factors, which aren't necessarily related to personality or verbal and nonverbal communication, shape our perceptions. These early impressions also affect how we interpret and perceive later encounters, which can be further explained through the halo and horn effects.

The Halo and Horn Effects

We have a tendency to adapt information that conflicts with our earlier impressions in order to make it fit within the frame we have established. This is known as selective distortion, and it manifests in the halo and horn effects. The angelic halo and devilish horn are useful metaphors for the lasting effects of positive and negative impressions.

The **halo effect** occurs when initial positive perceptions lead us to view later interactions as positive. The **horn effect** occurs when initial negative perceptions lead us to view later interactions as negative (Hargie, 2011). Since impressions are especially important when a person is navigating the job market, let's imagine how the horn and halo effects could play out for a recent college graduate looking to land her first real job. Nell has recently graduated with her degree in communication studies and is looking to start her career as a corporate trainer. If one of Nell's professors has a relationship with an executive at an area business, his positive verbal recommendation will likely result in a halo effect for Nell. Since the executive thinks highly of his friend the professor, and the professor thinks highly of Nell, then the executive will start his interaction with Nell with a positive impression and interpret her behaviors more positively than he would otherwise. The halo effect initiated by the professor's recommendation may even lead the executive to dismiss or overlook some negative behaviors. Let's say Nell doesn't have a third party to help make a connection and arrives late for her interview. That negative impression may create a horn effect that carries through the interview. Even if Nell presents as competent and friendly, the negative first impression could lead the executive to minimize or ignore those positive characteristics, and the company may not hire her.

Key Takeaways

- To simplify how patterns help us to more communicate efficiently and get through life.
- Review the three steps of the perception process.

- Utilize the factors that effect our perceptions.
- Understand how perception alters how we think and communicate with ourselves and others.
- Understand the purpose of Schemata.

Exercises

1. Think of a recent conflict and how you explained the behavior that caused the conflict and subsequently formed impressions about the other person based on your perceptions. Briefly describe the conflict situation and then identify internal and external attributions for your behavior and the behavior of the other person. Is there any evidence of the fundamental attribution error or self-serving bias in this conflict encounter? If so, what?
2. Describe a situation in which you believe the your impression of something influenced your perceptions of a person or event.
3. Has your perception of something ever changed because of exposure to cultural difference? For example, have you grown to like a kind of food, music, clothing, or other custom that you earlier perceived unfavorably?

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2.3: Influences on Perception

Learning Objectives

1. Define self-concept and discuss how we develop our self-concept.
2. Define self-esteem and discuss how we develop self-esteem.
3. Explain how social comparison theory and self-discrepancy theory influence self-perception.
4. Discuss how social norms, family, culture, and media influence self-perception.
5. Define self-presentation and discuss common self-presentation strategies.



Just as our perception of others effects how we communicate, so does our perception of ourselves. But what influences our self-perception? How much of our self is a product of our own making and how much of it is constructed based on how others react to us? How do we present ourselves to others in ways that maintain our sense of self or challenge how others see us?

Social Comparison

 Don't let comparison steal your joy - Cass Dunn

We also engage in social comparison based on similarity and difference. Although we compare ourselves to others throughout our lives, adolescent and teen years usually bring new pressure to be similar to or different from particular reference groups. Think of all the cliques in high school and how people voluntarily and involuntarily broke off into groups based on popularity, interest, culture, or grade level. But social comparison can be complicated by perceptual influences. As we learned earlier, we organize information based on similarity and difference, but these patterns don't always hold true. As with other aspects of perception, there are positive and negative consequences of social comparison.

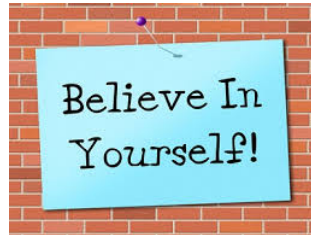
We generally want to know where we fall in terms of ability and performance as compared to others, but what people do with this information and how it affects self-concept varies. Not all people feel they need to be at the top of the list, but some won't stop until they get the high score on the video game or set a new school record in a track-and-field event. Some people strive to be first chair in the clarinet section of the orchestra, while another person may be content to be second chair. The education system promotes social comparison through grades and rewards such as honor rolls and dean's lists.

But social comparison that isn't reasoned can have negative effects and result in negative thoughts like "Look at how bad I did. Man, I'm stupid!" These negative thoughts can lead to negative behaviors, because we try to maintain internal consistency, meaning we act in ways that match up with our self-concept. So if the student begins to question her academic abilities and then incorporates an assessment of herself as a "bad student" into her self-concept, she may then behave in ways consistent with that, which is only going to worsen her academic performance. Additionally, a student might be comforted to learn that he isn't the only person who got a D and then not feel the need to try to improve, since he has company. You can see in this example that evaluations we place on our self-concept can lead to cycles of thinking and acting. These cycles relate to self-esteem and self-efficacy, which are components of our self-concept.



Self-Esteem

Self-esteem refers to the judgments and evaluations we make about our self-concept. While self-concept is a broad description of the self, self-esteem is a more specifically an evaluation of the self (Byrne, 1996). If I again prompted you to “Tell me who you are,” and then asked you to evaluate (label as good/bad, positive/negative, desirable/undesirable) each of the things you listed about yourself, I would get clues about your self-esteem. Like self-concept, self-esteem has general and specific elements. Generally, some people are more likely to evaluate themselves positively while others are more likely to evaluate themselves negatively (Brockner, 1988). More specifically, our self-esteem varies across our life span and across contexts.



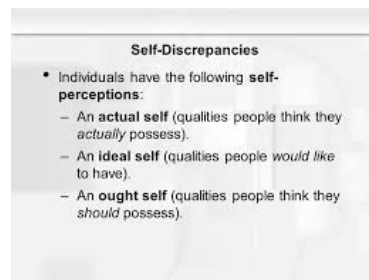
How we judge ourselves affects our communication and our behaviors, but not every negative or positive judgment carries the same weight. The negative evaluation of a trait that isn't very important for our self-concept will likely not result in a loss of self-esteem. For example, I am not very good at drawing. While I appreciate drawing as an art form, I don't consider drawing ability to be a very big part of my self-concept. If someone critiqued my drawing ability, my self-esteem wouldn't take a big hit. Most of that feedback is in the form of constructive criticism, which can still be difficult to receive, but when taken in the spirit of self-improvement, it is valuable and may even enhance our self-concept and self-esteem. In fact, in professional contexts, people with higher self-esteem are more likely to work harder based on negative feedback, are less negatively affected by work stress, are able to handle workplace conflict better, and are better able to work independently and solve problems (Brockner, 1988). Self-esteem isn't the only factor that contributes to our self-concept; perceptions about our competence also play a role in developing our sense of self.

The verbal and nonverbal feedback we get from people affect our feelings of self-efficacy and our self-esteem. Positive feedback can lead to increased self-efficacy and a healthy interest in engaging in the activity again. However, negative feedback can lead to decreased self-efficacy and a declining interest in engaging with the activity again. In general, people adjust their expectations about their abilities based on feedback they get from others. Positive feedback tends to make people raise their expectations for themselves and negative feedback does the opposite, which ultimately affects behaviors and creates the cycle. When feedback from others is different from how we view ourselves, additional cycles may develop that impact self-esteem and self-concept.

 Albert Bandura's Concept of Self-efficacy - Envision your Evolution

Discrepancies between the **actual and ideal/ought selves** can be motivating in some ways and prompt people to act for self-improvement. For example, if your ought self should volunteer more for the local animal shelter, then your actual self may be more inclined to do so. Discrepancies between the ideal and ought selves can be especially stressful. For example, many professional women who are also mothers have an ideal view of self that includes professional success and advancement. They may also have an ought self that includes a sense of duty and obligation to be a full-time mother. The actual self may be someone who does OK at both but doesn't quite live up to the expectations of either. These discrepancies do not just create cognitive unease—they also lead to emotional, behavioral, and communicative changes.

Actual self vs Expectations of Self



When we compare the actual self to the **expectations** of ourselves and others, we can see particular patterns of emotional and behavioral effects. When our actual self doesn't match up with our own ideals of self, we are not obtaining our own desires and hopes, which can lead to feelings of dejection including disappointment, dissatisfaction, and frustration. For example, if your ideal self has no credit card debt and your actual self does, you may be frustrated with your lack of financial discipline and be motivated to stick to your budget and pay off your credit card bills.

When our actual self doesn't match up with other people's ideals for us, we may not be obtaining significant others' desires and hopes, which can lead to feelings of dejection including shame, embarrassment, and concern for losing the affection or approval of others. For example, if a significant other sees you as an "A" student and you get a 2.8 GPA your first year of college, then you may be embarrassed to share your grades with that person.

When our **actual self** doesn't match up with what we think other people think we should obtain, we are not living up to the ought self that we think others have constructed for us, which can lead to feelings of agitation, feeling threatened, and fearing potential punishment. For example, if your parents think you should follow in their footsteps and take over the family business, but your actual self wants to go into the military, then you may be unsure of what to do and fear being isolated from the family.

Finally, when our actual self doesn't match up with what we think we should obtain, we are not meeting what we see as our duties or obligations, which can lead to feelings of agitation including guilt, weakness, and a feeling that we have fallen short of our moral standard (Higgins, 1987).



Influences on Self-Perception

We have already learned that other people influence our self-concept and self-esteem. While interactions we have with individuals and groups are definitely important to consider, we must also note the influence that larger, more systemic forces have on our self-perception. Social and family influences, culture, and the media all play a role in shaping who we think we are and how we feel about ourselves. Although these are powerful socializing forces, there are ways to maintain some control over our self-perception.

Social and Family Influences

Various forces help socialize us into our respective social and cultural groups and play a powerful role in presenting us with options about who we can be. While we may like to think that our self-perception starts with a blank canvas, our perceptions are limited by our experiences and various social and cultural contexts.

Parents and peers shape our self-perceptions in positive and negative ways. Feedback that we get from significant others, which includes close family, can lead to positive views of self (Hargie, 2011). In the past few years, however, there has been a public discussion and debate about how much positive reinforcement people should give to others, especially children. The following

questions have been raised: Do we have current and upcoming generations that have been overpraised? Is the praise given warranted? What are the positive and negative effects of praise? What is the end goal of the praise? Let's briefly look at this discussion and its connection to self-perception.



Some experts have warned that overpraising children can lead to distorted self-concepts. Rain0975 – [participation award](#) – CC BY-ND 2.0.

Culture

How people perceive themselves varies across cultures. For example, many cultures exhibit a phenomenon known as the self-enhancement bias, meaning that we tend to emphasize our desirable qualities relative to other people (Loughnan et al., 2011). But the degree to which people engage in self-enhancement varies.

Race also plays a role in self-perception. For example, positive self-esteem and self-efficacy tend to be higher in African American adolescent girls than Caucasian girls (Stockton et al., 2009). In fact, more recent studies have discounted much of the early research on race and self-esteem that purported that African Americans of all ages have lower self-esteem than whites. Self-perception becomes more complex when we consider biracial individuals—more specifically those born to couples comprising an African American and a white parent (Bowles, 1993). In such cases, it is challenging for biracial individuals to embrace both of their heritages, and social comparison becomes more difficult due to diverse and sometimes conflicting reference groups.

Since many biracial individuals identify as and are considered African American by society, living and working within a black community can help foster more positive self-perceptions in these biracial individuals. Such a community offers a more nurturing environment and a buffer zone from racist attitudes but simultaneously distances biracial individuals from their white identity. Conversely, immersion into a predominantly white community and separation from a black community can lead biracial individuals to internalize negative views of people of color and perhaps develop a sense of inferiority. Gender intersects with culture and biracial identity to create different experiences and challenges for biracial men and women. Biracial men have more difficulty accepting their potential occupational limits, especially if they have white fathers, and biracial women have difficulty accepting their black features, such as hair and facial features. All these challenges lead to a sense of being marginalized from both ethnic groups and interfere in the development of positive self-esteem and a stable self-concept.

Biracial individuals may have challenges with self-perception as they try to integrate both racial identities into their self-concept. Javcon117* – [End of Summer Innocence](#) – CC BY-SA 2.0.

Gender

There are some general differences in terms of gender and self-perception that relate to self-concept, self-efficacy, and envisioning ideal selves. As with any cultural differences, these are generalizations that have been supported by research, but they do not represent all individuals within a group. Regarding self-concept, men are more likely to describe themselves in terms of their group membership, and women are more likely to include references to relationships in their self-descriptions.

Media

The representations we see in the media affect our self-perception. The vast majority of media images include idealized representations of attractiveness. Despite the fact that the images of people we see in glossy magazines and on movie screens are not typically what we see when we look at the people around us in a classroom, at work, or at the grocery store, many of us continue to hold ourselves to an unrealistic standard of beauty and attractiveness. Movies, magazines, and television shows are filled with beautiful people, and less attractive actors, when they are present in the media, are typically portrayed as the butt of jokes, villains, or only as background extras (Patzner, 2008). Aside from overall attractiveness, the media also offers narrow representations of acceptable body weight.

Researchers have found that only 12 percent of prime-time characters are overweight, which is dramatically less than the national statistics for obesity among the actual US population (Patzner, 2008). Further, an analysis of how weight is discussed on prime-time sitcoms found that heavier female characters were often the targets of negative comments and jokes that audience members responded to with laughter. Conversely, positive comments about women's bodies were related to their thinness. In short, the heavier the character, the more negative the comments, and the thinner the character, the more positive the comments. The same researchers analyzed sitcoms for content regarding male characters' weight and found that although comments regarding their weight were made, they were fewer in number and not as negative, ultimately supporting the notion that overweight male characters are more accepted in media than overweight female characters. Much more attention has been paid in recent years to the potential negative effects of such narrow media representations. The following "Getting Critical" box explores the role of media in the construction of body image.

In terms of self-concept, media representations offer us guidance on what is acceptable or unacceptable and valued or not valued in our society. Mediated messages, in general, reinforce cultural stereotypes related to race, gender, age, sexual orientation, ability, and class. People from historically marginalized groups must look much harder than those in the dominant groups to find positive representations of their identities in media. As a critical thinker, it is important to question media messages and to examine who is included and who is excluded.

Advertising in particular encourages people to engage in social comparison, regularly communicating to us that we are inferior because we lack a certain product or that we need to change some aspect of our life to keep up with and be similar to others. For example, for many years advertising targeted to women instilled in them a fear of having a dirty house, selling them products that promised to keep their house clean, make their family happy, and impress their friends and neighbors. Now messages tell us to fear becoming old or unattractive, selling products to keep our skin tight and clear, which will in turn make us happy and popular.

"Getting Critical": Body Image and Self-Perception

Take a look at any magazine, television show, or movie and you will most likely see very beautiful people. When you look around you in your daily life, there are likely not as many glamorous and gorgeous people. Scholars and media critics have critiqued this discrepancy for decades because it has contributed to many social issues and public health issues ranging from body dysmorphic disorder, to eating disorders, to lowered self-esteem.

Much of the media is driven by advertising, and the business of media has been to perpetuate a "culture of lack" (Dworkin & Wachs, 2009). This means that we are constantly told, via mediated images, that we lack something. In short, advertisements often tell us we don't have enough money, enough beauty, or enough material possessions. Over the past few decades, women's bodies in the media have gotten smaller and thinner, while men's bodies have gotten bigger and more muscular. At

the same time, the US population has become dramatically more obese. As research shows that men and women are becoming more and more dissatisfied with their bodies, which ultimately affects their self-concept and self-esteem, health and beauty product lines proliferate and cosmetic surgeries and other types of enhancements become more and more popular. From young children to older adults, people are becoming more aware of and oftentimes unhappy with their bodies, which results in a variety of self-perception problems.

1. How do you think the media influences your self-perception and body image?
2. Describe the typical man that is portrayed in the media. Describe the typical woman that is portrayed in the media. What impressions do these typical bodies make on others? What are the potential positive and negative effects of the way the media portrays the human body?
3. Find an example of an “atypical” body represented in the media (a magazine, TV show, or movie). Is this person presented in a positive, negative, or neutral way? Why do you think this person was chosen?

Self-Presentation = Public Self

How we perceive ourselves manifests in how we present ourselves to others. Self-presentation is the process of strategically concealing or revealing personal information in order to influence others’ perceptions (Human et al., 2012). We engage in this process daily and for different reasons. Although people occasionally intentionally deceive others in the process of self-presentation, in general we try to make a good impression while still remaining authentic. Since self-presentation helps meet our instrumental, relational, and identity needs, we stand to lose quite a bit if we are caught intentionally misrepresenting ourselves. In May of 2012, Yahoo!’s CEO resigned after it became known that he stated on official documents that he had two college degrees when he actually only had one. In a similar incident, a woman who had long served as the dean of admissions for the prestigious Massachusetts Institute of Technology was dismissed from her position after it was learned that she had only attended one year of college and had falsely indicated she had a bachelor’s and master’s degree (Webber & Korn, 2012). Such incidents clearly show that although people can get away with such false self-presentation for a while, the eventual consequences of being found out are dire. As communicators, we sometimes engage in more subtle forms of inauthentic self-presentation. For example, a person may state or imply that they know more about a subject or situation than they actually do in order to seem smart or “in the loop.” During a speech, a speaker works on a polished and competent delivery to distract from a lack of substantive content. These cases of strategic self-presentation may not ever be found out, but communicators should still avoid them as they do not live up to the standards of ethical communication.

In general, we strive to present a public image that matches up with our self-concept, but we can also use self-presentation strategies to enhance our self-concept (Hargie, 2011). When we present ourselves in order to evoke a positive evaluative response, we are engaging in self-enhancement. In the pursuit of self-enhancement, a person might try to be as appealing as possible in a particular area or with a particular person to gain feedback that will enhance one’s self-esteem. For example, a singer might train and practice for weeks before singing in front of a well-respected vocal coach but not invest as much effort in preparing to sing in front of friends. Although positive feedback from friends is beneficial, positive feedback from an experienced singer could enhance a person’s self-concept. Self-enhancement can be productive and achieved competently, or it can be used inappropriately. Using self-enhancement behaviors just to gain the approval of others or out of self-centeredness may lead people to communicate in ways that are perceived as phony or overbearing and end up making an unfavorable impression (Sosik, Avolio, & Jung, 2002).

“Getting Plugged In”: Self-Presentation Online: Social Media, Digital Trails, and Your Reputation

Although social networking has long been a way to keep in touch with friends and colleagues, the advent of social media has made the process of making connections and those all-important first impressions much more complex. Just looking at Facebook as an example, we can clearly see that the very acts of constructing a profile, posting status updates, “liking” certain things, and sharing various information via Facebook features and apps is self-presentation (Kim & Lee, 2011). People also form impressions based on the number of friends we have and the photos and posts that other people tag us in. All this information floating around can be difficult to manage. So how do we manage the impressions we make digitally given that there is a permanent record?

Research shows that people overall engage in positive and honest self-presentation on Facebook (Kim & Lee, 2011). Since people know how visible the information they post is, they may choose to only reveal things they think will form favorable

impressions. But the mediated nature of Facebook also leads some people to disclose more personal information than they might otherwise in such a public or semipublic forum. These hyperpersonal disclosures run the risk of forming negative impressions based on who sees them. In general, the ease of digital communication, not just on Facebook, has presented new challenges for our self-control and information management. Sending someone a sexually provocative image used to take some effort before the age of digital cameras, but now “sexting” an explicit photo only takes a few seconds. So people who would have likely not engaged in such behavior before are more tempted to now, and it is the desire to present oneself as desirable or cool that leads people to send photos they may later regret (DiBlasio, 2012). In fact, new technology in the form of apps is trying to give people a little more control over the exchange of digital information. An iPhone app called “Snapchat” allows users to send photos that will only be visible for a few seconds. Although this isn’t a guaranteed safety net, the demand for such apps is increasing, which illustrates the point that we all now leave digital trails of information that can be useful in terms of our self-presentation but can also create new challenges in terms of managing the information floating around from which others may form impressions of us.

1. What impressions do you want people to form of you based on the information they can see on your Facebook page?
2. Have you ever used social media or the Internet to do “research” on a person? What things would you find favorable and unfavorable?
3. Do you have any guidelines you follow regarding what information about yourself you will put online or not? If so, what are they? If not, why?

Key Takeaways

- Our self-concept is the overall idea of who we think we are. It is developed through our interactions with others and through social comparison that allows us to compare our beliefs and behaviors to others.
- Our self-esteem is based on the evaluations and judgments we make about various characteristics of our self-concept. It is developed through an assessment and evaluation of our various skills and abilities, known as self-efficacy, and through a comparison and evaluation of who we are, who we would like to be, and who we should be (self-discrepancy theory).
- Social comparison theory and self-discrepancy theory affect our self-concept and self-esteem because through comparison with others and comparison of our actual, ideal, and ought selves we make judgments about who we are and our self-worth. These judgments then affect how we communicate and behave.
- Socializing forces like family, culture, and media affect our self-perception because they give us feedback on who we are. This feedback can be evaluated positively or negatively and can lead to positive or negative patterns that influence our self-perception and then our communication.
- Self-presentation refers to the process of strategically concealing and/or revealing personal information in order to influence others’ perceptions. People also engage in self-enhancement, which is a self-presentation strategy by which people intentionally seek out positive evaluations.

Exercises

1. Make a list of characteristics that describe who you are (your self-concept). After looking at the list, see if you can come up with a few words that summarize the list to narrow in on the key features of your self-concept. Go back over the first list and evaluate each characteristic, for example noting whether it is something you do well/poorly, something that is good/bad, positive/negative, desirable/undesirable. Is the overall list more positive or more negative? After doing these exercises, what have you learned about your self-concept and self-esteem?
2. Discuss at least one time in which you had a discrepancy or tension between two of the three selves described by self-discrepancy theory (the actual, ideal, and ought selves). What effect did this discrepancy have on your self-concept and/or self-esteem?
3. Take one of the socializing forces discussed (family, culture, or media) and identify at least one positive and one negative influence that it/they have had on your self-concept and/or self-esteem.
4. Getting integrated: Discuss some ways that you might strategically engage in self-presentation to influence the impressions of others in an academic, a professional, a personal, and a civic context.

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2.4: Improving Perception Learning Objectives

1. Explain how perceptions can change over time.
2. Explain how full consciousness is important to perceiving.
3. Explain how the perception checking process works.

Communication and Perceptions of Others

The best way to improve your perception is to check it often. What does that mean? Since perceptions influence how we communicate, improving our perceptual accuracy is important.



1. **Question the accuracy of your perception.** Questioning accuracy begins by saying, "I know what I think I saw, heard, tasted, smelled, or felt, but I could be wrong. What other information should I be aware of?" By accepting the possibility that something has been overlooked, perhaps the first thought is not accurate. Be more conscious about perceiving.
2. **Choose to use conscious processing as you get to know people.** When you mindfully pay attention to someone, you are more likely to understand the uniqueness of him or her. Doing so can increase the accuracy of your perceptions.
3. **Seek more information to verify perceptions.** If your perception is based on only one or two pieces of information, try to collect additional information. The perception is tentative until more information is gained. It is OK to be unsure about your perceptions. But rather than letting your uncertainty cause you to make mistakes, talk with the person.
4. **Realize that your perceptions of a person will change over time.** People often base their opinions, assumptions, and behaviors on perceptions that are outdated. People change and so should our perceptions.
5. **Seek clarification respectfully by perception checking.** Check the accuracy of your perceptions. See if others agree with what you see, hear, and interpret.

A **Perception Check** is a verbal statement that reflects your understanding of another's behavior. Its the process of describing what you have seen and heard and then asking for feedback. A perception check statement consists of three parts.

1. First, describe the behavior that was observed in a non-evaluative way
2. Second, offer two different Interpretations for the behavior
3. Ask for clarification

(Verderber, Sellnow, Verderber, 2017)



Key Takeaways

- We can improve our perceptual accuracy.
- Keep perceptions current.
- Checking your perception helps to improve our perceptions.
- Avoid arguments with the three step perception checking process.

Exercises

1. Take a recent situation where you perceived incorrectly. Explain what the perception was, how it was correct, and what was done to correct it.
2. Create a perception check of a current perception you are experiencing. Try it on the other person and report the outcome.
3. Take one perception that you have had in the past that has recently changed. What is it and why did it change? Explain your new found perception.

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CHAPTER OVERVIEW

3: Culture and Communication

[3.1: Culture and Identity](#)

[3.2: How Culture Affects Communication](#)

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3.1: Culture and Identity

Learning Objectives

1. Define culture.
2. Define personal, social, and cultural identities.
3. Understanding that difference matters when considering culture.

Culture is a complicated word to define, as there are at least six common ways that culture is used in the United States. For the purposes of exploring the communicative aspects of culture, we will define culture as the ongoing negotiation of learned and patterned beliefs, attitudes, values, and behaviors. Unpacking the definition, we can see that culture shouldn't be conceptualized as stable and unchanging. Culture is "negotiated," and as we will learn later in this chapter, culture is dynamic, and cultural changes can be traced and analyzed to better understand why our society is the way it is. The definition also points out that culture is learned, which accounts for the importance of socializing institutions like family, school, peers, and the media. Culture is patterned in that there are recognizable widespread similarities among people within a cultural group. There is also a deviation from and resistance to those patterns by individuals and subgroups within a culture, which is why cultural patterns change over time. Last, the definition acknowledges that culture influences our beliefs about what is true and false, our attitudes including our likes and dislikes, our values regarding what is right and wrong, and our behaviors. It is from these cultural influences that our identities are formed.

Race, gender, sexual orientation, class, ability, nationality, and age all affect the perceptions that we make. The schemata through which we interpret what we perceive are influenced by our cultural identities. As we are socialized into various cultural identities, we internalize beliefs, attitudes, and values shared by others in our cultural group. Schemata held by members of a cultural identity group have similarities, but schemata held by different cultural groups may vary greatly. Unless we are exposed to various cultural groups and learn how others perceive us and the world around them, we will likely have a narrow or naïve view of the world and assume that others see things the way we do. Exposing yourself to and experiencing cultural differences in perspective doesn't mean that you have to change your schema to match another cultural group's. Instead, it may offer you a chance to better understand why and how your schemata were constructed the way they were.

Personal, Social, and Cultural Identities



Ask yourself the question "Who am I?" Recall from our earlier discussion of self-concept that we develop a sense of who we are based on what is reflected back on us from other people. Our parents, friends, teachers, and the media help shape our identities. While this happens from birth, most people in Western societies reach a stage in adolescence where maturing cognitive abilities and increased social awareness lead them to begin to reflect on who they are. This begins a lifelong process of thinking about who we are now, who we were before, and who we will become (Tatum, B. D., 2000). Our identities make up an important part of our self-concept and can be broken down into three main categories: personal, social, and cultural identities (see Table 2.1.1 "Personal, Social, and Cultural Identities").

We must avoid the temptation to think of our identities as constant. Instead, our identities are formed through processes that started before we were born and will continue after we are gone; therefore our identities aren't something we achieve or complete. Two related but distinct components of our identities are our personal and social identities (Spreckels, J. & Kotthoff, H., 2009). Personal identities include the components of self that are primarily intrapersonal and connected to our life experiences. For example, I consider myself a puzzle lover, and you may identify as a fan of hip-hop music. Our social identities are the components of self that are derived from involvement in social groups with which we are interpersonally committed.



Figure 3.1.1: Pledging a fraternity or sorority is an example of a social identity. [Adaenn](#) – CC BY-NC 2.0.

For example, we may derive aspects of our social identity from our family or from a community of fans for a sports team. Social identities differ from personal identities because they are externally organized through membership. Our membership may be voluntary (Greek organization on campus) or involuntary (family) and explicit (we pay dues to our labor union) or implicit (we purchase and listen to hip-hop music). There are innumerable options for personal and social identities. While our personal identity choices express who we are, our social identities align us with particular groups. Through our social identities, we make statements about who we are and who we are not.

Table 3.1.1: Personal, Social, and Cultural Identities

Personal	Social	Cultural
Antique Collector	Member of Historical Society	Irish American
Dog Lover	Member of Humane Society	Male/Female
Cyclist	Fraternity/Sorority Member	Greek American
Singer	High School Music Teacher	Multiracial
Shy	Book Club Member	Heterosexual
Athletic		Gay/Lesbian

Personal identities may change often as people have new experiences and develop new interests and hobbies. A current interest in online video games may give way to an interest in graphic design. Social identities do not change as often because they take more time to develop, as you must become interpersonally invested. Cultural identities are based on socially constructed categories that teach us a way of being and include expectations for social behavior or ways of acting (Yep, G. A., 2002). For example, think of how ways of being and acting have changed for African Americans since the civil rights movement. Additionally, common ways of being and acting within a cultural identity group are expressed through communication. In order to be accepted as a member of a cultural group, members must be acculturated, essentially learning and using a code that other group members will be able to recognize. We are acculturated into our various cultural identities in obvious and less obvious ways. We may literally have a parent or friend tell us what it means to be a man or a woman. We may also unconsciously consume messages from popular culture that offer representations of gender.

Difference Matters

Whenever we encounter someone, we notice similarities and differences. While both are important, it is often the differences that are highlighted and that contribute to communication troubles. We don't only see similarities and differences on an individual level. In fact, we also place people into in-groups and out-groups based on the similarities and differences we perceive. This is important because we then tend to react to someone we perceive as a member of an out-group based on the characteristics we attach to the group rather than the individual (Allen, 2011). In these situations, it is more likely that stereotypes and prejudice will influence our

communication. Learning about difference and why it matters will help us be more competent communicators. The flip side of emphasizing difference is to claim that no differences exist and that you see everyone as a human being. Rather than trying to ignore differences and see each person as a unique individual, we should know the history of how differences came to be so socially and culturally significant and how they continue to affect us today.

Culture and identity are complex. So one of the first reasons difference matters is that people and groups are treated unequally, and better understanding how those differences came to be can help us create a more just society. The difference matters because demographics and patterns of interaction are changing.

In the United States, the population of people of color is increasing and diversifying, and visibility for people who are gay or lesbian and people with disabilities has also increased. The 2010 Census shows that the Hispanic and Latino/a populations in the United States are now the second largest group in the country, having grown 43 percent since the last census in 2000 (Saenz, 2011). By 2030, racial and ethnic minorities will account for one-third of the population (Allen, 2011). Additionally, legal and social changes have created a more open environment for sexual minorities and people with disabilities. These changes directly affect our interpersonal relationships. The workplace is one context where changing demographics has become increasingly important. Many organizations are striving to comply with changing laws by implementing policies aimed at creating equal access and opportunity. Some organizations are going further than legal compliance to try to create inclusive climates where diversity is valued because of the interpersonal and economic benefits it has the potential to produce.

Key Takeaways

- Culture is an ongoing negotiation of learned patterns of beliefs, attitudes, values, and behaviors.
- Each of us has personal, social, and cultural identities.
 - Personal identities are components of self that are primarily intrapersonal and connect to our individual interests and life experiences.
 - Social identities are components of self that are derived from our involvement in social groups to which we are interpersonally invested.
 - Cultural identities are components of self based on socially constructed categories that teach us a way of being and include expectations for our thoughts and behaviors.
- Difference matters because people are treated differently based on their identities and demographics and patterns of interaction are changing. Knowing why and how this came to be and how to navigate our increasingly diverse society can make us more competent communicators.

Exercises

1. List some of your personal, social, and cultural identities. Are there any that relate? If so, how? For your cultural identities, which ones are dominant and which ones are nondominant? What would a person who looked at this list be able to tell about you?
2. Describe a situation in which someone ascribed an identity to you that didn't match with your avowed identities. Why do you think the person ascribed the identity to you? Were there any stereotypes involved?
3. Getting integrated: Review the section that explains why difference matters. Discuss the ways in which difference may influence how you communicate in each of the following contexts: academic, professional, and personal.

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3.2: How Culture Affects Communication

Learning Objectives

1. Influence of culture and ethics on communication.
2. Define Individualism and Collectivism.
3. Define High and Low context.

Influence of Culture and Ethics on Communication

Communication is influenced by culture and ethics in a number of ways. We are immersed in culture, and each of us represents culture, which we learn through communicating with others. We identify ourselves with our culture as well as share it with others during conversation. Culture is transmitted primarily through verbal and nonverbal communication and written and oral traditions.

Ethics is the value system that drives us to communicate the truth. As communicators and public speakers it is imperative to state correct information. Speakers with integrity and a conscience are ethical communicators. Conversely, audience members should strive to be ethical listeners. Challenge the information that is presented to see if it appears to be rational and concrete. Receiving information does not have to be a passive process. Strive to be an ethical communicator!

Individualism vs Collectivism

Cultures differ in the extent to which individualism and collectivism is valued (Verderber, Sellnow, Verderber, 2017).

Individualism is primary value is on self and personal achievement.

Collectivism is primary value is on group, community, and collaboration.



High and Low Context Culture

In a **high-context culture**, the message is most important. In a **low-context culture**, the sender and receiver are responsible for the outcome of the message, and focus is on the people in the interpersonal exchange, rather than on the message.

LOW-CONTEXT CULTURES (direct)

Language is valued to express, thought, feelings and ideas directly (Western and European cultures)

Examples: “It’s hot in here, could you please turn the AC up.”

“It’s hot in here, do you mind if I turn up the AC?”

HIGH-CONTEXT CULTURES (indirect)

Language is valued to maintain social harmony (Latin and Asian cultures)

Examples: “It certainly is hot in here, I feel like I’m melting.”

“It seems to be cooler outside than it is in here.”

Key Takeaways

- The Communication Process outlines the many facets that take place during communication.
- High and Low Context cultures affect personal and interpersonal communication.
- Communicating in both individualistic and collectivistic cultures

Exercises

1. Getting integrated: How might knowing the various components of the communication process help you in your day-to-day life?
2. What communication situations does the linear model best represent? The interactional model? The transactional model?
3. Use the transactional model of communication to analyze a recent communication encounter you had. Sketch out the communication encounter and make sure to label each part of the model (communicators; message; channel; feedback; and physical, psychological, social, relational, and cultural contexts).

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CHAPTER OVERVIEW

4: Nonverbal Communication

[4.1: Defining Nonverbal Communication](#)

[4.2: Nonverbal Characteristics](#)

[4.3: Reflect](#)

[4.4: Language, Society, and Culture](#)

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4.1: Defining Nonverbal Communication

Learning Objectives

- Understand and explain the defining characteristics of nonverbal communication.

Think about the number of times your friends and or family members said “It’s all good.” but the look on their faces communicates that it is not all good. You ask your cousin “How are you doing?” and the response is “Great.” but they burst into tears and hang their head down two seconds later. You run up to your girlfriend screaming “Hi!” and give her a tight hug and she barely hugs you back. A mother raises her voice with a frown on her face while asking her five-year-old daughter why she has lipstick all over her face. Her daughter freezes up with fear and then notices a slight grin on her mother’s face and responds with a big smile, and eyes and mouth wide open.

The illustrations stated above are examples of communication without using words, also known as nonverbal communication. **Nonverbal communication** is communication beyond the use of words. Go back to the illustrations mentioned above. If you notice, most individuals, even five-year-olds, pay more attention to nonverbal communication. Hull (2016) states that

experts in interpersonal communication have estimated that nonverbal communication constitutes approximately 70 percent of what is involved commonly in about 30 percent of communication involves the actual words that we use. Placing the impact of nonverbal communication at 93 percent has been deemed a little high, however, so a safer level is thought to be around 80 percent—which is still quite an impressive figure. This means that only 20 percent of the impact of our communication is from the words that we use.



Although animals do communicate in some ways, humans’ ability to use symbols to communicate about things outside of our immediate surroundings and experience is unique. Joshua Allen – [Bark](#) – CC BY-NC-ND 2.0.

Think about a dog barking. Is the dog trying to tell you that someone is at the door or that it is time to go outside for a walk?

Nonverbal communication can help express relationships. If you see someone shaking hands, they may be business partners. Two men kissing in the mouth could mean, they are married. A man and a woman tongue kissing could mean, they are lovers. Three people can be in a meeting and two of them are not speaking to each other or looking at each other, which could mean they are enemies that happen to work in the same department. All of these situations are communicating something without saying one word.

As you can see, **nonverbal communication is a vital part of communication and being a successful communicator.** “People with good nonverbal communication skills are more persuasive than those who are less skilled, and they have a greater chance of success in settings ranging from careers to poker to romance” (Adler et al., 2019, p. 81).

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4.2: Nonverbal Characteristics

Learning Objectives

- Identify and discuss Kinesics (body movements and gestures).
- Discuss communication and ambiguity
- Discuss communication and avoidance.
- Discuss communication and relationships.

Nonverbal communication is impossible to avoid. “Even if you try not to send nonverbal cues – perhaps by closing your eyes or leaving the room – others may consider those behaviors” (Adler et al., 2019, p. 80).

Nonverbal communication is ambiguous. In the crying colleague example above, the person could be sad about missing a project deadline or happy about getting a promotion. Since we know that nonverbal communication can be ambiguous by having multiple meanings, it is important to ask questions or have a deeper conversation about what you are observing to clarify whether what you are perceiving, is true or not. The idea is to not make assumptions that may further complicate the situation or the communication encounter.

Nonverbal communication can help express relationships. If you see someone shaking hands, they may be business partners. Two men kissing in the mouth could mean, they are married. A man and a woman tongue kissing could mean, they are lovers. Three people can be in a meeting and two of them are not speaking to each other or looking at each other, which could mean they are enemies that happen to work in the same department. All of these situations are communicating something without saying one word.

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Kinesics (body movements and gestures) serve as a form of nonverbal communication. There are many types of nonverbal body movements and gestures. However, **seven types of body movements and gestures** will be highlighted in this text: posture, fidgeting, smiling, eye contact, voice, facial expression, proxemics, and touch.

1. *Posture.* Growing up many of us listened to our parents telling us to “sit up straight” or “stand up straight.” Many parents believed that good posture is indicative of confidence. Adler et al (2019) state that “good posture suggests to the world that you are confident and capable. Some evidence indicates that good posture can also make you *feel* confident” (p. 84).
2. *Fidgeting.* During this class, you are required to deliver two speeches. Fidgeting is something that some presenters do during their delivery. Some people fidget with objects they have in their hands, hair, and clothing when communicating in dyads, interpersonal settings, and during speeches. Fiddling could be a sign of communication apprehension, which was/will be discussed in chapter 8. Fidgeting may communicate to an audience discomfort or that one is not very knowledgeable of their topic. Therefore, if you want your audience to see you as a confident and capable presenter or communicator, do your best to avoid fidgeting. Fidgeting can also mean that some type of neurological condition could exist as well, so be careful and try not to pass too much judgment.
3. *Smiling.* When people smile they are perceived by most people as being friendly. Keep in mind that most people want to work with people who appear to be sociable and friendly and smiling can make co-workers and people outside of work want to connect with you more. Smiling “can be a powerful advantage when making friends and working on teams” (Adler et al., 2019, p. 84). People are also more likely to trust you when you smile as well. However, it is important to mention that smiling can also have a negative meaning. Dolan (2020) highlights “Though smiling generally increases trust, new research provides evidence that it can backfire for people with certain antisocial personality traits.” This connects back to nonverbal communication is ambiguous.
4. *Eye contact.* In the United States, we value eye contact. After surveying two Foundations of Communication courses at Prince George’s Community College in the Fall of 2021 and Fall of 2022, it was revealed that most students in these two classes preferred direct eye contact from their professors while learning and from their classmates, friends, and family. This became a discussion after a student brought up the topic of how one of her professors stared at the computer when lecturing throughout the entire

semester. This instructor did not connect with her students because she did not look at them. Adler et al (2019) also state “the meaning people give eye contact varies by culture.

5. *Facial expressions.* We all know that facial expressions can go from very subtle to extremely dramatic. Adler et al (2019) state the influence of facial expressions and eye contact doesn’t mean that nonverbal messages are always easy to read. This is partly because of the sheer number of expressions people can produce – as many as five per second. Affect blends are combinations of two or more simultaneous expressions that show different emotions, such as fearful surprise or angry disgust. This is possible because people tend to display different emotions with different parts of the face: Happiness and surprise usually show in the eyes and lower face, anger in the lower face and brows and forehead, fear and sadness in the eyes, and disgust in the lower face. Again, facial expressions can go from very subtle to extremely dramatic and it is one of the most common types of nonverbal communication.

6. *Voice.* Adler et al (2019) state that “social scientists use the term paralanguage to describe nonverbal cues that are vocal. These include tone, speed, pitch, volume, number and length of pauses” (p. 85). Noise or paralanguage can also sound like: “ah, um, err, and rah”. These nonverbal cues may alter the meanings of words, phrases, and sentences to convey emotions. For example, if you are feeding a baby, you may put baby food on a spoon and as you moving the spoon toward the baby’s mouth and couple the movement with making the sound “um” to communicate to the baby that the food is good. You may also make the sound “ah” while you are on the phone with a friend to let your friend know that you are thinking about what you want to say.

7. *Haptics.* Haptics is the study of touch. Adler (2019) states “that physical contact is even more potent than you might think” (p. 85). Touch can be enjoyable and welcomed, irritating and uninvited. Touch can also support verbal messages. When couples say “I love you.” to each other and couple the words by grabbing that person’s hand or hugging, it reconfirms the verbal communication. On the other hand, touch can be irritating. When using public transportation, strangers sometimes put their hand on your leg if you are sitting beside them or touch your leg with their leg just a little too much. These examples can be irritating because these touches may not be intentional. However, they may become irritating. “Sometimes, touch is threatening” (Adler et al, 2019, p. 85). Unfortunately, people are physically hurt and abused. For example, romantic partners can become angry and hit each other. Family members can get into fistfights at cookouts during the summer and children can get mad and push each other on the playground at school. All of these nonverbal acts communicate something. As students and scholars, we must be in tune with these threatening nonverbal messages and cues. Someone’s safety or life could be in danger.

8. *Proxemics.* Proxemics is the way individuals use space. “Preferred spaces are largely a matter of cultural norms” (Adler et al, 2019, p. 87). Think about the last time you were in a checkout line in a store. If someone’s cart got too close to you or if someone was standing less than two feet away from you, you might inch up a little or give them a dirty look. Now, think about the pandemic. You might get annoyed and or afraid. “In mainstream North America culture, people typically converse at a distance of about 4 feet, but people from the Middle East stand much closer” (Adler et al, 2019, p. 87).



Expressing feelings is often the most difficult form of verbal expression. Lucas – [emotion icon](#) – CC BY-NC 2.0.

Just think about how difficult it is nonverbally.

Look at this video and think about how you can order food at a fast food restaurant without using words.
<https://youtu.be/0cIo0PkBs2c>

Look at this video and write down what you think the two individuals are communicating to each other.
<https://www.shutterstock.com/video/clip-26910517-gay-love-silhouette-two-men-kissing-gentlyindoor>

Clothing, jewelry, and tattoos can also convey messages. Look at the pictures and write a paragraph (at least three sentences) for each picture. Discuss what you think the people in the pictures are discussing or what you think their body language and or artifacts: clothing, tattoos, jewelry, etc. are communicating.





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4.3: Reflect

Think about what you may be communicating nonverbally. Does it match what you "really" want to say? If not, don't be afraid to stop, pause and try it again.

Always do your best to communicate with the idea that you will have no regrets afterwards. Remember, communication is irreversible. After you push the send button or say it, it is gone. It is the same for nonverbal. After you make that face or body gesture, it is gone. Therefore it is important that you are fully aware of your nonverbal communication. Peace!



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4.4: Language, Society, and Culture

Learning Objectives

- Discuss some of the social norms that guide conversational interaction.
- Identify some of the ways in which language varies based on cultural context.
- Explain the role that accommodation and code-switching play in communication.
- Discuss cultural bias in relation to specific cultural identities.

Society and culture influence the words that we speak, and the words that we speak influence society and culture. Such a cyclical relationship can be difficult to understand, but many of the examples throughout this chapter and examples from our own lives help illustrate this point. One of the best ways to learn about society, culture, and language is to seek out opportunities to go beyond our typical comfort zones. Studying abroad, for example, brings many challenges that can turn into valuable lessons. The following example of such a lesson comes from my friend who studied abroad in Vienna, Austria.

Although English used to employ formal (*thou, thee*) and informal pronouns (*you*), today *you* can be used when speaking to a professor, a parent, or a casual acquaintance. Other languages still have social norms and rules about who is to be referred to informally and formally. My friend, as was typical in the German language, referred to his professor with the formal pronoun *Sie* but used the informal pronoun *Du* with his fellow students since they were peers. When the professor invited some of the American exchange students to dinner, they didn't know they were about to participate in a cultural ritual that would change the way they spoke to their professor from that night on. Their professor informed them that they were going to *duzen*, which meant they were going to now be able to refer to her with the informal pronoun—an honor and sign of closeness for the American students. As they went around the table, each student introduced himself or herself to the professor using the formal pronoun, locked arms with her and drank (similar to the champagne toast ritual at some wedding ceremonies), and reintroduced himself or herself using the informal pronoun. For the rest of the semester, the American students still respectfully referred to the professor with her title, which translated to “Mrs. Doctor,” but used informal pronouns, even in class, while the other students not included in the ceremony had to continue using the formal. Given that we do not use formal and informal pronouns in English anymore, there is no equivalent ritual to the German *duzen*, but as we will learn next, there are many rituals in English that may be just as foreign to someone else.

Language and Social Context

We arrive at meaning through conversational interaction, which follows many social norms and rules. As we've already learned, rules are explicitly stated conventions (“Look at me when I'm talking to you.”) and norms are implicit (saying you've got to leave before you actually do to politely initiate the end to a conversation). To help conversations function meaningfully, we have learned social norms and internalized them to such an extent that we do not often consciously enact them. Instead, we rely on routines and roles (as determined by social forces) to help us proceed with verbal interaction, which also helps determine how a conversation will unfold. Our various social roles influence meaning and how we speak. For example, a person may say, “As a longtime member of this community...” or “As a first-generation college student...” Such statements cue others into the personal and social context from which we are speaking, which helps them better interpret our meaning.

One social norm that structures our communication is turn taking. People need to feel like they are contributing something to an interaction, so turn taking is a central part of how conversations play out (Crystal, 2005). Although we sometimes talk at the same time as others or interrupt them, there are numerous verbal and nonverbal cues, almost like a dance, that are exchanged between speakers that let people know when their turn will begin or end. Conversations do not always neatly progress from beginning to end with shared understanding along the way. There is a back and forth that is often verbally managed through rephrasing (“Let me try that again,”) and clarification (“Does that make sense?”) (Crystal, 2005)

We also have certain units of speech that facilitate turn taking. Adjacency pairs are related communication structures that come one after the other (adjacent to each other) in an interaction (Crystal, 2005). For example, questions are followed by answers, greetings are followed by responses, compliments are followed by a thank you, and informative comments are followed by an acknowledgment. These are the skeletal components that make up our verbal interactions, and they are largely social in that they facilitate our interactions. When these sequences don't work out, confusion, miscommunication, or frustration may result, as you can see in the following sequences:

Travis:

“How are you?”

Wanda:

“Did someone tell you I’m sick?”

Darrell:

“I just wanted to let you know the meeting has been moved to three o’clock.”

Leigh:

“I had cake for breakfast this morning.”

Some conversational elements are highly scripted or ritualized, especially the beginning and end of an exchange and topic changes (Crystal, 2005). Conversations often begin with a standard greeting and then proceed to “safe” exchanges about things in the immediate field of experience of the communicators (a comment on the weather or noting something going on in the scene). At this point, once the ice is broken, people can move on to other more content-specific exchanges. Once conversing, before we can initiate a topic change, it is a social norm that we let the current topic being discussed play itself out or continue until the person who introduced the topic seems satisfied. We then usually try to find a relevant tie-in or segue that acknowledges the previous topic, in turn acknowledging the speaker, before actually moving on. Changing the topic without following such social conventions might indicate to the other person that you were not listening or are simply rude.



Social norms influence how conversations start and end and how speakers take turns to keep the conversation going. Felipe Cabrera – [conversation](#) – CC BY 2.0.

Ending a conversation is similarly complex. I’m sure we’ve all been in a situation where we are “trapped” in a conversation that we need or want to get out of. Just walking away or ending a conversation without engaging in socially acceptable “leave-taking behaviors” would be considered a breach of social norms. Topic changes are often places where people can leave a conversation, but it is still routine for us to give a special reason for leaving, often in an apologetic tone (whether we mean it or not). Generally though, conversations come to an end through the cooperation of both people, as they offer and recognize typical signals that a topic area has been satisfactorily covered or that one or both people need to leave. It is customary in the United States for people to say they have to leave before they actually do and for that statement to be dismissed or ignored by the other person until additional leave-taking behaviors are enacted. When such cooperation is lacking, an awkward silence or abrupt ending can result, and as we’ve already learned, US Americans are not big fans of silence. Silence is not viewed the same way in other cultures, which leads us to our discussion of cultural context.

Language and Cultural Context

Culture isn’t solely determined by a person’s native language or nationality. It’s true that languages vary by country and region and that the language we speak influences our realities, but even people who speak the same language experience cultural differences because of their various intersecting cultural identities and personal experiences. We have a tendency to view our language as a

whole more favorably than other languages. Although people may make persuasive arguments regarding which languages are more pleasing to the ear or difficult or easy to learn than others, no one language enables speakers to communicate more effectively than another (McCornack, 2007).

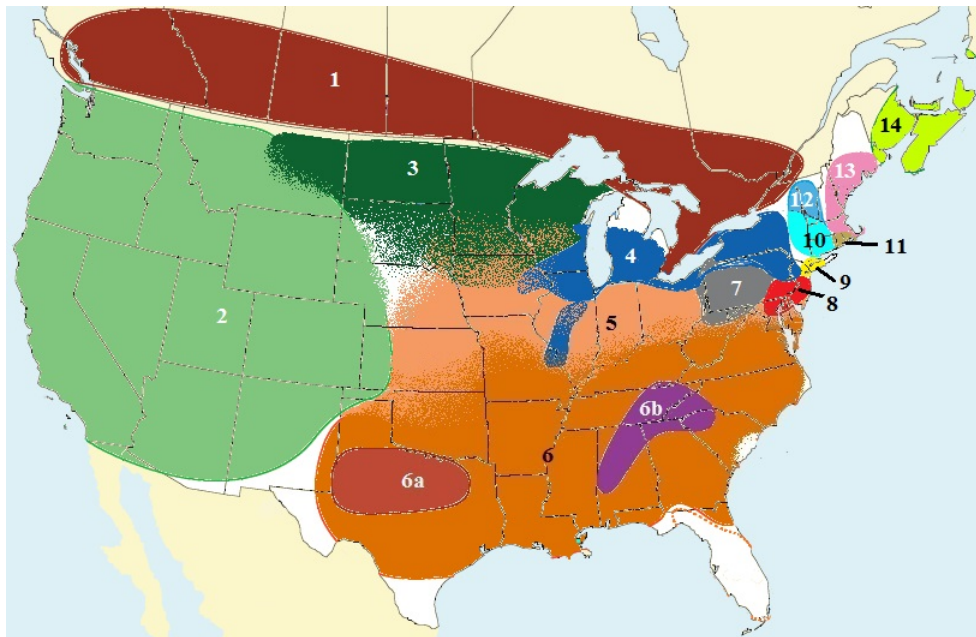
From birth we are socialized into our various cultural identities. As with the social context, this acculturation process is a combination of explicit and implicit lessons. A child in Colombia, which is considered a more collectivist country in which people value group membership and cohesion over individualism, may not be explicitly told, “You are a member of a collectivistic culture, so you should care more about the family and community than yourself.” This cultural value would be transmitted through daily actions and through language use. Just as babies acquire knowledge of language practices at an astonishing rate in their first two years of life, so do they acquire cultural knowledge and values that are embedded in those language practices. At nine months old, it is possible to distinguish babies based on their language. Even at this early stage of development, when most babies are babbling and just learning to recognize but not wholly reproduce verbal interaction patterns, a Colombian baby would sound different from a Brazilian baby, even though neither would actually be using words from their native languages of Spanish and Portuguese (Crystal, 2005).

The actual language we speak plays an important role in shaping our reality. Comparing languages, we can see differences in how we are able to talk about the world. In English, we have the words *grandfather* and *grandmother*, but no single word that distinguishes between a maternal grandfather and a paternal grandfather. But in Swedish, there’s a specific word for each grandparent: *morfar* is mother’s father, *farfar* is father’s father, *farmor* is father’s mother, and *mormor* is mother’s mother (Crystal, 2005). In this example, we can see that the words available to us, based on the language we speak, influence how we talk about the world due to differences in and limitations of vocabulary. The notion that language shapes our view of reality and our cultural patterns is best represented by the Sapir-Whorf hypothesis. Although some scholars argue that our reality is determined by our language, we will take a more qualified view and presume that language plays a central role in influencing our realities but doesn’t determine them (Martin & Nakayama, 2010).

Culturally influenced differences in language and meaning can lead to some interesting encounters, ranging from awkward to informative to disastrous. In terms of awkwardness, you have likely heard stories of companies that failed to exhibit communication competence in their naming and/or advertising of products in another language. For example, in Taiwan, Pepsi used the slogan “Come Alive with Pepsi” only to later find out that when translated it meant, “Pepsi brings your ancestors back from the dead” (Kwintessential Limited, 2012). Similarly, American Motors introduced a new car called the Matador to the Puerto Rico market only to learn that *Matador* means “killer,” which wasn’t very comforting to potential buyers (Kwintessential, 2012). At a more informative level, the words we use to give positive reinforcement are culturally relative. In the United States and England, parents commonly positively and negatively reinforce their child’s behavior by saying, “Good girl” or “Good boy.” There isn’t an equivalent for such a phrase in other European languages, so the usage in only these two countries has been traced back to the puritan influence on beliefs about good and bad behavior (Wierzbicka, 2004). In terms of disastrous consequences, one of the most publicized and deadliest cross-cultural business mistakes occurred in India in 1984. Union Carbide, an American company, controlled a plant used to make pesticides. The company underestimated the amount of cross-cultural training that would be needed to allow the local workers, many of whom were not familiar with the technology or language/jargon used in the instructions for plant operations to do their jobs. This lack of competent communication led to a gas leak that immediately killed more than two thousand people and over time led to more than five hundred thousand injuries (Varma, 2012).

Accents and Dialects

The documentary *American Tongues*, although dated at this point, is still a fascinating look at the rich tapestry of accents and dialects that makes up American English. Dialects are versions of languages that have distinct words, grammar, and pronunciation. Accents are distinct styles of pronunciation (Lustig & Koester, 2006). There can be multiple accents within one dialect. For example, people in the Appalachian Mountains of the eastern United States speak a dialect of American English that is characterized by remnants of the linguistic styles of Europeans who settled the area a couple hundred years earlier. Even though they speak this similar dialect, a person in Kentucky could still have an accent that is distinguishable from a person in western North Carolina.



American English has several dialects that vary based on region, class, and ancestry. [Wikimedia Commons](#) – CC BY-SA 4.0.

Dialects and accents can vary by region, class, or ancestry, and they influence the impressions that we make of others. When I moved to Colorado from North Carolina, I was met with a very strange look when I used the word *buggy* to refer to a shopping cart. Research shows that people tend to think more positively about others who speak with a dialect similar to their own and think more negatively about people who speak differently. Of course, many people think they speak normally and perceive others to have an accent or dialect. Although dialects include the use of different words and phrases, it's the tone of voice that often creates the strongest impression. For example, a person who speaks with a Southern accent may perceive a New Englander's accent to be grating, harsh, or rude because the pitch is more nasal and the rate faster. Conversely, a New Englander may perceive a Southerner's accent to be syrupy and slow, leading to an impression that the person speaking is uneducated.

Customs and Norms

Social norms are culturally relative. The words used in politeness rituals in one culture can mean something completely different in another. For example, *thank you* in American English acknowledges receiving something (a gift, a favor, a compliment), in British English it can mean “yes” similar to American English's *yes*, *please*, and in French *merci* can mean “no” as in “no, thank you” (Crystal, 2005). Additionally, what is considered a powerful language style varies from culture to culture. Confrontational language, such as swearing, can be seen as powerful in Western cultures, even though it violates some language taboos, but would be seen as immature and weak in Japan (Wetzel, 1988).

Gender also affects how we use language, but not to the extent that most people think. Although there is a widespread belief that men are more likely to communicate in a clear and straightforward way and women are more likely to communicate in an emotional and indirect way, a meta-analysis of research findings from more than two hundred studies found only small differences in the personal disclosures of men and women (Dindia & Allen, 1992). Men and women's levels of disclosure are even more similar when engaging in cross-gender communication, meaning men and woman are more similar when speaking to each other than when men speak to men or women speak to women. This could be due to the internalized pressure to speak about the other gender in socially sanctioned ways, in essence reinforcing the stereotypes when speaking to the same gender but challenging them in cross-gender encounters. Researchers also dispelled the belief that men interrupt more than women do, finding that men and women interrupt each other with similar frequency in cross-gender encounters (Dindia, 1987). These findings, which state that men and women communicate more similarly during cross-gender encounters and then communicate in more stereotypical ways in same-gender encounters, can be explained with communication accommodation theory.

Communication Accommodation and Code-Switching

Communication accommodation theory is a theory that explores why and how people modify their communication to fit situational, social, cultural, and relational contexts (Giles, Taylor, & Bourhis, 1973). Within communication accommodation, conversational partners may use convergence, meaning a person makes his or her communication more like another person's. People who are accommodating in their communication style are seen as more competent, which illustrates the benefits of communicative flexibility. In order to be flexible, of course, people have to be aware of and monitor their own and others' communication patterns. Conversely, conversational partners may use divergence, meaning a person uses communication to emphasize the differences between his or her conversational partner and his or herself.

Convergence and divergence can take place within the same conversation and may be used by one or both conversational partners. Convergence functions to make others feel at ease, to increase understanding, and to enhance social bonds. Divergence may be used to intentionally make another person feel unwelcome or perhaps to highlight a personal, group, or cultural identity. For example, African American women use certain verbal communication patterns when communicating with other African American women as a way to highlight their racial identity and create group solidarity. In situations where multiple races interact, the women usually don't use those same patterns, instead accommodating the language patterns of the larger group. While communication accommodation might involve anything from adjusting how fast or slow you talk to how long you speak during each turn, code-switching refers to changes in accent, dialect, or language (Martin & Nakayama, 2010). There are many reasons that people might code-switch. Regarding accents, some people hire vocal coaches or speech-language pathologists to help them alter their accent. If a Southern person thinks their accent is leading others to form unfavorable impressions, they can consciously change their accent with much practice and effort. Once their ability to speak without their Southern accent is honed, they may be able to switch very quickly between their native accent when speaking with friends and family and their modified accent when speaking in professional settings.



People who work or live in multilingual settings may engage in code-switching several times a day. Eltpics – [Welsh](#) – CC BY-NC 2.0.

Additionally, people who work or live in multilingual settings may code-switch many times throughout the day, or even within a single conversation. Increasing outsourcing and globalization have produced heightened pressures for code-switching. Call center workers in India have faced strong negative reactions from British and American customers who insist on “speaking to someone who speaks English.” Although many Indians learn English in schools as a result of British colonization, their accents prove to be off-putting to people who want to get their cable package changed or book an airline ticket. Now some Indian call center workers are going through intense training to be able to code-switch and accommodate the speaking style of their customers. What is being called the “Anglo-Americanization of India” entails “accent-neutralization,” lessons on American culture (using things like *Sex and the City* DVDs), and the use of Anglo-American-sounding names like Sean and Peggy (Pal, 2004). As our interactions continue to

occur in more multinational contexts, the expectations for code-switching and accommodation are sure to increase. It is important for us to consider the intersection of culture and power and think critically about the ways in which expectations for code-switching may be based on cultural biases.

Language and Cultural Bias

In the previous example about code-switching and communication accommodation in Indian call centers, the move toward accent neutralization is a response to the “racist abuse” these workers receive from customers (Nadeem, 2012). Anger in Western countries about job losses and economic uncertainty has increased the amount of racially targeted verbal attacks on international call center employees. It was recently reported that more call center workers are now quitting their jobs as a result of the verbal abuse and that 25 percent of workers who have recently quit say such abuse was a major source of stress (Gentleman, 2005). Such verbal attacks are not new; they represent a common but negative way that cultural bias explicitly manifests in our language use.

Cultural bias is a skewed way of viewing or talking about a group that is typically negative. Bias has a way of creeping into our daily language use, often under our awareness. Culturally biased language can make reference to one or more cultural identities, including race, gender, age, sexual orientation, and ability. There are other sociocultural identities that can be the subject of biased language, but we will focus our discussion on these five. Much biased language is based on stereotypes and myths that influence the words we use. Bias is both intentional and unintentional, but as we’ve already discussed, we have to be accountable for what we say even if we didn’t “intend” a particular meaning—remember, meaning is generated; it doesn’t exist inside our thoughts or words. We will discuss specific ways in which cultural bias manifests in our language and ways to become more aware of bias. Becoming aware of and addressing cultural bias is not the same thing as engaging in “political correctness.” Political correctness takes awareness to the extreme but doesn’t do much to address cultural bias aside from make people feel like they are walking on eggshells. That kind of pressure can lead people to avoid discussions about cultural identities or avoid people with different cultural identities. Our goal is not to eliminate all cultural bias from verbal communication or to never offend anyone, intentionally or otherwise. Instead, we will continue to use guidelines for ethical communication that we have already discussed and strive to increase our competence. The following discussion also focuses on bias rather than preferred terminology or outright discriminatory language, which will be addressed more in the chapter titled “Culture and Communication”, which discusses culture and communication.

Race

People sometimes use euphemisms for race that illustrate bias because the terms are usually implicitly compared to the dominant group (Publication Manual of the American Psychological Association, 2010). For example, referring to a person as “urban” or a neighborhood as “inner city” can be an accurate descriptor, but when such words are used as a substitute for racial identity, they illustrate cultural biases that equate certain races with cities and poverty. Using adjectives like *articulate* or *well-dressed* in statements like “My black coworker is articulate” reinforces negative stereotypes even though these words are typically viewed as positive. Terms like *nonwhite* set up whiteness as the norm, which implies that white people are the norm against which all other races should be compared. Biased language also reduces the diversity within certain racial groups—for example, referring to anyone who looks like they are of Asian descent as Chinese or everyone who “looks” Latino/a as Mexicans. Some people with racial identities other than white, including people who are multiracial, use the label *person/people of color* to indicate solidarity among groups, but it is likely that they still prefer a more specific label when referring to an individual or referencing a specific racial group.

Gender

Language has a tendency to exaggerate perceived and stereotypical differences between men and women. The use of the term *opposite sex* presumes that men and women are opposites, like positive and negative poles of a magnet, which is obviously not true or men and women wouldn’t be able to have successful interactions or relationships. A term like *other gender* doesn’t presume opposites and acknowledges that male and female identities and communication are more influenced by gender, which is the social and cultural meanings and norms associated with males and females, than sex, which is the physiology and genetic makeup of a male and female. One key to avoiding gendered bias in language is to avoid the generic use of *he* when referring to something relevant to males and females. Instead, you can informally use a gender-neutral pronoun like *they* or *their* or you can use *his* or *her* (Publication Manual of the American Psychological Association, 2010). When giving a series of examples, you can alternate usage

of masculine and feminine pronouns, switching with each example. We have lasting gendered associations with certain occupations that have tended to be male or female dominated, which erase the presence of both genders. Other words reflect the general masculine bias present in English. The following word pairs show the gender-biased term followed by an unbiased term: waitress/server, chairman / chair or chairperson, mankind/people, cameraman / camera operator, mailman / postal worker, sportsmanship / fair play. Common language practices also tend to infantilize women but not men, when, for example, women are referred to as *chicks*, *girls*, or *babes*. Since there is no linguistic equivalent that indicates the marital status of men before their name, using *Ms.* instead of *Miss* or *Mrs.* helps reduce bias.

Age

Language that includes age bias can be directed toward older or younger people. Descriptions of younger people often presume recklessness or inexperience, while those of older people presume frailty or disconnection. The term *elderly* generally refers to people over sixty-five, but it has connotations of weakness, which isn't accurate because there are plenty of people over sixty-five who are stronger and more athletic than people in their twenties and thirties. Even though it's generic, *older people* doesn't really have negative implications. More specific words that describe groups of older people include *grandmothers/grandfathers* (even though they can be fairly young too), *retirees*, or *people over sixty-five* (Publication Manual of the American Psychological Association, 2010). Referring to people over the age of eighteen as *boys* or *girls* isn't typically viewed as appropriate.



Age bias can appear in language directed toward younger or older people. Davide Mauro – [Old and young](#) – CC BY-NC-ND 2.0.

Sexual Orientation

Discussions of sexual and affectional orientation range from everyday conversations to contentious political and personal debates. The negative stereotypes that have been associated with homosexuality, including deviance, mental illness, and criminal behavior, continue to influence our language use (American Psychological Association, 2012). Terminology related to gay, lesbian, and bisexual (GLB) people can be confusing, so let's spend some time raise our awareness about preferred labels. First, *sexual orientation* is the term preferred to *sexual preference*. *Preference* suggests a voluntary choice, as in someone has a preference for cheddar or American cheese, which doesn't reflect the experience of most GLB people or research findings that show sexuality is more complex. You may also see *affectional orientation* included with *sexual orientation* because it acknowledges that GLB relationships, like heterosexual relationships, are about intimacy and closeness (affection) that is not just sexually based. Most people also prefer the labels *gay*, *lesbian*, or *bisexual* to *homosexual*, which is clinical and doesn't so much refer to an identity as a sex act. Language regarding romantic relationships contains bias when heterosexuality is assumed. Keep in mind that individuals are not allowed to marry someone of the same gender in most states in the United States. For example, if you ask a gay man who has been in a committed partnership for ten years if he is "married or single," how should he answer that question? Comments comparing GLB people to "normal" people, although possibly intended to be positive, reinforces the stereotype that GLB people are abnormal. Don't presume you can identify a person's sexual orientation by looking at them or talking to them. Don't assume

that GLB people will “come out” to you. Given that many GLB people have faced and continue to face regular discrimination, they may be cautious about disclosing their identities. However, using gender neutral terminology like *partner* and avoiding other biased language mentioned previously may create a climate in which a GLB person feels comfortable disclosing his or her sexual orientation identity. Conversely, the casual use of phrases like *that’s gay* to mean “that’s stupid” may create an environment in which GLB people do not feel comfortable. Even though people don’t often use the phrase to actually refer to sexual orientation, campaigns like “ThinkB4YouSpeak.com” try to educate people about the power that language has and how we should all be more conscious of the words we use.

Ability

People with disabilities make up a diverse group that has increasingly come to be viewed as a cultural/social identity group. People without disabilities are often referred to as *able-bodied*. As with sexual orientation, comparing people with disabilities to “normal” people implies that there is an agreed-on definition of what “normal” is and that people with disabilities are “abnormal.” *Disability* is also preferred to the word *handicap*. Just because someone is disabled doesn’t mean he or she is also handicapped. The environment around them rather than their disability often handicaps people with disabilities (Publication Manual of the American Psychological Association, 2010). Ignoring the environment as the source of a handicap and placing it on the person fits into a pattern of reducing people with disabilities to their disability—for example, calling someone a paraplegic instead of a person with paraplegia. In many cases, as with sexual orientation, race, age, and gender, verbally marking a person as disabled isn’t relevant and doesn’t need spotlighting. Language used in conjunction with disabilities also tends to portray people as victims of their disability and paint pictures of their lives as gloomy, dreadful, or painful. Such descriptors are often generalizations or completely inaccurate.

“Getting Critical”

Hate Speech

Hate is a term that has many different meanings and can be used to communicate teasing, mild annoyance, or anger. The term *hate*, as it relates to hate speech, has a much more complex and serious meaning. *Hate* refers to extreme negative beliefs and feelings toward a group or member of a group because of their race, gender, religion, sexual orientation, or ability (Waltman & Haas, 2011). We can get a better understanding of the intensity of hate by distinguishing it from anger, which is an emotion that we experience much more regularly. First, anger is directed toward an individual, while hate is directed toward a social or cultural group. Second, anger doesn’t prevent a person from having sympathy for the target of his or her anger, but hate erases sympathy for the target. Third, anger is usually the result of personal insult or injury, but hate can exist and grow even with no direct interaction with the target. Fourth, anger isn’t an emotion that people typically find pleasure in, while hatred can create feelings of self-righteousness and superiority that lead to pleasure. Last, anger is an emotion that usually dissipates as time passes, eventually going away, while hate can endure for much longer (Waltman & Haas, 2011). Hate speech is a verbal manifestation of this intense emotional and mental state.

Hate speech is usually used by people who have a polarized view of their own group (the in-group) and another group (the out-group). Hate speech is then used to intimidate people in the out-group and to motivate and influence members of the in-group. Hate speech often promotes hate-based violence and is also used to solidify in-group identification and attract new members (Waltman & Haas, 2011). Perpetrators of hate speech often engage in totalizing, which means they define a person or a group based on one quality or characteristic, ignoring all others. A Lebanese American may be the target of hate speech because the perpetrators reduce him to a Muslim—whether he actually is Muslim or not would be irrelevant. Grouping all Middle Eastern- or Arab-looking people together is a dehumanizing activity that is typical to hate speech.

Incidents of hate speech and hate crimes have increased over the past fifteen years. Hate crimes, in particular, have gotten more attention due to the passage of more laws against hate crimes and the increased amount of tracking by various levels of law enforcement. The Internet has also made it easier for hate groups to organize and spread their hateful messages. As these changes have taken place over the past fifteen years, there has been much discussion about hate speech and its legal and constitutional implications. While hate crimes resulting in damage to a person or property are regularly prosecuted, it is sometimes argued that hate speech that doesn’t result in such damage is protected under the US Constitution’s First Amendment, which guarantees free speech. Just recently, in 2011, the Supreme Court found in the *Snyder v. Phelps* case that

speech and actions of the members of the Westboro Baptist Church, who regularly protest the funerals of American soldiers with signs reading things like “Thank God for Dead Soldiers” and “Fag Sin = 9/11,” were protected and not criminal. Chief Justice Roberts wrote in the decision, “We cannot react to [the Snyder family’s] pain by punishing the speaker. As a nation we have chosen a different course—to protect even hurtful speech on public issues to ensure that we do not stifle public debate” (Exploring Constitutional Conflicts, 2012).

1. Do you think the First Amendment of the Constitution, guaranteeing free speech to US citizens, should protect hate speech? Why or why not?
2. Visit the Southern Poverty Law Center’s “Hate Map” (Southern Poverty Law Center, 2012) (<http://www.splcenter.org/get-informed/hate-map>) to see what hate groups they have identified in your state. Are you surprised by the number/nature of the groups listed in your state? Briefly describe a group that you didn’t know about and identify the target of its hate and the reasons it gives for its hate speech.

Key Takeaways

- Getting integrated: Social context influences the ways in which we use language, and we have been socialized to follow implicit social rules like those that guide the flow of conversations, including how we start and end our interactions and how we change topics. The way we use language changes as we shift among academic, professional, personal, and civic contexts.
- The language that we speak influences our cultural identities and our social realities. We internalize norms and rules that help us function in our own culture but that can lead to misunderstanding when used in other cultural contexts.
- We can adapt to different cultural contexts by purposely changing our communication. Communication accommodation theory explains that people may adapt their communication to be more similar to or different from others based on various contexts.
- We should become aware of how our verbal communication reveals biases toward various cultural identities based on race, gender, age, sexual orientation, and ability.

Exercises

1. Recall a conversation that became awkward when you or the other person deviated from the social norms that manage conversation flow. Was the awkwardness at the beginning, end, or during a topic change? After reviewing some of the common norms discussed in the chapter, what do you think was the source of the awkwardness?
2. Describe an accent or a dialect that you find pleasing/interesting. Describe an accent/dialect that you do not find pleasing/interesting. Why do you think you evaluate one positively and the other negatively?
3. Review how cultural bias relates to the five cultural identities discussed earlier. Identify something you learned about bias related to one of these identities that you didn’t know before. What can you do now to be more aware of how verbal communication can reinforce cultural biases?

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CHAPTER OVERVIEW

5: Listening

[5.1: Understanding How and Why We Listen](#)

[5.2: Barriers to Effective Listening](#)

[5.3: Improving Listening Competence](#)

[5.4: Listenable Messages and Effective Feedback](#)

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5.1: Understanding How and Why We Listen

Learning Objectives

- Describe the stages of the listening process.
- Discuss the four main types of listening.
- Compare and contrast the four main listening styles.

Listening is the learned process of receiving, interpreting, recalling, evaluating, and responding to verbal and nonverbal messages. We begin to engage with the listening process long before we engage in any recognizable verbal or nonverbal communication. It is only after listening for months as infants that we begin to consciously practice our own forms of expression. In this section we will learn more about each stage of the listening process, the main types of listening, and the main listening styles.

The Listening Process

Listening is a process and as such doesn't have a defined start and finish. Like the communication process, listening has cognitive, behavioral, and relational elements and doesn't unfold in a linear, step-by-step fashion. Models of processes are informative in that they help us visualize specific components, but keep in mind that they do not capture the speed, overlapping nature, or overall complexity of the actual process in action. The stages of the listening process are receiving, interpreting, recalling, evaluating, and responding.

Receiving

Before we can engage other steps in the listening process, we must take in stimuli through our senses. In any given communication encounter, it is likely that we will return to the receiving stage many times as we process incoming feedback and new messages. This part of the listening process is more physiological than other parts, which include cognitive and relational elements. We primarily take in information needed for listening through auditory and visual channels. Although we don't often think about visual cues as a part of listening, they influence how we interpret messages. For example, seeing a person's face when we hear their voice allows us to take in nonverbal cues from facial expressions and eye contact. The fact that these visual cues are missing in e-mail, text, and phone interactions presents some difficulties for reading contextual clues into meaning received through only auditory channels.



The first stage of the listening process is receiving stimuli through auditory and visual channels. Britt Reints – [LISTEN](#) – CC BY 2.0.

Our chapter on perception (Chapter 2) discusses some of the ways in which incoming stimuli are filtered. These perceptual filters also play a role in listening. Some stimuli never make it in, some are filtered into subconsciousness, and others are filtered into

various levels of consciousness based on their salience. Salience is the degree to which something attracts our attention in a particular context and that we tend to find salient things that are visually or audibly stimulating and things that meet our needs or interests. Think about how it's much easier to listen to a lecture on a subject that you find very interesting.

It is important to consider noise as a factor that influences how we receive messages. Some noise interferes primarily with hearing, which is the physical process of receiving stimuli through internal and external components of the ears and eyes, and some interferes with listening, which is the cognitive process of processing the stimuli taken in during hearing. While hearing leads to listening, they are not the same thing. Environmental noise such as other people talking, the sounds of traffic, and music interfere with the physiological aspects of hearing. Psychological noise like stress and anger interfere primarily with the cognitive processes of listening. We can enhance our ability to receive, and in turn listen, by trying to minimize noise.

Interpreting

During the interpreting stage of listening, we combine the visual and auditory information we receive and try to make meaning out of that information using schemata. The interpreting stage engages cognitive and relational processing as we take in informational, contextual, and relational cues and try to connect them in meaningful ways to previous experiences for understanding. When we understand something, we are able to attach meaning by connecting information to previous experiences. Through the process of comparing new information with old information, we may also update or revise particular schemata if we find the new information relevant and credible. If we have difficulty interpreting information, it is often because we don't have previous experience or information in our existing schemata to make sense of it, making it difficult to transfer the information into our long-term memory for later recall. In situations where understanding the information we receive isn't important or isn't a goal, this stage may be fairly short or even skipped. After all, we can move something to our long-term memory by repetition and then later recall it without ever having understood it. I remember earning perfect scores on exams in my anatomy class in college because I was able to memorize and recall, for example, all the organs in the digestive system. In fact, I might still be able to do that now over a decade later. But neither then nor now could I tell you the significance or function of most of those organs, meaning I didn't really get to a level of understanding but simply stored the information for later recall.

Recalling

Our ability to recall information is dependent on some of the physiological limits of how memory works. Overall, our memories are known to be fallible. We forget about half of what we hear immediately after hearing it, recall 35 percent after eight hours, and recall 20 percent after a day (Hargie, 2011). Our memory consists of multiple "storage units," including sensory storage, short-term memory, working memory, and long-term memory (Hargie, 2011).

Our sensory storage is very large in terms of capacity but limited in terms of length of storage. We can hold large amounts of unsorted visual information but only for about a tenth of a second. By comparison, we can hold large amounts of unsorted auditory information for longer—up to four seconds. This initial memory storage unit doesn't provide much use for our study of communication, as these large but quickly expiring chunks of sensory data are primarily used in reactionary and instinctual ways.

As stimuli are organized and interpreted, they make their way to short-term memory where they either expire and are forgotten or are transferred to long-term memory. Short-term memory is a mental storage capability that can retain stimuli for twenty seconds to one minute. Long-term memory is a mental storage capability to which stimuli in short-term memory can be transferred if they are connected to existing schema and in which information can be stored indefinitely (Hargie, 2011). Working memory is a temporarily accessed memory storage space that is activated during times of high cognitive demand. When using working memory, we can temporarily store information and process and use it at the same time. This is different from our typical memory function in that information usually has to make it to long-term memory before we can call it back up to apply to a current situation. People with good working memories are able to keep recent information in mind and process it and apply it to other incoming information. This can be very useful during high-stress situations. A person in control of a command center like the White House Situation Room should have a good working memory in order to take in, organize, evaluate, and then immediately use new information instead of having to wait for that information to make it to long-term memory and then be retrieved and used.

Although recall is an important part of the listening process, there isn't a direct correlation between being good at recalling information and being a good listener. Some people have excellent memories and recall abilities and can tell you a very accurate story from many years earlier during a situation in which they should actually be listening and not showing off their recall abilities.

Recall is an important part of the listening process because it is most often used to assess listening abilities and effectiveness. Many quizzes and tests in school are based on recall and are often used to assess how well students comprehended information presented in class, which is seen as an indication of how well they listened. When recall is our only goal, we excel at it. Experiments have found that people can memorize and later recall a set of faces and names with near 100 percent recall when sitting in a quiet lab and asked to do so. But if you throw in external noise, more visual stimuli, and multiple contextual influences, then we can't remember the name of the person we were just introduced to one minute earlier. Even in interpersonal encounters, we rely on recall to test whether or not someone was listening. Imagine that Azam is talking to his friend Belle, who is sitting across from him in a restaurant booth. Azam, annoyed that Belle keeps checking her phone, stops and asks, "Are you listening?" Belle inevitably replies, "Yes," since we rarely admit our poor listening habits, and Azam replies, "Well, what did I just say?" - which is asking for verification of recall.

Evaluating

When we evaluate something, we make judgments about its credibility, completeness, and worth. In terms of credibility, we try to determine the degree to which we believe a speaker's statements are correct and/or true. In terms of completeness, we try to "read between the lines" and evaluate the message in relation to what we know about the topic or situation being discussed. We evaluate the worth of a message by making a value judgment about whether we think the message or idea is good/bad, right/wrong, or desirable/undesirable. All these aspects of evaluating require critical thinking skills, which we aren't born with but must develop over time through our own personal and intellectual development.

Studying communication is a great way to build your critical thinking skills, because you learn much more details on how communication works, which gives you tools to analyze and critique messages, senders, and contexts. Critical thinking and listening skills also help you take a more proactive role in the communication process rather than being a passive receiver of messages that may not be credible, complete, or worthwhile. One danger within the evaluation stage of listening is to focus your evaluative lenses more on the speaker than the message. This can quickly become a barrier to effective listening if we begin to prejudge a speaker based on his or her identity or characteristics rather than on the content of his or her message. We will learn more about how to avoid slipping into a person-centered rather than message-centered evaluative stance later in the chapter.

Responding

Responding entails sending verbal and nonverbal messages that indicate attentiveness and understanding or a lack thereof. From our earlier discussion of the communication model, you may be able to connect this part of the listening process to feedback. Later, we will learn more specifics about how to encode and decode the verbal and nonverbal cues sent during the responding stage, but we all know from experience some signs that indicate whether a person is paying attention and understanding a message or not.

We send verbal and nonverbal feedback while another person is talking and after they are done. Back-channel cues are the verbal and nonverbal signals we send while someone is talking and can consist of verbal cues like "uh-huh," "oh," and "right," and/or nonverbal cues like direct eye contact, head nods, and leaning forward. Back-channel cues are generally a form of positive feedback that indicates others are actively listening. People also send cues intentionally and unintentionally that indicate they aren't listening. If another person is looking away, fidgeting, texting, or turned away, we will likely interpret those responses negatively.



Listeners respond to speakers nonverbally during a message using back-channel cues and verbally after a message using paraphrasing and clarifying questions. Duane Storey – [Listening](#) – CC BY-NC-ND 2.0.

Paraphrasing is a responding behavior that can also show that you understand what was communicated. When you paraphrase information, you rephrase the message into your own words. For example, you might say the following to start off a paraphrased response: “What I heard you say was...” or “It seems like you’re saying...” You can also ask clarifying questions to get more information. It is often a good idea to pair a paraphrase with a question to keep a conversation flowing. For example, you might pose the following paraphrase and question pair: “It seems like you believe you were treated unfairly. Is that right?” Or you might ask a standalone question like “What did your boss do that made you think he was ‘playing favorites?’” Make sure to paraphrase and/or ask questions once a person’s turn is over, because interrupting can also be interpreted as a sign of not listening. Paraphrasing is also a good tool to use in computer-mediated communication, especially since miscommunication can occur due to a lack of nonverbal and other contextual cues.

The Importance of Listening

Understanding how listening works provides the foundation we need to explore why we listen, including various types and styles of listening. In general, listening helps us achieve all the communication goals (physical, instrumental, relational, and identity. Listening is also important in academic, professional, and personal contexts.

In terms of academics, poor listening skills were shown to contribute significantly to failure in a person’s first year of college (Zabava & Wolvin, 1993). In general, students with high scores for listening ability have greater academic achievement. Interpersonal communication skills including listening are also highly sought after by potential employers, consistently ranking in the top ten in national surveys (National Association of Colleges and Employers, 2010).

Poor listening skills, lack of conciseness, and inability to give constructive feedback have been identified as potential communication challenges in professional contexts. Even though listening education is lacking in our society, research has shown that introductory communication courses provide important skills necessary for functioning in entry-level jobs, including listening, writing, motivating/persuading, interpersonal skills, informational interviewing, and small-group problem solving (DiSalvo, 1980). Training and improvements in listening will continue to pay off, as employers desire employees with good communication skills, and employees who have good listening skills are more likely to get promoted.

Listening also has implications for our personal lives and relationships. We shouldn’t underestimate the power of listening to make someone else feel better and to open our perceptual field to new sources of information. Empathetic listening can help us expand our self and social awareness by learning from other people’s experiences and by helping us take on different perspectives. Emotional support in the form of empathetic listening and validation during times of conflict can help relational partners manage common stressors of relationships that may otherwise lead a partnership to deteriorate (Milardo & Helms-Erikson, 2000). The following list reviews some of the main functions of listening that are relevant in multiple contexts.

The main purposes of listening are (Hargie, 2011)

- to focus on messages sent by other people or noises coming from our surroundings;
- to better our understanding of other people’s communication;
- to critically evaluate other people’s messages;

- to monitor nonverbal signals;
- to indicate that we are interested or paying attention;
- to empathize with others and show we care for them (relational maintenance); and
- to engage in negotiation, dialogue, or other exchanges that result in shared understanding of or agreement on an issue.

Listening Types

Listening serves many purposes, and different situations require different types of listening. The type of listening we engage in affects our communication and how others respond to us. For example, when we listen to empathize with others, our communication will likely be supportive and open, which will then lead the other person to feel “heard” and supported and hopefully view the interaction positively (Bodie & Villaume, 2003). The main types of listening we will discuss are discriminative, informational, critical, and empathetic (Watson, Barker, & Weaver III, 1995).

Discriminative Listening

Discriminative listening is a focused and usually instrumental type of listening that is primarily physiological and occurs mostly at the receiving stage of the listening process. Here we engage in listening to scan and monitor our surroundings in order to isolate particular auditory or visual stimuli. For example, we may focus our listening on a dark part of the yard while walking the dog at night to determine if the noise we just heard presents us with any danger. Or we may look for a particular nonverbal cue to let us know our conversational partner received our message (Hargie, 2011). In the absence of a hearing impairment, we have an innate and physiological ability to engage in discriminative listening. Although this is the most basic form of listening, it provides the foundation on which more intentional listening skills are built. This type of listening can be refined and honed. Think of how musicians, singers, and mechanics exercise specialized discriminative listening to isolate specific aural stimuli and how actors, detectives, and sculptors discriminate visual cues that allow them to analyze, make meaning from, or recreate nuanced behavior (Wolvin & Coakley, 1993).

Informational Listening

Informational listening entails listening with the goal of comprehending and retaining information. This type of listening is not evaluative and is common in teaching and learning contexts ranging from a student listening to an informative speech to an out-of-towner listening to directions to the nearest gas station. We also use informational listening when we listen to news reports, voice mail, and briefings at work. Since retention and recall are important components of informational listening, good concentration and memory skills are key. These also happen to be skills that many college students struggle with, at least in the first years of college, but will be expected to have mastered once they get into professional contexts. In many professional contexts, informational listening is important, especially when receiving instructions. I caution my students that they will be expected to process verbal instructions more frequently in their profession than they are in college. Most college professors provide detailed instructions and handouts with assignments so students can review them as needed, but many supervisors and managers will expect you to take the initiative to remember or record vital information. Additionally, many bosses are not as open to questions or requests to repeat themselves as professors are.

Critical Listening

Critical listening entails listening with the goal of analyzing or evaluating a message based on information presented verbally and information that can be inferred from context. A critical listener evaluates a message and accepts it, rejects it, or decides to withhold judgment and seek more information. As constant consumers of messages, we need to be able to assess the credibility of speakers and their messages and identify various persuasive appeals and faulty logic (known as fallacies), which you can learn more about in the Chapter 10 “Persuasive Speaking”. Critical listening is important during persuasive exchanges, but I recommend always employing some degree of critical listening, because you may find yourself in a persuasive interaction that you thought was informative. As is noted in Chapter 4 “Nonverbal Communication”, people often disguise inferences as facts. Critical-listening skills are useful when listening to a persuasive presentation in this class and when processing any of the persuasive media messages we receive daily. You can see judges employ critical listening, with varying degrees of competence, on talent competition shows like *Rupaul’s Drag Race*, *America’s Got Talent*, and *The Voice*. While the exchanges between judge and contestant on these shows is expected to be subjective and critical, critical listening is also important when listening to speakers that have stated or implied

objectivity, such as parents, teachers, political leaders, doctors, and religious leaders. We will learn more about how to improve your critical thinking skills later in this chapter.

Empathetic Listening



We support others through empathetic listening by trying to “feel with” them. Stewart Black – [Comfort](#) – CC BY 2.0.

Empathetic listening is the most challenging form of listening and occurs when we try to understand or experience what a speaker is thinking or feeling. Empathetic listening is distinct from sympathetic listening. While the word *empathy* means to “feel into” or “feel with” another person, *sympathy* means to “feel for” someone. Sympathy is generally more self-oriented and distant than empathy (Bruneau, 1993). Empathetic listening is other oriented and should be genuine. Because of our own centrality in our perceptual world, empathetic listening can be difficult. It’s often much easier for us to tell our own story or to give advice than it is to really listen to and empathize with someone else. We should keep in mind that sometimes others just need to be heard and our feedback isn’t actually desired.

Empathetic listening is key for dialogue and helps maintain interpersonal relationships. In order to reach dialogue, people must have a degree of open-mindedness and a commitment to civility that allows them to be empathetic while still allowing them to believe in and advocate for their own position. An excellent example of critical and empathetic listening in action is the international Truth and Reconciliation movement. The most well-known example of a Truth and Reconciliation Commission (TRC) occurred in South Africa as a way to address the various conflicts that occurred during apartheid (Department of Justice and Constitutional Development, 2012). The first TRC in the United States occurred in Greensboro, North Carolina, as a means of processing the events and aftermath of November 3, 1979, when members of the Ku Klux Klan shot and killed five members of the Communist Worker’s Party during a daytime confrontation witnessed by news crews and many bystanders. The goal of such commissions is to allow people to tell their stories, share their perspectives in an open environment, and be listened to. The Greensboro TRC states its purpose as such:^[1]

The truth and reconciliation process seeks to heal relations between opposing sides by uncovering all pertinent facts, distinguishing truth from lies, and allowing for acknowledgement, appropriate public mourning, forgiveness and healing...The focus often is on giving victims, witnesses and even perpetrators a chance to publicly tell their stories without fear of prosecution.

Listening Styles

Just as there are different types of listening, there are also different styles of listening. People may be categorized as one or more of the following listeners: people-oriented, action-oriented, content-oriented, and time-oriented listeners. Research finds that 40 percent of people have more than one preferred listening style, and that they choose a style based on the listening situation (Bodie & Villaume, 2003). Other research finds that people often still revert back to a single preferred style in times of emotional or cognitive stress, even if they know a different style of listening would be better (Worthington, 2003). Following a brief overview of each listening style, we will explore some of their applications, strengths, and weaknesses.

- **People-oriented listeners** are concerned about the needs and feelings of others and may get distracted from a specific task or the content of a message in order to address feelings.
- **Action-oriented listeners** prefer well-organized, precise, and accurate information. They can become frustrated with they perceive communication to be unorganized or inconsistent, or a speaker to be “long-winded.”
- **Content-oriented listeners** are analytic and enjoy processing complex messages. They like in-depth information and like to learn about multiple sides of a topic or hear multiple perspectives on an issue. Their thoroughness can be difficult to manage if there are time constraints.
- **Time-oriented listeners** are concerned with completing tasks and achieving goals. They do not like information perceived as irrelevant and like to stick to a timeline. They may cut people off and make quick decisions (taking short cuts or cutting corners) when they think they have enough information.

People-Oriented Listeners

People-oriented listeners are concerned about the emotional states of others and listen with the purpose of offering support in interpersonal relationships. People-oriented listeners can be characterized as “supporters” who are caring and understanding. These listeners are sought out because they are known as people who will “lend an ear.” They may or may not be valued for the advice they give, but all people often want is a good listener. This type of listening may be especially valuable in interpersonal communication involving emotional exchanges, as a person-oriented listener can create a space where people can make themselves vulnerable without fear of being cut off or judged. People-oriented listeners are likely skilled empathetic listeners and may find success in supportive fields like counseling, social work, or nursing. Interestingly, such fields are typically feminized, in that people often associate the characteristics of people-oriented listeners with roles filled by women. We will learn more about how gender and listening intersect in Section 5 “Listening and Gender”.

Action-Oriented Listeners

Action-oriented listeners focus on what action needs to take place in regards to a received message and try to formulate an organized way to initiate that action. These listeners are frustrated by disorganization, because it detracts from the possibility of actually doing something. Action-oriented listeners can be thought of as “builders”—like an engineer, a construction site foreperson, or a skilled project manager. This style of listening can be very effective when a task needs to be completed under time, budgetary, or other logistical constraints. One research study found that people prefer an action-oriented style of listening in instructional contexts (Imhof, 2004). In other situations, such as interpersonal communication, action-oriented listeners may not actually be very interested in listening, instead taking a “What do you want me to do?” approach. A friend and colleague of mine who exhibits some qualities of an action-oriented listener once told me about an encounter she had with a close friend who had a stillborn baby. My friend said she immediately went into “action mode.” Although it was difficult for her to connect with her friend at an emotional/empathetic level, she was able to use her action-oriented approach to help out in other ways as she helped make funeral arrangements, coordinated with other family and friends, and handled the details that accompanied this tragic emotional experience. As you can see from this example, the action-oriented listening style often contrasts with the people-oriented listening style.

Content-Oriented Listeners

Content-oriented listeners like to listen to complex information and evaluate the content of a message, often from multiple perspectives, before drawing conclusions. These listeners can be thought of as “learners,” and they also ask questions to solicit more information to fill out their understanding of an issue. Content-oriented listeners often enjoy high perceived credibility because of their thorough, balanced, and objective approach to engaging with information. Content-oriented listeners are likely skilled informational and critical listeners and may find success in academic careers in the humanities, social sciences, or sciences. Ideally, judges and politicians would also possess these characteristics.

Time-Oriented Listeners

Time-oriented listeners are more concerned about time limits and timelines than they are with the content or senders of a message. These listeners can be thought of as “executives,” and they tend to actually verbalize the time constraints under which they are operating.



Time-oriented listeners listen on a schedule, often giving people limits on their availability by saying, for example, “I only have about five minutes.”. JD Lasica – [Business call](#) – CC BY-NC 2.0.

For example, a time-oriented supervisor may say the following to an employee who has just entered his office and asked to talk: “Sure, I can talk, but I only have about five minutes.” These listeners may also exhibit nonverbal cues that indicate time and/or attention shortages, such as looking at a clock, avoiding eye contact, or nonverbally trying to close down an interaction. Time-oriented listeners are also more likely to interrupt others, which may make them seem insensitive to emotional/personal needs. People often get action-oriented and time-oriented listeners confused. Action-oriented listeners would be happy to get to a conclusion or decision quickly if they perceive that they are acting on well-organized and accurate information. They would, however, not mind taking longer to reach a conclusion when dealing with a complex topic, and they would delay making a decision if the information presented to them didn’t meet their standards of organization. Unlike time-oriented listeners, action-oriented listeners are not as likely to cut people off (especially if people are presenting relevant information) and are not as likely to take short cuts.

Key Takeaways

- Getting integrated: Listening is a learned process and skill that we can improve on with concerted effort. Improving our listening skills can benefit us in academic, professional, personal, and civic contexts.
- Listening is the process of receiving, interpreting, recalling, evaluating, and responding to verbal and nonverbal messages. In the receiving stage, we select and attend to various stimuli based on salience. We then interpret auditory and visual stimuli in order to make meaning out of them based on our existing schemata. Short-term and long-term memory store stimuli until they are discarded or processed for later recall. We then evaluate the credibility, completeness, and worth of a message before responding with verbal and nonverbal signals.
- Discriminative listening is the most basic form of listening, and we use it to distinguish between and focus on specific sounds. We use informational listening to try to comprehend and retain information. Through critical listening, we analyze and evaluate messages at various levels. We use empathetic listening to try to understand or experience what a speaker is feeling.
- People-oriented listeners are concerned with others’ needs and feelings, which may distract from a task or the content of a message. Action-oriented listeners prefer listening to well-organized and precise information and are more concerned about solving an issue than they are about supporting the speaker. Content-oriented listeners enjoy processing complicated information and are typically viewed as credible because they view an issue from multiple perspectives before making a decision. Although content-oriented listeners may not be very effective in situations with time constraints, time-oriented listeners are fixated on time limits and listen in limited segments regardless of the complexity of the information or the emotions involved, which can make them appear cold and distant to some.

Exercises

1. The recalling stage of the listening process is a place where many people experience difficulties. What techniques do you use or could you use to improve your recall of certain information such as people’s names, key concepts from your classes, or

instructions or directions given verbally?

2. Getting integrated: Identify how critical listening might be useful for you in each of the following contexts: academic, professional, personal, and civic.
3. Listening scholars have noted that empathetic listening is the most difficult type of listening. Do you agree? Why or why not?
4. Which style of listening best describes you and why? Which style do you have the most difficulty with or like the least and why?

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5.2: Barriers to Effective Listening

Learning Objectives

- Discuss some of the environmental and physical barriers to effective listening.
- Explain how cognitive and personal factors can present barriers to effective listening.
- Discuss common bad listening practices.

Barriers to effective listening are present at every stage of the listening process (Hargie, 2011). At the receiving stage, noise can block or distort incoming stimuli. At the interpreting stage, complex or abstract information may be difficult to relate to previous experiences, making it difficult to reach understanding. At the recalling stage, natural limits to our memory and challenges to concentration can interfere with remembering. At the evaluating stage, personal biases and prejudices can lead us to block people out or assume we know what they are going to say. At the responding stage, a lack of paraphrasing and questioning skills can lead to misunderstanding. In the following section, we will explore how environmental and physical factors, cognitive and personal factors, and bad listening practices present barriers to effective listening.

Environmental and Physical Barriers to Listening

Environmental factors such as lighting, temperature, and furniture affect our ability to listen. A room that is too dark can make us sleepy, just as a room that is too warm or cool can raise awareness of our physical discomfort to a point that it is distracting. Some seating arrangements facilitate listening, while others separate people. In general, listening is easier when listeners can make direct eye contact with and are in close physical proximity to a speaker. You may recall from the Chapter 4 “Nonverbal Communication” that when group members are allowed to choose a leader, they often choose the person who is sitting at the center or head of the table (Andersen, 1999). Even though the person may not have demonstrated any leadership abilities, people subconsciously gravitate toward speakers that are nonverbally accessible. The ability to effectively see and hear a person increases people’s confidence in their abilities to receive and process information. Eye contact and physical proximity can still be affected by noise. As we learned in the chapter titled “Introduction to Communication Studies”, environmental noises such as a whirring air conditioner, barking dogs, or a ringing fire alarm can obviously interfere with listening despite direct lines of sight and well-placed furniture.

Physiological noise, like environmental noise, can interfere with our ability to process incoming information. This is considered a physical barrier to effective listening because it emanates from our physical body. Physiological noise is noise stemming from a physical illness, injury, or bodily stress. Ailments such as a cold, a broken leg, a headache, or a poison ivy outbreak can range from annoying to unbearably painful and impact our listening relative to their intensity. Another type of noise, psychological noise, bridges physical and cognitive barriers to effective listening. Psychological noise, or noise stemming from our psychological states including moods and level of arousal, can facilitate or impede listening. Any mood or state of arousal, positive or negative, that is too far above or below our regular baseline creates a barrier to message reception and processing. The generally positive emotional state of being in love can be just as much of a barrier as feeling hatred. Excited arousal can also distract as much as anxious arousal. Stress about an upcoming events ranging from losing a job, to having surgery, to wondering about what to eat for lunch can overshadow incoming messages. While we will explore cognitive barriers to effective listening more in the next section, psychological noise is relevant here given that the body and mind are not completely separate. In fact, they can interact in ways that further interfere with listening. Fatigue, for example, is usually a combination of psychological and physiological stresses that manifests as stress (psychological noise) and weakness, sleepiness, and tiredness (physiological noise). Additionally, mental anxiety (psychological noise) can also manifest itself in our bodies through trembling, sweating, blushing, or even breaking out in rashes (physiological noise).

Cognitive and Personal Barriers to Listening

Aside from the barriers to effective listening that may be present in the environment or emanate from our bodies, cognitive limits, a lack of listening preparation, difficult or disorganized messages, and prejudices can interfere with listening. Whether you call it multitasking, daydreaming, glazing over, or drifting off, we all cognitively process other things while receiving messages. If you think of your listening mind as a wall of ten televisions, you may notice that in some situations five of the ten televisions are tuned

into one channel. If that one channel is a lecture being given by your professor, then you are exerting about half of your cognitive processing abilities on one message. In another situation, all ten televisions may be on different channels. The fact that we have the capability to process more than one thing at a time offers some advantages and disadvantages. But unless we can better understand how our cognitive capacities and personal preferences affect our listening, we are likely to experience more barriers than benefits.

Difference between Speech and Thought Rate

Our ability to process more information than what comes from one speaker or source creates a barrier to effective listening. While people speak at a rate of 125 to 175 words per minute, we can process between 400 and 800 words per minute (Hargie, 2011). This gap between speech rate and thought rate gives us an opportunity to side-process any number of thoughts that can be distracting from a more important message. Because of this gap, it is impossible to give one message our “undivided attention,” but we can occupy other channels in our minds with thoughts related to the central message. For example, using some of your extra cognitive processing abilities to repeat, rephrase, or reorganize messages coming from one source allows you to use that extra capacity in a way that reinforces the primary message.

The difference between speech and thought rate connects to personal barriers to listening, as personal concerns are often the focus of competing thoughts that can take us away from listening and challenge our ability to concentrate on others’ messages. Two common barriers to concentration are self-centeredness and lack of motivation (Brownell, 1993). For example, when our self-consciousness is raised, we may be too busy thinking about how we look, how we’re sitting, or what others think of us to be attentive to an incoming message. Additionally, we are often challenged when presented with messages that we do not find personally relevant. In general, we employ selective attention, which refers to our tendency to pay attention to the messages that benefit us in some way and filter others out. So the student who is checking his or her Twitter feed during class may suddenly switch his or her attention back to the previously ignored professor when the following words are spoken: “This will be important for the exam.”



Drifting attention is a common barrier to listening. Try to find personal relevance in the message to help maintain concentration.
[Wikimedia Commons](#) – CC BY-SA 3.0.

Another common barrier to effective listening that stems from the speech and thought rate divide is response preparation. Response preparation refers to our tendency to rehearse what we are going to say next while a speaker is still talking. Rehearsal of what we will say once a speaker's turn is over is an important part of the listening process that takes place between the recalling and evaluation and/or the evaluation and responding stage. Rehearsal becomes problematic when response preparation begins as someone is receiving a message and hasn't had time to engage in interpretation or recall. In this sense, we are listening with the goal of responding instead of with the goal of understanding, which can lead us to miss important information that could influence our response.

"Getting Plugged In"

Technology, Multitasking, and Listening

Do you like to listen to music while you do homework? Do you clean your apartment while talking to your mom on the phone? Do you think students should be allowed to use laptops in all college classrooms? Your answers to these questions will point to your preferences for multitasking. If you answered "yes" to most of them, then you are in line with the general practices of the "net generation" of digital natives for whom multitasking, especially with various forms of media, is a way of life. Multitasking is a concept that has been around for a while and emerged along with the increasing expectation that we will fill multiple role demands throughout the day. Multitasking can be pretty straightforward and beneficial—for example, if we listen to motivating music while working out. But multitasking can be very inefficient, especially when one or more of our concurrent tasks are complex or unfamiliar to us (Bardhi, Rohm, & Sultan, 2010).

Media multitasking specifically refers to the use of multiple forms of media at the same time, and it can have positive and negative effects on listening (Bardhi, Rohm, & Sultan, 2010). The negative effects of media multitasking have received much attention in recent years, as people question the decreasing attention span within our society. Media multitasking may promote

inefficiency, because it can lead to distractions and plays a prominent role for many in procrastination. The numerous options for media engagement that we have can also lead to a feeling of chaos as our attention is pulled in multiple directions, creating a general sense of disorder. And many of us feel a sense of enslavement when we engage in media multitasking, as we feel like we can't live without certain personal media outlets.

Media multitasking can also give people a sense of control, as they use multiple technologies to access various points of information to solve a problem or complete a task. An employee may be able to use her iPad to look up information needed to address a concern raised during a business meeting. She could then e-mail that link to the presenter, who could share it with the room through his laptop and a LCD projector. Media multitasking can also increase efficiency, as people can carry out tasks faster. The links to videos and online articles that I've included in this textbook allow readers like you to quickly access additional information about a particular subject to prepare for a presentation or complete a paper assignment. Media multitasking can also increase engagement. Aside from just reading material in a textbook, students can now access information through an author's blog or Twitter account.

Media multitasking can produce an experience that feels productive, but is it really? What are the consequences of our media- and technology-saturated world? Although many of us like to think that we're good multitaskers, some research indicates otherwise. For example, student laptop use during class has been connected to lower academic performance (Fried, 2008). This is because media multitasking has the potential to interfere with listening at multiple stages of the process. The study showed that laptop use interfered with receiving, as students using them reported that they paid less attention to the class lectures. This is because students used the laptops for purposes other than taking notes or exploring class content. Of the students using laptops, 81 percent checked e-mail during lectures, 68 percent used instant messaging, and 43 percent surfed the web. Students using laptops also had difficulty with the interpretation stage of listening, as they found less clarity in the parts of the lecture they heard and did not understand the course material as much as students who didn't use a laptop. The difficulties with receiving and interpreting obviously create issues with recall that can lead to lower academic performance in the class. Laptop use also negatively affected the listening abilities of students not using laptops. These students reported that they were distracted, as their attention was drawn to the laptop screens of other students.

1. What are some common ways that you engage in media multitasking? What are some positive and negative consequences of your media multitasking?
2. What strategies do you or could you use to help minimize the negative effects of media multitasking?
3. Should laptops, smartphones, and other media devices be used by students during college classes? Why or why not? What restrictions or guidelines for use could instructors provide that would capitalize on the presence of such media to enhance student learning and help minimize distractions?

Lack of Listening Preparation

Another barrier to effective listening is a general lack of listening preparation. Unfortunately, most people have never received any formal training or instruction related to listening. Although some people think listening skills just develop over time, competent listening is difficult, and enhancing listening skills takes concerted effort. Even when listening education is available, people do not embrace it as readily as they do opportunities to enhance their speaking skills. After teaching communication courses for several years, I have consistently found that students and teachers approach the listening part of the course less enthusiastically than some of the other parts. Listening is often viewed as an annoyance or a chore, or just ignored or minimized as part of the communication process. In addition, our individualistic society values speaking more than listening, as it's the speakers who are sometimes literally in the spotlight. Although listening competence is a crucial part of social interaction and many of us value others we perceive to be "good listeners," listening just doesn't get the same kind of praise, attention, instruction, or credibility as speaking. Teachers, parents, and relational partners explicitly convey the importance of listening through statements like "You better listen to me," "Listen closely," and "Listen up," but these demands are rarely paired with concrete instruction. So unless you plan on taking more communication courses in the future (and I hope you do), this chapter may be the only instruction you receive on the basics of the listening process, some barriers to effective listening, and how we can increase our listening competence.

Bad Messages and/or Speakers

Bad messages and/or speakers also present a barrier to effective listening. Sometimes our trouble listening originates in the sender. In terms of message construction, poorly structured messages or messages that are too vague, too jargon filled, or too simple can present listening difficulties. In terms of speakers' delivery, verbal fillers, monotone voices, distracting movements, or a disheveled appearance can inhibit our ability to cognitively process a message (Hargie, 2011). As we will learn in Section 5.2.3 "Bad Listening Practices", speakers can employ particular strategies to create listenable messages that take some of the burden off the listener by tailoring a message to be heard and processed easily. The chapter titled "Preparing a Speech" also discusses many strategies for creating messages tailored for oral delivery, including things like preview and review statements, transitions, and parallel wording. Listening also becomes difficult when a speaker tries to present too much information. Information overload is a common barrier to effective listening that good speakers can help mitigate by building redundancy into their speeches and providing concrete examples of new information to help audience members interpret and understand the key ideas.

Prejudice

Oscar Wilde said, "Listening is a very dangerous thing. If one listens one may be convinced." Unfortunately, some of our default ways of processing information and perceiving others lead us to rigid ways of thinking. When we engage in prejudiced listening, we are usually trying to preserve our ways of thinking and avoid being convinced of something different. This type of prejudice is a barrier to effective listening, because when we prejudge a person based on his or her identity or ideas, we usually stop listening in an active and/or ethical way.

We exhibit prejudice in our listening in several ways, some of which are more obvious than others. For example, we may claim to be in a hurry and only selectively address the parts of a message that we agree with or that aren't controversial. We can also operate from a state of denial where we avoid a subject or person altogether so that our views are not challenged. Prejudices that are based on a person's identity, such as race, age, occupation, or appearance, may lead us to assume that we know what he or she will say, essentially closing down the listening process. Keeping an open mind and engaging in perception checking can help us identify prejudiced listening and hopefully shift into more competent listening practices.

Bad Listening Practices

The previously discussed barriers to effective listening may be difficult to overcome because they are at least partially beyond our control. Physical barriers, cognitive limitations, and perceptual biases exist within all of us, and it is more realistic to believe that we can become more conscious of and lessen them than it is to believe that we can eliminate them altogether. Other "bad listening" practices may be habitual, but they are easier to address with some concerted effort. These bad listening practices include interrupting, distorted listening, eavesdropping, aggressive listening, narcissistic listening, and pseudo-listening.

Interrupting

Conversations unfold as a series of turns, and turn taking is negotiated through a complex set of verbal and nonverbal signals that are consciously and subconsciously received. In this sense, conversational turn taking has been likened to a dance where communicators try to avoid stepping on each other's toes. One of the most frequent glitches in the turn-taking process is interruption, but not all interruptions are considered "bad listening." An interruption could be unintentional if we misread cues and think a person is done speaking only to have him or her start up again at the same time we do. Sometimes interruptions are more like overlapping statements that show support (e.g., "I think so too.") or excitement about the conversation (e.g., "That's so cool!"). Back-channel cues like "uh-huh," as we learned earlier, also overlap with a speaker's message. We may also interrupt out of necessity if we're engaged in a task with the other person and need to offer directions (e.g., "Turn left here."), instructions (e.g., "Will you whisk the eggs?"), or warnings (e.g., "Look out behind you!"). All these interruptions are not typically thought of as evidence of bad listening unless they become distracting for the speaker or are unnecessary.

Unintentional interruptions can still be considered bad listening if they result from mindless communication. As we've already learned, intended meaning is not as important as the meaning that is generated in the interaction itself. So if you interrupt unintentionally, but because you were only half-listening, then the interruption is still evidence of bad listening. The speaker may form a negative impression of you that can't just be erased by you noting that you didn't "mean to interrupt." Interruptions can also be used as an attempt to dominate a conversation. A person engaging in this type of interruption may lead the other communicator

to try to assert dominance, too, resulting in a competition to see who can hold the floor the longest or the most often. More than likely, though, the speaker will form a negative impression of the interrupter and may withdraw from the conversation.

Distorted Listening

Distorted listening occurs in many ways. Sometimes we just get the order of information wrong, which can have relatively little negative effects if we are casually recounting a story, annoying effects if we forget the order of turns (left, right, left or right, left, right?) in our driving directions, or very negative effects if we recount the events of a crime out of order, which leads to faulty testimony at a criminal trial. Rationalization is another form of distorted listening through which we adapt, edit, or skew incoming information to fit our existing schemata. We may, for example, reattribute the cause of something to better suit our own beliefs. If a professor is explaining to a student why he earned a “D” on his final paper, the student could reattribute the cause from “I didn’t follow the paper guidelines” to “this professor is an unfair grader.” Sometimes we actually change the words we hear to make them better fit what we are thinking. This can easily happen if we join a conversation late, overhear part of a conversation, or are being a lazy listener and miss important setup and context. Passing along distorted information can lead to negative consequences ranging from starting a false rumor about someone to passing along incorrect medical instructions from one health-care provider to the next (Hargie, 2011). Last, the addition of material to a message is a type of distorted listening that actually goes against our normal pattern of listening, which involves reducing the amount of information and losing some meaning as we take it in. The metaphor of “weaving a tall tale” is related to the practice of distorting through addition, as inaccurate or fabricated information is added to what was actually heard. Addition of material is also a common feature of gossip. An excellent example of the result of distorted listening is provided by the character Anthony Crispino on *Saturday Night Live*, who passes along distorted news on the “Weekend Update” segment. In past episodes, he has noted that LeBron James turned down the *Cleveland Show* to be on *Miami Vice* (instead of left the Cleveland Cavaliers to play basketball for the Miami Heat) and that President Obama planned on repealing the “Bush haircuts” (instead of the Bush tax cuts).

Eavesdropping

Eavesdropping is a bad listening practice that involves a calculated and planned attempt to secretly listen to a conversation. There is a difference between eavesdropping on and overhearing a conversation. Many if not most of the interactions we have throughout the day occur in the presence of other people. However, given that our perceptual fields are usually focused on the interaction, we are often unaware of the other people around us or don’t think about the fact that they could be listening in on our conversation. We usually only become aware of the fact that other people could be listening in when we’re discussing something private.



Eavesdropping entails intentionally listening in on a conversation that you are not a part of. Alan Strakey – [Eavesdropping](#) – CC BY-ND 2.0.

People eavesdrop for a variety of reasons. People might think another person is talking about them behind their back or that someone is engaged in illegal or unethical behavior. Sometimes people eavesdrop to feed the gossip mill or out of curiosity (McCornack, 2007). In any case, this type of listening is considered bad because it is a violation of people’s privacy. Consequences for eavesdropping may include an angry reaction if caught, damage to interpersonal relationships, or being perceived as dishonest

and sneaky. Additionally, eavesdropping may lead people to find out information that is personally upsetting or hurtful, especially if the point of the eavesdropping is to find out what people are saying behind their back.

Aggressive Listening

Aggressive listening is a bad listening practice in which people pay attention in order to attack something that a speaker says (McCornack, 2007). Aggressive listeners like to ambush speakers in order to critique their ideas, personality, or other characteristics. Such behavior often results from built-up frustration within an interpersonal relationship. Unfortunately, the more two people know each other, the better they will be at aggressive listening. Take the following exchange between long-term partners:

Deb:

I've been thinking about making a salsa garden next to the side porch. I think it would be really good to be able to go pick our own tomatoes and peppers and cilantro to make homemade salsa.

Summer:

Really? When are you thinking about doing it?

Deb:

Next weekend. Would you like to help?

Summer:

I won't hold my breath. Every time you come up with some "idea of the week" you get so excited about it. But do you ever follow through with it? No. We'll be eating salsa from the store next year, just like we are now.

Although Summer's initial response to Deb's idea is seemingly appropriate and positive, she asks the question because she has already planned her upcoming aggressive response. Summer's aggression toward Deb isn't about a salsa garden; it's about a building frustration with what Summer perceives as Deb's lack of follow-through on her ideas. Aside from engaging in aggressive listening because of built-up frustration, such listeners may also attack others' ideas or mock their feelings because of their own low self-esteem and insecurities.

Narcissistic Listening

Narcissistic listening is a form of self-centered and self-absorbed listening in which listeners try to make the interaction about them (McCornack, 2007). Narcissistic listeners redirect the focus of the conversation to them by interrupting or changing the topic. When the focus is taken off them, narcissistic listeners may give negative feedback by pouting, providing negative criticism of the speaker or topic, or ignoring the speaker. A common sign of narcissistic listening is the combination of a "pivot," when listeners shift the focus of attention back to them, and "one-upping," when listeners try to top what previous speakers have said during the interaction. You can see this narcissistic combination in the following interaction:

Bryce:

My boss has been really unfair to me lately and hasn't been letting me work around my class schedule. I think I may have to quit, but I don't know where I'll find another job.

Toby:

Why are you complaining? I've been working with the same stupid boss for two years. He doesn't even care that I'm trying to get my degree and work at the same time. And you should hear the way he talks to me in front of the other employees.

Narcissistic listeners, given their self-centeredness, may actually fool themselves into thinking that they are listening and actively contributing to a conversation. We all have the urge to share our own stories during interactions, because other people's communication triggers our own memories about related experiences. It is generally more competent to withhold sharing our stories until the other person has been able to speak and we have given the appropriate support and response. But we all shift the focus of a conversation back to us occasionally, either because we don't know another way to respond or because we are making an attempt at empathy. Narcissistic listeners consistently interrupt or follow another speaker with statements like "That reminds me of the time...", "Well, if I were you...", and "That's nothing..." (Nichols, 1995) As we'll learn later, matching stories isn't considered empathetic listening, but occasionally doing it doesn't make you a narcissistic listener.

Pseudo-listening

Do you have a friend or family member who repeats stories? If so, then you've probably engaged in pseudo-listening as a politeness strategy. Pseudo-listening is behaving as if you're paying attention to a speaker when you're actually not (McCornack, 2007). Outwardly visible signals of attentiveness are an important part of the listening process, but when they are just an "act," the pseudo-listener is engaging in bad listening behaviors. She or he is not actually going through the stages of the listening process and will likely not be able to recall the speaker's message or offer a competent and relevant response. Although it is a bad listening practice, we all understandably engage in pseudo-listening from time to time. If a friend needs someone to talk but you're really tired or experiencing some other barrier to effective listening, it may be worth engaging in pseudo-listening as a relational maintenance strategy, especially if the friend just needs a sounding board and isn't expecting advice or guidance. We may also pseudo-listen to a romantic partner or grandfather's story for the fifteenth time to prevent hurting their feelings. We should avoid pseudo-listening when possible and should definitely avoid making it a listening habit. Although we may get away with it in some situations, each time we risk being "found out," which could have negative relational consequences.

Key Takeaways

- Environmental and physical barriers to effective listening include furniture placement, environmental noise such as sounds of traffic or people talking, physiological noise such as a sinus headache or hunger, and psychological noise such as stress or anger.
- Cognitive barriers to effective listening include the difference between speech and thought rate that allows us "extra room" to think about other things while someone is talking and limitations in our ability or willingness to concentrate or pay attention. Personal barriers to effective listening include a lack of listening preparation, poorly structured and/or poorly delivered messages, and prejudice.
- There are several bad listening practices that we should avoid, as they do not facilitate effective listening:
 - Interruptions that are unintentional or serve an important or useful purpose are not considered bad listening. When interrupting becomes a habit or is used in an attempt to dominate a conversation, then it is a barrier to effective listening.
 - Distorted listening occurs when we incorrectly recall information, skew information to fit our expectations or existing schemata, or add material to embellish or change information.
 - Eavesdropping is a planned attempt to secretly listen to a conversation, which is a violation of the speakers' privacy.
 - Aggressive listening is a bad listening practice in which people pay attention to a speaker in order to attack something they say.
 - Narcissistic listening is self-centered and self-absorbed listening in which listeners try to make the interaction about them by interrupting, changing the subject, or drawing attention away from others.
 - Pseudo-listening is "fake listening," in that people behave like they are paying attention and listening when they actually are not.

Exercises

1. We are capable of thinking faster than the speed at which the average person speaks, which allows us some room to put mental faculties toward things other than listening. What typically makes your mind wander?
2. Bad speakers and messages are a common barrier to effective listening. Describe a time recently when your ability to listen was impaired by the poor delivery and/or content of another person.
3. Of the bad listening practices listed, which do you use the most? Why do you think you use this one more than the others? What can you do to help prevent or lessen this barrier?

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5.3: Improving Listening Competence

Learning Objectives

- Identify strategies for improving listening competence at each stage of the listening process.
- Summarize the characteristics of active listening.
- Apply critical-listening skills in interpersonal, educational, and mediated contexts.
- Practice empathetic listening skills.
- Discuss ways to improve listening competence in relational, professional, and cultural contexts.

Many people admit that they could stand to improve their listening skills. This section will help us do that. In this section, we will learn strategies for developing and improving competence at each stage of the listening process. We will also define active listening and the behaviors that go along with it. Looking back to the types of listening discussed earlier, we will learn specific strategies for sharpening our critical and empathetic listening skills. In keeping with our focus on integrative learning, we will also apply the skills we have learned in academic, professional, and relational contexts and explore how culture and gender affect listening.

Listening Competence at Each Stage of the Listening Process

We can develop competence within each stage of the listening process, as the following list indicates (Ridge, 1993):

1. To improve listening at the receiving stage,
 - prepare yourself to listen,
 - discern between intentional messages and noise,
 - concentrate on stimuli most relevant to your listening purpose(s) or goal(s),
 - be mindful of the selection and attention process as much as possible,
 - pay attention to turn-taking signals so you can follow the conversational flow, and
 - avoid interrupting someone while they are speaking in order to maintain your ability to receive stimuli and listen.
2. To improve listening at the interpreting stage,
 - identify main points and supporting points;
 - use contextual clues from the person or environment to discern additional meaning;
 - be aware of how a relational, cultural, or situational context can influence meaning;
 - be aware of the different meanings of silence; and
 - note differences in tone of voice and other paralinguistic cues that influence meaning.
3. To improve listening at the recalling stage,
 - use multiple sensory channels to decode messages and make more complete memories;
 - repeat, rephrase, and reorganize information to fit your cognitive preferences; and
 - use mnemonic devices as a gimmick to help with recall.
4. To improve listening at the evaluating stage,
 - separate facts, inferences, and judgments;
 - be familiar with and able to identify persuasive strategies and fallacies of reasoning;
 - assess the credibility of the speaker and the message; and
 - be aware of your own biases and how your perceptual filters can create barriers to effective listening.
5. To improve listening at the responding stage,
 - ask appropriate clarifying and follow-up questions and paraphrase information to check understanding,
 - give feedback that is relevant to the speaker's purpose/motivation for speaking,
 - adapt your response to the speaker and the context, and
 - do not let the preparation and rehearsal of your response diminish earlier stages of listening.

Active Listening

Active listening refers to the process of pairing outwardly visible positive listening behaviors with positive cognitive listening practices. Active listening can help address many of the environmental, physical, cognitive, and personal barriers to effective listening that we discussed earlier. The behaviors associated with active listening can also enhance informational, critical, and empathetic listening.

Active Listening Can Help Overcome Barriers to Effective Listening

Being an active listener starts before you actually start receiving a message. Active listeners make strategic choices and take action in order to set up ideal listening conditions. Physical and environmental noises can often be managed by moving locations or by manipulating the lighting, temperature, or furniture. When possible, avoid important listening activities during times of distracting psychological or physiological noise. For example, we often know when we're going to be hungry, full, more awake, less awake, more anxious, or less anxious, and advance planning can alleviate the presence of these barriers. For college students, who often have some flexibility in their class schedules, knowing when you best listen can help you make strategic choices regarding what class to take when. And student options are increasing, as some colleges are offering classes in the overnight hours to accommodate working students and students who are just "night owls" (Toppo, 2011). Of course, we don't always have control over our schedule, in which case we will need to utilize other effective listening strategies that we will learn more about later in this chapter.

In terms of cognitive barriers to effective listening, we can prime ourselves to listen by analyzing a listening situation before it begins. For example, you could ask yourself the following questions:

1. "What are my goals for listening to this message?"
2. "How does this message relate to me / affect my life?"
3. "What listening type and style are most appropriate for this message?"

As we learned earlier, the difference between speech and thought processing rate means listeners' level of attention varies while receiving a message. Effective listeners must work to maintain focus as much as possible and refocus when attention shifts or fades (Wolvin & Coakley, 1993). One way to do this is to find the motivation to listen. If you can identify intrinsic and or extrinsic motivations for listening to a particular message, then you will be more likely to remember the information presented. Ask yourself how a message could impact your life, your career, your intellect, or your relationships. This can help overcome our tendency toward selective attention. As senders of messages, we can help listeners by making the relevance of what we're saying clear and offering well-organized messages that are tailored for our listeners. We will learn much more about establishing relevance, organizing a message, and gaining the attention of an audience in public speaking contexts later in the book.

Given that we can process more words per minute than people can speak, we can engage in internal dialogue, making good use of our intrapersonal communication, to become a better listener. Three possibilities for internal dialogue include covert coaching, self-reinforcement, and covert questioning; explanations and examples of each follow (Hargie, 2011):

- **Covert coaching** involves sending yourself messages containing advice about better listening, such as "You're getting distracted by things you have to do after work. Just focus on what your supervisor is saying now."
- **Self-reinforcement** involves sending yourself affirmative and positive messages: "You're being a good active listener. This will help you do well on the next exam."
- **Covert questioning** involves asking yourself questions about the content in ways that focus your attention and reinforce the material: "What is the main idea from that PowerPoint slide?" "Why is he talking about his brother in front of our neighbors?"

Internal dialogue is a more structured way to engage in active listening, but we can use more general approaches as well. I suggest that students occupy the "extra" channels in their mind with thoughts that are related to the primary message being received instead of thoughts that are unrelated. We can use those channels to resort, rephrase, and repeat what a speaker says. When we resort, we can help mentally repair disorganized messages. When we rephrase, we can put messages into our own words in ways that better fit our cognitive preferences. When we repeat, we can help messages transfer from short-term to long-term memory.

Other tools can help with concentration and memory. Mental bracketing refers to the process of intentionally separating out intrusive or irrelevant thoughts that may distract you from listening (McCornack, 2007). This requires that we monitor our concentration and attention and be prepared to let thoughts that aren't related to a speaker's message pass through our minds without us giving them much attention. Mnemonic devices are techniques that can aid in information recall (Hargie 2011). Starting

in ancient Greece and Rome, educators used these devices to help people remember information. They work by imposing order and organization on information. Three main mnemonic devices are acronyms, rhymes, and visualization, and examples of each follow:

- **Acronyms.** HOMES—to help remember the Great Lakes (Huron, Ontario, Michigan, Erie, and Superior).
- **Rhyme.** “Righty tighty, lefty loosey”—to remember which way most light bulbs, screws, and other coupling devices turn to make them go in or out.
- **Visualization.** Imagine seeing a glass of port wine (which is red) and the red navigation light on a boat to help remember that the red light on a boat is always on the port (left) side, which will also help you remember that the blue light must be on the starboard (right) side.

Active Listening Behaviors

From the suggestions discussed previously, you can see that we can prepare for active listening in advance and engage in certain cognitive strategies to help us listen better. We also engage in active listening behaviors as we receive and process messages.

Eye contact is a key sign of active listening. Speakers usually interpret a listener’s eye contact as a signal of attentiveness. While a lack of eye contact may indicate inattentiveness, it can also signal cognitive processing. When we look away to process new information, we usually do it unconsciously. Be aware, however, that your conversational partner may interpret this as not listening. If you really do need to take a moment to think about something, you could indicate that to the other person by saying, “That’s new information to me. Give me just a second to think through it.” We already learned the role that back-channel cues play in listening. An occasional head nod and “uh-huh” signal that you are paying attention. However, when we give these cues as a form of “autopilot” listening, others can usually tell that we are pseudo-listening, and whether they call us on it or not, that impression could lead to negative judgments.

A more direct way to indicate active listening is to reference previous statements made by the speaker. Norms of politeness usually call on us to reference a past statement or connect to the speaker’s current thought before starting a conversational turn. Being able to summarize what someone said to ensure that the topic has been satisfactorily covered and understood or being able to segue in such a way that validates what the previous speaker said helps regulate conversational flow. Asking probing questions is another way to directly indicate listening and to keep a conversation going, since they encourage and invite a person to speak more. You can also ask questions that seek clarification and not just elaboration. Speakers should present complex information at a slower speaking rate than familiar information, but many will not. Remember that your nonverbal feedback can be useful for a speaker, as it signals that you are listening but also whether or not you understand. If a speaker fails to read your nonverbal feedback, you may need to follow up with verbal communication in the form of paraphrased messages and clarifying questions.

As active listeners, we want to be excited and engaged, but don’t let excitement manifest itself in interruptions. Being an active listener means knowing when to maintain our role as listener and resist the urge to take a conversational turn. Research shows that people with higher social status are more likely to interrupt others, so keep this in mind and be prepared for it if you are speaking to a high-status person, or try to resist it if you are the high-status person in an interaction (Hargie, 2011).



Good note-taking skills allow listeners to stay engaged with a message and aid in recall of information. Steven Lilley – [Note taking](#)
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Note-taking can also indicate active listening. Translating information through writing into our own cognitive structures and schemata allows us to better interpret and assimilate information. Of course, note-taking isn't always a viable option. It would be fairly awkward to take notes during a first date or a casual exchange between new coworkers. But in some situations where we wouldn't normally consider taking notes, a little awkwardness might be worth it for the sake of understanding and recalling the information. For example, many people don't think about taking notes when getting information from their doctor or banker. I actually invite students to take notes during informal meetings because I think they sometimes don't think about it or don't think it's appropriate. But many people would rather someone jot down notes instead of having to respond to follow-up questions on information that was already clearly conveyed. To help facilitate your note-taking, you might say something like "Do you mind if I jot down some notes? This seems important."

In summary, active listening is exhibited through verbal and nonverbal cues, including steady eye contact with the speaker; smiling; slightly raised eyebrows; upright posture; body position that is leaned in toward the speaker; nonverbal back-channel cues such as head nods; verbal back-channel cues such as "OK," "mmhum," or "oh"; and a lack of distracting mannerisms like doodling or fidgeting (Hargie, 2011).

"Getting Competent": Listening in the Classroom

The following statistic illustrates the importance of listening in academic contexts: four hundred first-year students were given a listening test before they started classes. At the end of that year, 49 percent of the students with low scores were on academic probation, while only 4 percent of those who scored high were (Conaway, 1982). Listening effectively isn't something that just happens; it takes work on the part of students and teachers. One of the most difficult challenges for teachers is eliciting good listening behaviors from their students, and the method of instruction teachers use affects how a student will listen and learn (Beall et al., 2008). Given that there are different learning styles, we know that to be effective, teachers may have to find some way to appeal to each learning style. Although teachers often make this attempt, it is also not realistic or practical to think that this practice can be used all the time. Therefore, students should also think of ways they can improve their listening competence, because listening is an active process that we can exert some control over. The following tips will help you listen more effectively in the classroom:

- Be prepared to process challenging messages. You can use the internal dialogue strategy we discussed earlier to "mentally repair" messages that you receive to make them more listenable (Rubin, 1993). For example, you might say, "It seems like we've moved on to a different main point now. See if you can pull out the subpoints to help stay on track."
- Act like a good listener. While I'm not advocating that you engage in pseudo-listening, engaging in active listening behaviors can help you listen better when you are having difficulty concentrating or finding motivation to listen. Make eye contact with the instructor and give appropriate nonverbal feedback. Students often take notes only when directed to by the instructor or when there is an explicit reason to do so (e.g., to recall information for an exam or some other purpose). Since

you never know what information you may want to recall later, take notes even when it's not required that you do so. As a caveat, however, do not try to transcribe everything your instructor says or includes on a PowerPoint, because you will likely miss information related to main ideas that is more important than minor details. Instead, listen for main ideas.

- Figure out from where the instructor most frequently speaks and sit close to that area. Being able to make eye contact with an instructor facilitates listening, increases rapport, allows students to benefit more from immediacy behaviors, and minimizes distractions since the instructor is the primary stimulus within the student's field of vision.
- Figure out your preferred learning style and adopt listening strategies that complement it.
- Let your instructor know when you don't understand something. Instead of giving a quizzical look that says "What?" or pretending you know what's going on, let your instructor know when you don't understand something. Instead of asking the instructor to simply repeat something, ask her or him to rephrase it or provide an example. When you ask questions, ask specific clarifying questions that request a definition, an explanation, or an elaboration.

1. What are some listening challenges that you face in the classroom? What can you do to overcome them?
2. Take the Learning Styles Inventory survey at the following link to determine what your primary learning style is: <https://varkn-learn.com/>. Do some research to identify specific listening/studying strategies that work well for your learning style.

Becoming a Better Critical Listener

Critical listening involves evaluating the credibility, completeness, and worth of a speaker's message. Some listening scholars note that critical listening represents the deepest level of listening (Floyd, 1985). Critical listening is also important in a democracy that values free speech. The US Constitution grants US citizens the right to free speech, and many people duly protect that right for you and me. Since people can say just about anything they want, we are surrounded by countless messages that vary tremendously in terms of their value, degree of ethics, accuracy, and quality. Therefore it falls on us to responsibly and critically evaluate the messages we receive. Some messages are produced by people who are intentionally misleading, ill informed, or motivated by the potential for personal gain, but such messages can be received as honest, credible, or altruistic even though they aren't. Being able to critically evaluate messages helps us have more control over and awareness of the influence such people may have on us. In order to critically evaluate messages, we must enhance our critical-listening skills.

Some critical-listening skills include distinguishing between facts and inferences, evaluating supporting evidence, discovering your own biases, and listening beyond the message. The chapter titled "What is Communication?" noted that part of being an ethical communicator is being accountable for what we say by distinguishing between facts and inferences (Hayakawa & Hayakawa, 1990). This is an ideal that is not always met in practice, so a critical listener should also make these distinctions, since the speaker may not. Since facts are widely agreed-on conclusions, they can be verified as such through some extra research. Take care in your research to note the context from which the fact emerged, as speakers may take a statistic or quote out of context, distorting its meaning. Inferences are not as easy to evaluate, because they are based on unverifiable thoughts of a speaker or on speculation. Inferences are usually based at least partially on something that is known, so it is possible to evaluate whether an inference was made carefully or not. In this sense, you may evaluate an inference based on several known facts as more credible than an inference based on one fact and more speculation. Asking a question like "What led you to think this?" is a good way to get information needed to evaluate the strength of an inference.

Distinguishing among facts and inferences and evaluating the credibility of supporting material are critical-listening skills that also require good informational-listening skills. In more formal speaking situations, speakers may cite published or publicly available sources to support their messages. When speakers verbally cite their sources, you can use the credibility of the source to help evaluate the credibility of the speaker's message. For example, a national newspaper would likely be more credible on a major national event than a tabloid magazine or an anonymous blog. In regular interactions, people also have sources for their information but are not as likely to note them within their message. Asking questions like "Where'd you hear that?" or "How do you know that?" can help get information needed to make critical evaluations. You can look to the chapter titled "Persuasive Speaking" to learn much more about persuasive strategies and how to evaluate the strength of arguments.

Discovering your own biases can help you recognize when they interfere with your ability to fully process a message. Unfortunately, most people aren't asked to critically reflect on their identities and their perspectives unless they are in college, and even people who were once critically reflective in college or elsewhere may no longer be so. Biases are also difficult to discover,

because we don't see them as biases; we see them as normal or "the way things are." Asking yourself "What led you to think this?" and "How do you know that?" can be a good start toward acknowledging your biases. We will also learn more about self-reflection and critical thinking in Chapter 3 "Culture and Communication".

Last, to be a better critical listener, think beyond the message. A good critical listener asks the following questions: What is being said and what is not being said? In whose interests are these claims being made? Whose voices/ideas are included and excluded? These questions take into account that speakers intentionally and unintentionally slant, edit, or twist messages to make them fit particular perspectives or for personal gain. Also ask yourself questions like "What are the speaker's goals?" You can also rephrase that question and direct it toward the speaker, asking them, "What is your goal in this interaction?" When you feel yourself nearing an evaluation or conclusion, pause and ask yourself what influenced you. Although we like to think that we are most often persuaded through logical evidence and reasoning, we are susceptible to persuasive shortcuts that rely on the credibility or likability of a speaker or on our emotions rather than the strength of his or her evidence (Petty & Cacioppo, 1984). So keep a check on your emotional involvement to be aware of how it may be influencing your evaluation. Also, be aware that how likable, attractive, or friendly you think a person is may also lead you to more positively evaluate his or her messages.

Other Tips to Help You Become a Better Critical Listener

- Ask questions to help get more information and increase your critical awareness when you get answers like "Because that's the way things are," "It's always been like that," "I don't know; I just don't like it," "Everyone believes that," or "It's just natural/normal." These are not really answers that are useful in your critical evaluation and may be an indication that speakers don't really know why they reached the conclusion they did or that they reached it without much critical thinking on their part.
- Be especially critical of speakers who set up "either/or" options, because they artificially limit an issue or situation to two options when there are always more. Also be aware of people who overgeneralize, especially when those generalizations are based on stereotypical or prejudiced views. For example, the world is not just Republican or Democrat, male or female, pro-life or pro-choice, or Christian or atheist.
- Evaluate the speaker's message instead of his or her appearance, personality, or other characteristics. Unless someone's appearance, personality, or behavior is relevant to an interaction, direct your criticism to the message.
- Be aware that critical evaluation isn't always quick or easy. Sometimes you may have to withhold judgment because your evaluation will take more time. Also keep in mind your evaluation may not be final, and you should be open to critical reflection and possible revision later.
- Avoid mind reading, which is assuming you know what the other person is going to say or that you know why they reached the conclusion they did. This leads to jumping to conclusions, which shortcuts the critical evaluation process.

"Getting Critical": Critical Listening and Political Spin

In just the past twenty years, the rise of political fact checking occurred as a result of the increasingly sophisticated rhetoric of politicians and their representatives (Dobbs, 2012). As political campaigns began to adopt communication strategies employed by advertising agencies and public relations firms, their messages became more ambiguous, unclear, and sometimes outright misleading. While there are numerous political fact-checking sources now to which citizens can turn for an analysis of political messages, it is important that we are able to use our own critical-listening skills to see through some of the political spin that now characterizes politics in the United States.

Since we get most of our political messages through the media rather than directly from a politician, the media is a logical place to turn for guidance on fact checking. Unfortunately, the media is often manipulated by political communication strategies as well (Dobbs, 2012). Sometimes media outlets transmit messages even though a critical evaluation of the message shows that it lacks credibility, completeness, or worth. Journalists who engage in political fact checking have been criticized for putting their subjective viewpoints into what is supposed to be objective news coverage. These journalists have fought back against what they call the norm of "false equivalence." One view of journalism sees the reporter as an objective conveyor of political messages. This could be described as the "We report; you decide" brand of journalism. Other reporters see themselves as "truth seekers." In this sense, the journalists engage in some critical listening and evaluation on the part of the citizen, who may not have the time or ability to do so.

Michael Dobbs, who started the political fact-checking program at the *Washington Post*, says, "Fairness is preserved not by treating all sides of an argument equally, but through an independent, open-minded approach to the evidence" (Dobbs, 2012).

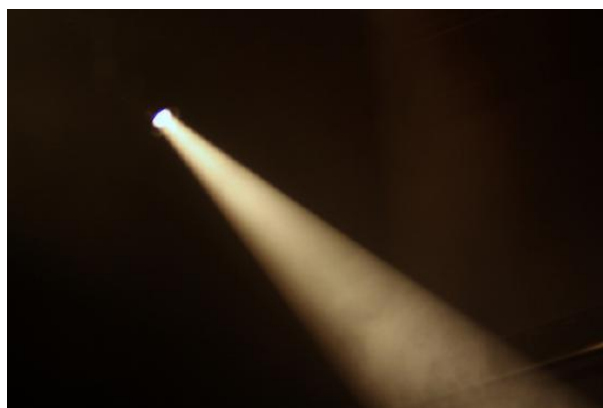
He also notes that outright lies are much less common in politics than are exaggeration, spin, and insinuation. This fact puts much of political discourse into an ethical gray area that can be especially difficult for even professional fact checkers to evaluate. Instead of simple “true/false” categories, fact checkers like the *Washington Post* issue evaluations such as “Half true, mostly true, half-flip, or full-flop” to political statements. Although we all don’t have the time and resources to fact check all the political statements we hear, it may be worth employing some of the strategies used by these professional fact checkers on issues that are very important to us or have major implications for others. Some fact-checking resources include <http://www.PolitiFact.com>, <http://www.factcheck.org>, and <https://www.washingtonpost.com/politics/fact-checker/>. The caution here for any critical listener is to be aware of our tendency to gravitate toward messages with which we agree and avoid or automatically reject messages with which we disagree. In short, it’s often easier for us to critically evaluate the messages of politicians with whom we disagree and uncritically accept messages from those with whom we agree. Exploring the fact-check websites above can help expose ourselves to critical evaluation that we might not otherwise encounter.

1. One school of thought in journalism says it’s up to the reporters to convey information as it is presented and then up to the viewer/reader to evaluate the message. The other school of thought says that the reporter should investigate and evaluate claims made by those on all sides of an issue equally and share their findings with viewers/readers. Which approach do you think is better and why?
2. In the lead-up to the war in Iraq, journalists and news outlets did not critically evaluate claims from the Bush administration that there was clear evidence of weapons of mass destruction in Iraq. Many now cite this as an instance of failed fact checking that had global repercussions. Visit one of the fact-checking resources mentioned previously to find other examples of fact checking that exposed manipulated messages. To enhance your critical thinking, find one example that critiques a viewpoint, politician, or political party that you typically agree with and one that you disagree with. Discuss what you learned from the examples you found.

Becoming a Better Empathetic Listener

A prominent scholar of empathetic listening describes it this way: “Empathetic listening is to be respectful of the dignity of others. Empathetic listening is a caring, a love of the wisdom to be found in others whoever they may be” (Bruneau, 1993). This quote conveys that empathetic listening is more philosophical than the other types of listening. It requires that we are open to subjectivity and that we engage in it because we genuinely see it as worthwhile.

Combining active and empathetic listening leads to active-empathetic listening. During active-empathetic listening a listener becomes actively and emotionally involved in an interaction in such a way that it is conscious on the part of the listener and perceived by the speaker (Bodie, 2011). To be a better empathetic listener, we need to suspend or at least attempt to suppress our judgment of the other person or their message so we can fully attend to both. Paraphrasing is an important part of empathetic listening, because it helps us put the other person’s words into our frame of experience without making it about us. In addition, speaking the words of someone else in our own way can help evoke within us the feelings that the other person felt while saying them (Bodie, 2011). Active-empathetic listening is more than echoing back verbal messages. We can also engage in mirroring, which refers to a listener’s replication of the nonverbal signals of a speaker (Bruneau, 1993). Therapists, for example, are often taught to adopt a posture and tone similar to their patients in order to build rapport and project empathy.



Empathetic listeners should not steal the spotlight from the speaker. Offer support without offering your own story or advice.
Blondinrikard Froberg – [Spotlight](#) – CC BY 2.0.

Paraphrasing and questioning are useful techniques for empathetic listening because they allow us to respond to a speaker without taking “the floor,” or the attention, away for long. Specifically, questions that ask for elaboration act as “verbal door openers,” and inviting someone to speak more and then validating their speech through active listening cues can help a person feel “listened to” (Hargie, 2011). I’ve found that paraphrasing and asking questions are also useful when we feel tempted to share our own stories and experiences rather than maintaining our listening role. These questions aren’t intended to solicit more information, so we can guide or direct the speaker toward a specific course of action. Although it is easier for us to slip into an advisory mode—saying things like “Well if I were you, I would...”—we have to resist the temptation to give unsolicited advice.

Empathetic listening can be worthwhile, but it also brings challenges. In terms of costs, empathetic listening can use up time and effort. Since this type of listening can’t be contained within a proscribed time frame, it may be especially difficult for time-oriented listeners (Bruneau, 1993). Empathetic listening can also be a test of our endurance, as its orientation toward and focus on supporting the other requires the processing and integration of much verbal and nonverbal information. Because of this potential strain, it’s important to know your limits as an empathetic listener. While listening can be therapeutic, it is not appropriate for people without training and preparation to try to serve as a therapist. Some people have chronic issues that necessitate professional listening for the purposes of evaluation, diagnosis, and therapy. Lending an ear is different from diagnosing and treating. If you have a friend who is exhibiting signs of a more serious issue that needs attention, listen to the extent that you feel comfortable and then be prepared to provide referrals to other resources that have training to help. To face these challenges, good empathetic listeners typically have a generally positive self-concept and self-esteem, are nonverbally sensitive and expressive, and are comfortable with embracing another person’s subjectivity and refraining from too much analytic thought.

Becoming a Better Contextual Listener

Active, critical, and empathetic listening skills can be helpful in a variety of contexts. Understanding the role that listening plays in professional, relational, cultural, and gendered contexts can help us more competently apply these skills. Whether we are listening to or evaluating messages from a supervisor, parent, or intercultural conversational partner, we have much to gain or lose based on our ability to apply listening skills and knowledge in various contexts.

Listening in Professional Contexts

Listening and organizational-communication scholars note that listening is one of the most neglected aspects of organizational-communication research (Flynn, Valikoski, & Grau, 2008). Aside from a lack of research, a study also found that business schools lack curriculum that includes instruction and/or training in communication skills like listening in their master of business administration (MBA) programs (Alsop, 2002). This lack of a focus on listening persists, even though we know that more effective listening skills have been shown to enhance sales performance and that managers who exhibit good listening skills help create open communication climates that can lead to increased feelings of supportiveness, motivation, and productivity (Flynn, Valikoski, & Grau, 2008). Specifically, empathetic listening and active listening can play key roles in organizational communication. Managers are wise to enhance their empathetic listening skills, as being able to empathize with employees contributes to a positive communication climate. Active listening among organizational members also promotes involvement and increases motivation, which leads to more cohesion and enhances the communication climate.

Organizational scholars have examined various communication climates specific to listening. Listening environment refers to characteristics and norms of an organization and its members that contribute to expectations for and perceptions about listening (Brownell, 1993). Positive listening environments are perceived to be more employee centered, which can improve job satisfaction and cohesion. But how do we create such environments?

Positive listening environments are facilitated by the breaking down of barriers to concentration, the reduction of noise, the creation of a shared reality (through shared language, such as similar jargon or a shared vision statement), intentional spaces that promote listening, official opportunities that promote listening, training in listening for all employees, and leaders who model good listening practices and praise others who are successful listeners (Brownell, 1993). Policies and practices that support listening must go hand in hand. After all, what does an “open-door” policy mean if it is not coupled with actions that demonstrate the sincerity of the policy?

📌 “Getting Real”: Becoming a “Listening Leader”

Dr. Rick Bommelje has popularized the concept of the “listening leader” (Listen-Coach.com, 2012). As a listening coach, he offers training and resources to help people in various career paths increase their listening competence. For people who are very committed to increasing their listening skills, the International Listening Association has now endorsed a program to become a Certified Listening Professional (CLP), which entails advanced independent study, close work with a listening mentor, and the completion of a written exam.^[1] There are also training programs to help with empathetic listening that are offered through the Compassionate Listening Project.^[2] These programs evidence the growing focus on the importance of listening in all professional contexts.

Scholarly research has consistently shown that listening ability is a key part of leadership in professional contexts and competence in listening aids in decision making. A survey sent to hundreds of companies in the United States found that poor listening skills create problems at all levels of an organizational hierarchy, ranging from entry-level positions to CEOs (Hargie, 2011). Leaders such as managers, team coaches, department heads, and executives must be versatile in terms of listening type and style in order to adapt to the diverse listening needs of employees, clients/customers, colleagues, and other stakeholders.

Even if we don’t have the time or money to invest in one of these professional-listening training programs, we can draw inspiration from the goal of becoming a listening leader. By reading this book, you are already taking an important step toward improving a variety of communication competencies, including listening, and you can always take it upon yourself to further your study and increase your skills in a particular area to better prepare yourself to create positive communication climates and listening environments. You can also use these skills to make yourself a more desirable employee.

1. Make a list of the behaviors that you think a listening leader would exhibit. Which of these do you think you do well? Which do you need to work on?
2. What do you think has contributed to the perceived shortage of listening skills in professional contexts?
3. Given your personal career goals, what listening skills do you think you will need to possess and employ in order to be successful?

Listening in Relational Contexts

Listening plays a central role in establishing and maintaining our relationships (Nelson-Jones, 2006). Without some listening competence, we wouldn’t be able to engage in the self-disclosure process, which is essential for the establishment of relationships. Newly acquainted people get to know each other through increasingly personal and reciprocal disclosures of personal information. In order to reciprocate a conversational partner’s disclosure, we must process it through listening. Once relationships are formed, listening to others provides a psychological reward, through the simple act of recognition, that helps maintain our relationships. Listening to our relational partners and being listened to in return is part of the give-and-take of any interpersonal relationship. Our thoughts and experiences “back up” inside of us, and getting them out helps us maintain a positive balance (Nelson, Jones, 2006). So something as routine and seemingly pointless as listening to our romantic partner debrief the events of his or her day or our roommate recount his or her weekend back home shows that we are taking an interest in their lives and are willing to put our own needs and concerns aside for a moment to attend to their needs. Listening also closely ties to conflict, as a lack of listening often plays a large role in creating conflict, while effective listening helps us resolve it.

Listening has relational implications throughout our lives, too. Parents who engage in competent listening behaviors with their children from a very young age make their children feel worthwhile and appreciated, which affects their development in terms of personality and character (Nichols, 1995).



Parents who exhibit competent listening behaviors toward their children provide them with a sense of recognition and security that affects their future development. Madhavi Kuram – [Listen to your kids](#) – CC BY-NC-ND 2.0.

A lack of listening leads to feelings of loneliness, which results in lower self-esteem and higher degrees of anxiety. In fact, by the age of four or five years old, the empathy and recognition shown by the presence or lack of listening has molded children's personalities in noticeable ways (Nichols, 1995). Children who have been listened to grow up expecting that others will be available and receptive to them. These children are therefore more likely to interact confidently with teachers, parents, and peers in ways that help develop communication competence that will be built on throughout their lives. Children who have not been listened to may come to expect that others will not want to listen to them, which leads to a lack of opportunities to practice, develop, and hone foundational communication skills. Fortunately for the more-listened-to children and unfortunately for the less-listened-to children, these early experiences become predispositions that don't change much as the children get older and may actually reinforce themselves and become stronger.

Listening and Culture

Some cultures place more importance on listening than other cultures. In general, collectivistic cultures tend to value listening more than individualistic cultures that are more speaker oriented. The value placed on verbal and nonverbal meaning also varies by culture and influences how we communicate and listen. A low-context communication style is one in which much of the meaning generated within an interaction comes from the verbal communication used rather than nonverbal or contextual cues. Conversely, much of the meaning generated by a high-context communication style comes from nonverbal and contextual cues (Lustig & Koester, 2006). For example, US Americans of European descent generally use a low-context communication style, while people in East Asian and Latin American cultures use a high-context communication style.

Contextual communication styles affect listening in many ways. Cultures with a high-context orientation generally use less verbal communication and value silence as a form of communication, which requires listeners to pay close attention to nonverbal signals and consider contextual influences on a message. Cultures with a low-context orientation must use more verbal communication and provide explicit details, since listeners aren't expected to derive meaning from the context. Note that people from low-context cultures may feel frustrated by the ambiguity of speakers from high-context cultures, while speakers from high-context cultures may feel overwhelmed or even insulted by the level of detail used by low-context communicators. Cultures with a low-context communication style also tend to have a monochronic orientation toward time, while high-context cultures have a polychronic time orientation, which also affects listening.

As the chapter titled "Culture and Communication" discusses, cultures that favor a structured and commodified orientation toward time are said to be monochronic, while cultures that favor a more flexible orientation are polychronic. Monochronic cultures like the United States value time and action-oriented listening styles, especially in professional contexts, because time is seen as a commodity that is scarce and must be managed (McCormack, 2007). This is evidenced by leaders in businesses and organizations who often request "executive summaries" that only focus on the most relevant information and who use statements like "Get to the point." Polychronic cultures value people and content-oriented listening styles, which makes sense when we consider that polychronic cultures also tend to be more collectivistic and use a high-context communication style. In collectivistic cultures,

indirect communication is preferred in cases where direct communication would be considered a threat to the other person's face (desired public image). For example, flatly turning down a business offer would be too direct, so a person might reply with a "maybe" instead of a "no." The person making the proposal, however, would be able to draw on contextual clues that they implicitly learned through socialization to interpret the "maybe" as a "no."

Listening and Gender

Research on gender and listening has produced mixed results. As we've already learned, much of the research on gender differences and communication has been influenced by gender stereotypes and falsely connected to biological differences. More recent research has found that people communicate in ways that conform to gender stereotypes in some situations and not in others, which shows that our communication is more influenced by societal expectations than by innate or gendered "hard-wiring." For example, through socialization, men are generally discouraged from expressing emotions in public. A woman sharing an emotional experience with a man may perceive the man's lack of emotional reaction as a sign of inattentiveness, especially if he typically shows more emotion during private interactions. The man, however, may be listening but withholding nonverbal expressiveness because of social norms. He may not realize that withholding those expressions could be seen as a lack of empathetic or active listening. Researchers also dispelled the belief that men interrupt more than women do, finding that men and women interrupt each other with similar frequency in cross-gender encounters (Dindia, 1987). So men may interrupt each other more in same-gender interactions as a conscious or subconscious attempt to establish dominance because such behaviors are expected, as men are generally socialized to be more competitive than women. However, this type of competitive interrupting isn't as present in cross-gender interactions because the contexts have shifted.

Key Takeaways

- You can improve listening competence at the receiving stage by preparing yourself to listen and distinguishing between intentional messages and noise; at the interpreting stage by identifying main points and supporting points and taking multiple contexts into consideration; at the recalling stage by creating memories using multiple senses and repeating, rephrasing, and reorganizing messages to fit cognitive preferences; at the evaluating stage by separating facts from inferences and assessing the credibility of the speaker's message; and at the responding stage by asking appropriate questions, offering paraphrased messages, and adapting your response to the speaker and the situation.
- Active listening is the process of pairing outwardly visible positive listening behaviors with positive cognitive listening practices and is characterized by mentally preparing yourself to listen, working to maintain focus on concentration, using appropriate verbal and nonverbal back-channel cues to signal attentiveness, and engaging in strategies like note taking and mentally reorganizing information to help with recall.
- In order to apply critical-listening skills in multiple contexts, we must be able to distinguish between facts and inferences, evaluate a speaker's supporting evidence, discover our own biases, and think beyond the message.
- In order to practice empathetic listening skills, we must be able to support others' subjective experience; temporarily set aside our own needs to focus on the other person; encourage elaboration through active listening and questioning; avoid the temptation to tell our own stories and/or give advice; effectively mirror the nonverbal communication of others; and acknowledge our limits as empathetic listeners.
- Getting integrated: Different listening strategies may need to be applied in different listening contexts.
 - In professional contexts, listening is considered a necessary skill, but most people do not receive explicit instruction in listening. Members of an organization should consciously create a listening environment that promotes and rewards competent listening behaviors.
 - In relational contexts, listening plays a central role in initiating relationships, as listening is required for mutual self-disclosure, and in maintaining relationships, as listening to our relational partners provides a psychological reward in the form of recognition. When people aren't or don't feel listened to, they may experience feelings of isolation or loneliness that can have negative effects throughout their lives.
 - In cultural contexts, high- or low-context communication styles, monochronic or polychronic orientations toward time, and individualistic or collectivistic cultural values affect listening preferences and behaviors.
 - Research regarding listening preferences and behaviors of men and women has been contradictory. While some differences in listening exist, many of them are based more on societal expectations for how men and women should listen rather than biological differences.

Exercises

1. Keep a “listening log” for part of your day. Note times when you feel like you exhibited competent listening behaviors and note times when listening became challenging. Analyze the log based on what you have learned in this section. Which positive listening skills helped you listen? What strategies could you apply to your listening challenges to improve your listening competence?
2. Apply the strategies for effective critical listening to a political message (a search for “political speech” or “partisan speech” on YouTube should provide you with many options). As you analyze the speech, make sure to distinguish between facts and inferences, evaluate a speaker’s supporting evidence, discuss how your own biases may influence your evaluation, and think beyond the message.
3. Discuss and analyze the listening environment of a place you have worked or an organization with which you were involved. Overall, was it positive or negative? What were the norms and expectations for effective listening that contributed to the listening environment? Who helped set the tone for the listening environment?

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5.4: Listenable Messages and Effective Feedback

Learning Objectives

- List strategies for creating listenable messages.
- Evaluate messages produced by others using competent feedback.
- Discuss strategies for self-evaluation of communication.

We should not forget that sending messages is an important part of the listening process. Although we often think of listening as the act of receiving messages, that passive view of listening overlooks the importance of message construction and feedback. In the following section, we will learn how speakers can facilitate listening by creating listenable messages and how listeners help continue the listening process through feedback for others and themselves.

Creating Listenable Messages

Some of the listening challenges we all face would be diminished if speakers created listenable messages. Listenable messages are orally delivered messages that are tailored to be comprehended by a listener (Rubin, 1993). While most of our communication is in an “oral style,” meaning spoken and intended to be heard, we sometimes create messages that are unnecessarily complex in ways that impede comprehension. Listenable messages can be contrasted with most written messages, which are meant to be read.

The way we visually process written communication is different from the way we process orally delivered and aurally received language. Aside from processing written and spoken messages differently, we also speak and write differently. This becomes a problem for listening when conventions of written language get transferred into oral messages. You may have witnessed or experienced this difficulty if you have ever tried or watched someone else try to orally deliver a message that was written to be read, not spoken. For example, when students in my classes try to deliver a direct quote from one of their research sources or speak verbatim a dictionary definition of a word, they inevitably have fluency hiccups in the form of unintended pauses or verbal trip-ups that interfere with their ability to deliver the content. These hiccups consequently make the message difficult for the audience to receive and comprehend.

This isn’t typically a problem in everyday conversations, because when we speak impromptu we automatically speak in an oral style. We have a tendency, however, to stray from our natural oral style when delivering messages that we have prepared in advance—like speeches. This is because we receive much more training in creating messages to be read than we do in creating messages to be spoken. We are usually just expected to pick up the oral style of communicating through observation and trial and error. Being able to compose and deliver messages in an oral style, as opposed to a written style, is a crucial skill to develop in order to be a successful communicator. Since most people lack specific instruction in creating messages in an oral rather than written style, you should be prepared to process messages that aren’t as listenable as you would like them to be. The strategies for becoming an active listener discussed earlier in this chapter will also help you mentally repair or restructure a message to make it more listenable. As a speaker, in order to adapt your message to a listening audience and to help facilitate the listening process, you can use the following strategies to create more listenable messages:

- Use shorter, actively worded sentences.
- Use personal pronouns (“I want to show you...”).
- Use lists or other organizational constructions like problem-solution, pro-con, or compare-contrast.
- Use transitions and other markers that help a listener navigate your message (time markers like “today”; order indicators like “first, second, third”; previews like “I have two things I’d like to say about that”; and reviews like “So, basically I feel like we should vacation at the lake instead of the beach because...”).
- Use examples relevant to you and your listener’s actual experiences.

Giving Formal Feedback to Others

Response is the last step of the listening process. The ability to give effective feedback benefits oneself and others. Whether in professional or personal contexts, positive verbal and nonverbal feedback can boost others’ confidence, and negative feedback, when delivered constructively, can provide important perception checking and lead to improvements. Of course, negative feedback that is not delivered competently can lead to communication difficulties that can affect a person’s self-esteem and self-efficacy.

Although we rarely give formal feedback to others in interpersonal contexts, it is important to know how to give this type of feedback, as performance evaluations are common in a variety of professional, academic, and civic contexts.



The ability to give verbal feedback helps personal and professional relationships grow. [Wikimedia Commons](#) – CC BY-SA 3.0.

It is likely that you will be asked at some point to give feedback to another person in an academic, professional, or civic context. As companies and organizations have moved toward more team-based work environments over the past twenty years, peer evaluations are now commonly used to help assess job performance. I, for example, am evaluated every year by two tenured colleagues, my department chair, and my dean. I also evaluate my graduate teaching assistants and peers as requested. Since it's important for us to know how to give competent and relevant feedback, and since the feedback can be useful for the self-improvement of the receiver, many students are asked to complete peer evaluations verbally and/or in writing for classmates after they deliver a speech. The key to good feedback is to offer constructive criticism, which consists of comments that are specific and descriptive enough for the receiver to apply them for the purpose of self-improvement. The following are guidelines I provide my students for giving feedback, and they are also adaptable to other contexts.

When Giving Feedback to Others

1. **Be specific.** I often see a lack of specific comments when it comes to feedback on speech delivery. Students write things like “Eye contact” on a peer comment sheet, but neither the student nor I know what to do with the comment. While a comment like “Good eye contact” or “Not enough eye contact” is more specific, it's not descriptive enough to make it useful.
2. **Be descriptive.** I'd be hard pressed to think of a descriptive comment that isn't also specific, because the act of adding detail to something usually makes the point clearer as well. The previous “Not enough eye contact” comment would be more helpful and descriptive like this: “You looked at your notes more than you looked at the audience during the first thirty seconds of your speech.”
3. **Be positive.** If you are delivering your feedback in writing, pretend that you are speaking directly to the person and write it the same way. Comments like “Stop fidgeting” or “Get more sources” wouldn't likely come out during verbal feedback, because we know they sound too harsh. The same tone, however, can be communicated through written feedback. Instead, make comments that are framed in such a way as to avoid defensiveness or hurt feelings.
4. **Be constructive.** Although we want to be positive in our feedback, comments like “Good job” aren't constructive, because a communicator can't actually take that comment and do something with it. A comment like “You were able to explain our company's new marketing strategy in a way that even I, as an engineer, could make sense of. The part about our new crisis communication plan wasn't as clear. Perhaps you could break it down the same way you did the marketing strategy to make it clearer for people like me who are outside the public relations department.” This statement is positively framed, specific, and constructive because the speaker can continue to build on the positively reviewed skill by applying it to another part of the speech that was identified as a place for improvement.

5. **Be realistic.** Comments like “Don’t be nervous” aren’t constructive or realistic. Instead, you could say, “I know the first speech is tough, but remember that we’re all in the same situation and we’re all here to learn. I tried the breathing exercises discussed in the book and they helped calm my nerves. Maybe they’ll work for you, too?” I’ve also had students make comments like “Your accent made it difficult for me to understand you,” which could be true but may signal a need for more listening effort since we all technically have accents, and changing them, if possible at all, would take considerable time and effort.
6. **Be relevant.** Feedback should be relevant to the assignment, task, and/or context. I’ve had students give feedback like “Rad nail polish” and “Nice smile,” which although meant as compliments are not relevant in formal feedback unless you’re a fashion consultant or a dentist.

Giving Formal Feedback to Yourself

An effective way to improve our communication competence is to give ourselves feedback on specific communication skills. Self-evaluation can be difficult, because people may think their performance was effective and therefore doesn’t need critique, or they may become their own worst critic, which can negatively affect self-efficacy. The key to effective self-evaluation is to identify strengths and weaknesses, to evaluate yourself within the context of the task, and to set concrete goals for future performance. What follows are guidelines that I give my students for self-evaluation of their speeches.

When Giving Feedback to Yourself

1. **Identify strengths and weaknesses.** We have a tendency to be our own worst critics, so steer away from nit-picking or overfocusing on one aspect of your communication that really annoys you and sticks out to you. It is likely that the focus of your criticism wasn’t nearly as noticeable or even noticed at all by others. For example, I once had a student write a self-critique of which about 90 percent focused on how his face looked red. Although that was really salient for him when he watched his video, I don’t think it was a big deal for the audience members.
2. **Evaluate yourself within the context of the task or assignment guidelines.** If you are asked to speak about your personal life in a creative way, don’t spend the majority of your self-evaluation critiquing your use of gestures. People have a tendency to overanalyze aspects of their delivery, which usually only accounts for a portion of the overall effectiveness of a message, and underanalyze their presentation of key ideas and content. If the expectation was to present complex technical information in a concrete way, you could focus on your use of examples and attempts to make the concepts relevant to the listeners.
3. **Set goals for next time.** Goal setting is important because most of us need a concrete benchmark against which to evaluate our progress. Once goals are achieved, they can be “checked off” and added to our ongoing skill set, which can enhance confidence and lead to the achievement of more advanced goals.
4. **Revisit goals and assess progress at regular intervals.** We will not always achieve the goals we set, so it is important to revisit the goals periodically to assess our progress. If you did not meet a goal, figure out why and create an action plan to try again. If you did achieve a goal, try to build on that confidence to meet future goals.

Key Takeaways

- To create listenable messages, which are orally delivered messages tailored to be comprehended by a listener, avoid long, complex sentences; use personal pronouns; use lists or other organizational constructions; use transitions and other markers to help your listener navigate your message; and use relevant examples.
- Getting integrated: Although we rarely give formal feedback in interpersonal contexts, we give informal feedback regularly to our relational partners that can enhance or detract from their self-esteem and affect our relationships. While we also give informal feedback in academic, professional, and civic contexts, it is common practice to give formal feedback in the form of performance evaluations or general comments on an idea, product, or presentation.
- When giving feedback to others, be specific, descriptive, positive, constructive, realistic, and relevant.
- When giving feedback to yourself, identify strengths and weaknesses, evaluate yourself within the contexts of the task or assignment, set goals for next time, and revisit goals to assess progress.

Exercises

1. Apply the strategies for creating listenable messages to a speech you recently gave or a speech you are currently working on. Which strategies did/will you employ? Why?

2. Recall an instance in which someone gave you feedback that didn't meet the guidelines that are listed in this section. In what ways did the person's feedback fall short of the guidelines, and what could the person have done to improve the feedback?
3. Using the guidelines for self-evaluation (feedback to self), assess one of your recent speeches. If you haven't given a speech recently, assess another communication skill using the same guidelines, such as your listening abilities or your skill at providing constructive criticism.

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6: Interpersonal Communication

Think about the conversations you have with people throughout the day. You might see the person who delivers your mail and have a conversation with him or her about the weather. You might strike up a conversation with the person at your local grocery store about football. You may even direct message (DM) someone about a picture they posted because you like the way they look in the picture and you want to pay them a compliment. All of these conversations can be fun and even meaningful. However, these communications are not interpersonal. “**Interpersonal communication** involves interaction between people who are part of a close and irreplaceable relationship in which they treat each other as unique individuals” (Adler et al., 2019, p. 95). It is important to know what makes communication interpersonal (or not).

The communication examples above can all lead to interpersonal communication over time by “listening to and sharing personal information with each other as unique individuals” (Adler et al., 2019, p. 95). This means that you must get to know someone “well enough to appreciate one another’s unique qualities” (Adler et al., 2019, p. 101). You may start talking to someone about football and enjoy the encounter so much that you ask the person for their phone number. This may lead to greeting each other every morning, via text. You may eventually ask each other about their favorite color and restaurant, via text, and agree to meet for lunch. That lunch can lead to several more lunches. Personal information may be shared on the second lunch date: marital status, family members, and even sexual preferences. At this point, it becomes interpersonal communication, because you have invested time and energy and shared personal information as unique individuals.

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6.1: Interpersonal Communication Defined

Think about the conversations you have with people throughout the day. You might see the person who delivers your mail and have a conversation with him or her about the weather. You might strike up a conversation with the person at your local grocery store about football. You may even direct message (DM) someone about a picture they posted because you like the way they look in the picture and you want to pay them a compliment. All of these conversations can be fun and even meaningful. However, these communications are not interpersonal. “**Interpersonal communication** involves interaction between people who are part of a close and irreplaceable relationship in which they treat each other as unique individuals” (Adler et al., 2019, p. 95). It is important to know what makes communication interpersonal (or not).

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6.2: Relational Communication

Interpersonal communication can progress into **relational communication or messages** “which make a statement about how the parties feel toward one another” (Adler et al., 2019, p. 96). Relational communication or messages can include friendship, romantic, and or family relationships. These relationships will be discussed later in the chapter. They all are unique and have different deliveries and levels of affinity, respect, immediacy, and control. These messages can be expressed with words and coupled with nonverbal communication which can reveal the level at which you respect, love, or like others.

“Affinity is the degree to which we like or appreciate others” (Adler et al., 2019, p. 96). Respect is a feeling of deep appreciation or admiration for someone and or their talents or achievements. Immediacy is the “degree of interest and attraction we feel toward and communicate to others” (Adler et al., 2019, p. 96). Control can be described as “the amount of influence exercised by each communicator” (Adler et al., 2019, p. 96).

As stated earlier, “interpersonal communication involves two-way interaction between people who are part of a close and irreplaceable relation in which they treat each other as unique individuals” (Adler et al., 2019, p. 107). There are factors that influence communication between friends and family. “In today’s world, it’s not easy to define what makes a family” (Adler et al., 2019, p. 110). Think about how many times you have heard people say, “He or she is like family.” In some cases, your friends support and treat you more like family than your blood relatives. Hence, you may consider these individuals to be your family and refer to them as your sister, brother, auntie, etc.

Communicating with family members can be interesting. If you grew up in a household like mine, you may have heard the saying “Children should be seen and not heard.” This meant that if adults are having conversations, children should not assert themselves at all. Decisions were made by your guardians and you had to conform to all rules without contributing your opinions or any type of feedback. There was absolutely no negotiating. There are families who encourage children to openly discuss their opinions and allow them to contribute to the decision-making about everything. It is said that children who were allowed to contribute to adult conversations and decision-making “are better at expressing their emotions confidently and effectively as they grow older” (Adler et al., 2019, p. 122). This means that the family is willing to manage issues, via conversation. Now, you might guess that “children who don’t engage in much give-and-take communication with their parents are usually less comfortable using that style with other people” (Adler et al., 2019, p. 122). This means that the emphasis is on conformity.

Adler et al., 2019, emphasize eight communication strategies for being a good friend and suggest that the strategies can strengthen friendships:

1. Be a good listener.
2. Give advice sparingly.
3. Share feelings respectfully.
4. Apologize and forgive.
5. Be validating and appreciative.
6. Stay loyal in hard times.
7. Be trustworthy.
8. Give and take equally.

These tips may help you keep friendships *and* family stronger and closer over time.

Sometimes friendships become **romantic relationships**. Romance is ubiquitous. We listen to it in all genres of music. We see it in movies and on reality TV. We see it in the hallways of the Center Performing Arts building and sometimes security guards see romance happening in spaces and places on campus where “that type” of romance should not be happening. These verbal and nonverbal messages remind us of our fundamental needs and desires for close interpersonal relationships. Communication, or the lack of it, can impact romantic relationships. Adler et al., 2019, state that “communication scholar Mark Knapp’s development model depicts **five stages of intimacy development** (coming together) and **five stages in which people distance themselves from each other** (coming apart) (p. 124). As you read about these stages, think about how communication is reflected in the romantic relationships you have observed or experienced. *Initiating* is the first encounter you have with one another. You may say “Good

evening” and couple it with nonverbal messages like smiling and or nodding your head. First impressions are formed. The *experimenting* stage happens next. This is when people have what is called “small talk”: “Do you come here often? This is my second time here.” or “Did you have a hard time finding this place?” Small talk may be a little boring and at times seem meaningless. However, there are times when people can figure out if they want to continue the conversation. Then there is the *intensifying* stage. In this stage, “interpersonal relationships develop as people begin to express how they feel about each other” (Adler et al., 2019, p. 124). If couples feel a love connection “they may experience heightened intimacy” (Adler et al., 2019). If they do not feel a love connection “they may feel either pressured or rejected” (Adler et al., 2019, p. 124). People who are dating will begin to flirt and be more affectionate. They may also give more compliments to each other. *Integrating* is the next stage. This is when people start using the word “our.” Did you look in our room? and or introduce each other to your family and friends. If there is a fight or disagreement, in this stage, it is highly likely the individuals will still be a couple. Finally, there is *bonding*. “Bonding is likely to involve a wedding, a commitment ceremony, or some other public means of communicating to the world that this a relationship meant to last” (Adler et al., 2019, p. 125).

Unfortunately, some romantic relationships do not last. In these cases, there will be a *differentiating* stage. You will experience or observe people reducing the use of terms of endearment: Baby, Sweetheart, and or Sugar. Most likely, reducing the use of the word “our” and or sleeping in separate rooms will happen. *Circumscribing* is the next stage. This is when people decrease communication and even give each other the “silent treatment.” They may also show less interest by spending less time together: going on dates and eating dinner at home together. If the lack of communication and this behavior continues, *stagnating* will take place. This is when partners behave and do things without excitement or any “real” interest. Stagnating can become very hostile and evolve into avoiding. This may cause people to communicate to each other that they do not want to see each other or use excuses like “I’m too tired.” or I don’t want you to call me.” When avoidance starts to happen, the *terminating* stage is typically “around the corner.” This stage may happen quickly or take a long time. It can also happen in person or online.

People use communication to choose their friends. When friends communicate they often talk about what they have in common or similar life experiences. “People typically consider acquaintances friendship material if they remind them of themselves” (Adler et al., 2019, p. 110). People who are different can also become good friends because they “balance each other out” (Adler et al., 2019, p. 111). If you notice, people often like people who are fond of them. “You aren’t drawn toward everyone who seems to like you, but to a great extent, you probably like people who like you and shy away from those who dislike you or feel indifferent” (Adler et al., 2019, p. 111). Earlier it was discussed that “respect is a feeling of deep appreciation or admiration for someone and or their talents or achievements.” When people inspire you with their words, nonverbal communication, accomplishments, and or admire you, it is normal to form or want to form a friendship with them.

Adler, R. B., Rodman, G. R., & DuPré, A. (2019). *Essential communication*. Oxford University Press.

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6.3: Emotions and Communication

Learning Objectives

1. Define emotions.
2. Explain the evolutionary and cultural connections to emotions.
3. Discuss how we can more effectively manage our own and respond to others' emotions.

Have you ever been at a movie and let out a bellowing laugh and snort only to realize no one else is laughing? Have you ever gotten uncomfortable when someone cries in class or in a public place? Emotions are clearly personal, as they often project what we're feeling on the inside to those around us whether we want it to show or not. Emotions are also interpersonal in that another person's show of emotion usually triggers a reaction from us—perhaps support if the person is a close friend or awkwardness if the person is a stranger. Emotions are central to any interpersonal relationship, and it's important to know what causes and influences emotions so we can better understand our own emotions and better respond to others when they display emotions.

Emotions are physiological, behavioral, and/or communicative reactions to stimuli that are cognitively processed and experienced as emotional (Planlap, Fitness, & Fehr, 2006). This definition includes several important dimensions of emotions. First, emotions are often internally experienced through physiological changes such as increased heart rate, a tense stomach, or a cold chill. These physiological reactions may not be noticeable by others and are therefore intrapersonal unless we exhibit some change in behavior that clues others into our internal state or we verbally or nonverbally communicate our internal state. Sometimes our behavior is voluntary—we ignore someone, which may indicate we are angry with them—or involuntary—we fidget or avoid eye contact while talking because we are nervous. When we communicate our emotions, we call attention to ourselves and provide information to others that may inform how they should react. For example, when someone we care about displays behaviors associated with sadness, we are likely to know that we need to provide support (Planlap, Fitness, & Fehr, 2006). We learn, through socialization, how to read and display emotions, although some people are undoubtedly better at reading emotions than others. However, as with most aspects of communication, we can all learn to become more competent with increased knowledge and effort.

Primary emotions are innate emotions that are experienced for short periods of time and appear rapidly, usually as a reaction to an outside stimulus, and are experienced similarly across cultures. The primary emotions are joy, distress, anger, fear, surprise, and disgust. Members of a remote tribe in New Guinea, who had never been exposed to Westerners, were able to identify these basic emotions when shown photographs of US Americans making corresponding facial expressions (Evans, 2001).

Secondary emotions are not as innate as primary emotions, and they do not have a corresponding facial expression that makes them universally recognizable. Secondary emotions are processed by a different part of the brain that requires higher order thinking; therefore, they are not reflexive. Secondary emotions are love, guilt, shame, embarrassment, pride, envy, and jealousy (Evans, 2001). These emotions develop over time, take longer to fade away, and are interpersonal because they are most often experienced in relation to real or imagined others. You can be fearful of the dark but feel guilty about an unkind comment made to your mother or embarrassed at the thought of doing poorly on a presentation in front of an audience. Since these emotions require more processing, they are more easily influenced by thoughts and can be managed, which means we can become more competent communicators by becoming more aware of how we experience and express secondary emotions. Although there is more cultural variation in the meaning and expression of secondary emotions, they are still universal in that they are experienced by all cultures. It's hard to imagine what our lives would be like without emotions, and in fact many scientists believe we wouldn't be here without them.

Perspectives on Emotion

How did you learn to express your emotions? Like many aspects of communication and interaction, you likely never received any formal instruction on expressing emotions. Instead, we learn through observation, trial and error, and through occasional explicit guidance (e.g., “boys don't cry” or “smile when you meet someone”). To better understand how and why we express our emotions, we'll discuss the evolutionary function of emotions and how they are affected by social and cultural norms.

Evolution and Emotions

Human beings grouping together and creating interpersonal bonds was a key element in the continuation and success of our species, and the ability to express emotions played a role in this success (Planlap, Fitness, & Fehr, 2006). For example, unlike other species, most of us are able to control our anger, and we have the capacity for empathy. Emotional regulation can help manage conflict, and empathy allows us to share the emotional state of someone else, which increases an interpersonal bond. These capacities were important as early human society grew increasingly complex and people needed to deal with living with more people.



Figure: A dependable and nurturing caregiver helps establish a secure attachment style that will influence emotions and views of relationships in later life. Justhiggy – Mom and baby – CC BY-NC 2.0.

Attachment theory ties into the evolutionary perspective, because researchers claim that it is in our nature, as newborns, to create social bonds with our primary caretaker (Planlap, Fitness, & Fehr, 2006). This drive for attachment became innate through the process of evolution as early humans who were more successful at attachment were more likely to survive and reproduce—repeating the cycle. Attachment theory proposes that people develop one of the following three attachment styles as a result of interactions with early caretakers: secure, avoidant, or anxious attachment (Feeney, Noller, & Rovers, 2000). It is worth noting that much of the research on attachment theory has been based on some societal norms that are shifting. For example, although women for much of human history have played the primary caregiver role, men are increasingly taking on more caregiver responsibilities. Additionally, although the following examples presume that a newborn's primary caregivers are his or her parents, extended family, foster parents, or others may also play that role.

Individuals with a secure attachment style report that their relationship with their parents is warm and that their parents also have a positive and caring relationship with each other. People with this attachment style are generally comfortable with intimacy, feel like they can depend on others when needed, and have few self-doubts. As a result, they are generally more effective at managing their emotions, and they are less likely to experience intense negative emotions in response to a negative stimulus like breaking up with a romantic partner.

People with the avoidant attachment style report discomfort with closeness and a reluctance to depend on others. They quickly develop feelings of love for others, but those feelings lose intensity just as fast. As a result, people with this attachment style do not view love as long lasting or enduring and have a general fear of intimacy because of this. This attachment style might develop due to a lack of bonding with a primary caregiver.

People with the anxious attachment style report a desire for closeness but anxieties about being abandoned. They regularly experience self-doubts and may blame their lack of love on others' unwillingness to commit rather than their own anxiety about being left. They are emotionally volatile and more likely to experience intense negative emotions such as anxiety and anger. This attachment style might develop because primary caregivers were not dependable or were inconsistent—alternating between caring or nurturing and neglecting or harming.

This process of attachment leads us to experience some of our first intense emotions, such as love, trust, joy, anxiety, or anger, and we learn to associate those emotions with closely bonded relationships (Planlap, Fitness, & Fehr, 2006). For example, the child who develops a secure attachment style and associates feelings of love and trust with forming interpersonal bonds will likely experience similar emotions as an adult entering into a romantic partnership. Conversely, a child who develops an anxious attachment style and associates feelings of anxiety and mistrust with forming interpersonal bonds will likely experience similar emotions in romantic relationships later in life. In short, whether we form loving and secure bonds or unpredictable and insecure bonds influences our emotional tendencies throughout our lives, which inevitably affects our relationships. Of course, later in life,

we have more control over and conscious thoughts about this process. Although it seems obvious that developing a secure attachment style is the ideal scenario, it is also inevitable that not every child will have the same opportunity to do so. But while we do not have control over the style we develop as babies, we can exercise more control over our emotions and relationships as adults if we take the time to develop self-awareness and communication competence—both things this book will help you do if you put what you learn into practice.

Culture and Emotions

While our shared evolutionary past dictates some universal similarities in emotions, triggers for emotions and norms for displaying emotions vary widely. Certain emotional scripts that we follow are socially, culturally, and historically situated. Take the example of “falling in love.” Westerners may be tempted to critique the practice of arranged marriages in other cultures and question a relationship that isn’t based on falling in love. However, arranged marriages have been a part of Western history, and the emotional narrative of falling in love has only recently become a part of our culture. Even though we know that compatible values and shared social networks are more likely to predict the success of a long-term romantic relationship than “passion,” Western norms privilege the emotional role of falling in love in our courtship narratives and practices (Crozier, 2006). While this example shows how emotions tie into larger social and cultural narratives, rules and norms for displaying emotions affect our day-to-day interactions.

Display rules are sociocultural norms that influence emotional expression. Display rules influence who can express emotions, which emotions can be expressed, and how intense the expressions can be. In individualistic cultures, where personal experience and self-determination are values built into cultural practices and communication, expressing emotions is viewed as a personal right. In fact, the outward expression of our inner states may be exaggerated, since getting attention from those around you is accepted and even expected in individualistic cultures like the United States (Safdar et al., 2009). In collectivistic cultures, emotions are viewed as more interactional and less individual, which ties them into social context rather than into an individual right to free expression. An expression of emotion reflects on the family and cultural group rather than only on the individual. Therefore, emotional displays are more controlled, because maintaining group harmony and relationships is a primary cultural value, which is very different from the more individualistic notion of having the right to get something off your chest.

There are also cultural norms regarding which types of emotions can be expressed. In individualistic cultures, especially in the United States, there is a cultural expectation that people will exhibit positive emotions. Recent research has documented the culture of cheerfulness in the United States (Kotchamidova, 2010). People seek out happy situations and communicate positive emotions even when they do not necessarily feel positive emotions. Being positive implicitly communicates that you have achieved your personal goals, have a comfortable life, and have a healthy inner self (Mesquita & Albert, 2007). In a culture of cheerfulness, failure to express positive emotions could lead others to view you as a failure or to recommend psychological help or therapy. The cultural predisposition to express positive emotions is not universal. The people who live on the Pacific islands of Ifaluk do not encourage the expression of happiness, because they believe it will lead people to neglect their duties (Mesquita & Albert, 2007). Similarly, collectivistic cultures may view expressions of positive emotion negatively because someone is bringing undue attention to himself or herself, which could upset group harmony and potentially elicit jealous reactions from others.

Emotional expressions of grief also vary among cultures and are often tied to religious or social expectations (Lobar, Youngblut, & Brooten, 2006). Thai and Filipino funeral services often include wailing, a more intense and loud form of crying, which shows respect for the deceased. The intensity of the wailing varies based on the importance of the individual who died and the closeness of the relationship between the mourner and the deceased. Therefore, close relatives like spouses, children, or parents would be expected to wail louder than distant relatives or friends. In Filipino culture, wailers may even be hired by the family to symbolize the importance of the person who died. In some Latino cultures, influenced by the concept of machismo or manliness, men are not expected or allowed to cry. Even in the United States, there are gendered expectations regarding grieving behaviors that lead some men to withhold emotional displays such as crying even at funerals. On the other hand, as you can see in Video Clip 6.1, the 2011 death of North Korean leader Kim Jong-Il brought out public mourners who some suspected were told and/or paid to wail in front of television cameras.

Video clip 6.1, Kim Jong Il Funeral in North Korea; Thousands Mourn. <http://www.youtube.com/watch?v=9shSgKbdON8>

Expressing Emotions

Emotion sharing involves communicating the circumstances, thoughts, and feelings surrounding an emotional event. Emotion sharing usually starts immediately following an emotional episode. The intensity of the emotional event corresponds with the frequency and length of the sharing, with high-intensity events being told more often and over a longer period of time. Research shows that people communicate with others after almost any emotional event, positive or negative, and that emotion sharing offers intrapersonal and interpersonal benefits, as individuals feel inner satisfaction and relief after sharing, and social bonds are strengthened through the interaction (Rime, 2007).

Our social bonds are enhanced through emotion sharing because the support we receive from our relational partners increases our sense of closeness and interdependence. We should also be aware that our expressions of emotion are infectious due to emotional contagion, or the spreading of emotion from one person to another (Hargie, 2011). Think about a time when someone around you got the giggles and you couldn't help but laugh along with them, even if you didn't know what was funny. While those experiences can be uplifting, the other side of emotional contagion can be unpleasant. One of my favorite skits from *Saturday Night Live*, called "Debbie Downer," clearly illustrates the positive and negative aspects of emotional contagion. In the skit, a group of friends and family have taken a trip to an amusement park. One of the people in the group, Debbie, interjects depressing comments into the happy dialogue of the rest of the group. Within the first two minutes of the skit, Debbie mentions mad cow disease after someone orders steak and eggs for breakfast, a Las Vegas entertainer being mauled by his tiger after someone gets excited about seeing Tigger, and a train explosion in North Korea after someone mentions going to the Epcot center. We've probably all worked with someone or had that family member who can't seem to say anything positive, and Debbie's friends react, as we would, by getting increasingly frustrated with her. The skit also illustrates the sometimes uncontrollable aspects of emotional contagion. As you know, the show is broadcast live and the characters occasionally "break character" after getting caught up in the comedy. After the comment about North Korea, Rachel Dratch, who plays Debbie, and Jimmy Fallon, another actor in the scene, briefly break character and laugh a little bit. Their character slip leads other actors to break character and over the next few minutes the laughter spreads (which was not scripted and not supposed to happen) until all the actors in the skit are laughing, some of them uncontrollably, and the audience is also roaring with laughter. This multilayered example captures the positive, negative, and interpersonal aspects of emotional contagion.

In order to verbally express our emotions, it is important that we develop an emotional vocabulary. The more specific we can be when we are verbally communicating our emotions, the less ambiguous they will be for the person decoding our message. As we expand our emotional vocabulary, we are able to convey the intensity of the emotion we're feeling whether it is mild, moderate, or intense. For example, *happy* is mild, *delighted* is moderate, and *ecstatic* is intense, and *ignored* is mild, *rejected* is moderate, and *abandoned* is intense (Hargie, 2011). Aside from conveying the intensity of your emotions, you can also verbally frame your emotions in a way that allows you to have more control over them.

We can communicate ownership of our emotions through the use of "I" language. This may allow us to feel more in control, but it may also facilitate emotion sharing by not making our conversational partner feel at fault or defensive. For example, instead of saying "You're making me crazy!" you could say, "I'm starting to feel really anxious because we can't make a decision." However, there may be times when face-to-face communication isn't possible or desired, which can complicate how we express emotions.

In a time when so much of our communication is electronically mediated, it is likely that we will communicate emotions through the written word in an e-mail, text, or instant message. We may also still resort to pen and paper when sending someone a thank-you note, a birthday card, or a sympathy card. Communicating emotions through the written (or typed) word can have advantages such as time to compose your thoughts and convey the details of what you're feeling. There are also disadvantages, in that important context and nonverbal communication can't be included. Things like facial expressions and tone of voice offer much insight into emotions that may not be expressed verbally. There is also a lack of immediate feedback. Sometimes people respond immediately to a text or e-mail, but think about how frustrating it is when you text someone and they don't get back to you right away. If you're in need of emotional support or want validation of an emotional message you just sent, waiting for a response could end up negatively affecting your emotional state and your relationship.

“Getting Critical”: Politicians, Apologies, and Emotions

Politicians publicly apologizing for wrongdoings have been features in the news for years. In June of 2011, Representative Anthony Weiner, a member of the US Congress, apologized to his family, constituents, and friends for posting an explicit photo on Twitter that was intended to go to a woman with whom he had been chatting and then lying about it. He resigned from Congress a little over a week later. Emotions like guilt and shame are often the driving forces behind an apology, and research shows that apologies that communicate these emotions are viewed as more sincere (Hareli & Eisikovits, 2006).

Rep. Anthony Weiner Apologizes for Twitter Scandal, Racy Photo. http://www.youtube.com/watch?v=-bmE8Afe_Lw

However, admitting and expressing guilt doesn't automatically lead to forgiveness, as such admissions may expose character flaws of an individual. Rep. Weiner communicated these emotions during his speech, which you can view in the video above. He said he was “deeply sorry,” expressed “regret” for the pain he caused, and said, “I am deeply ashamed of my terrible judgment and actions” (CNN, 2001).

1. After viewing Rep. Weiner's apology, do you feel like he was sincere? Why or why not?
2. Do you think politicians have a higher ethical responsibility to apologize for wrongdoing than others? Why or why not?

Managing and Responding to Emotions

The notion of emotional intelligence emerged in the early 1990s and has received much attention in academic scholarship, business and education, and the popular press. Emotional intelligence “involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and action” (Salovey, Woolery, & Mayer, 2001). As was noted earlier, improving our emotional vocabulary and considering how and when to verbally express our emotions can help us better distinguish between and monitor our emotions. However, as the definition of emotional intelligence states, we must then use the results of that cognitive process to guide our thoughts and actions.

Just as we are likely to engage in emotion sharing following an emotional event, we are likely to be on the receiving end of that sharing. Another part of emotional intelligence is being able to appraise others' expressions of emotions and communicatively adapt. A key aspect in this process is empathy, which is the ability to comprehend the emotions of others and to elicit those feelings in ourselves. Being empathetic has important social and physical implications. By expressing empathy, we will be more likely to attract and maintain supportive social networks, which has positive physiological effects like lower stress and less anxiety and psychological effects such as overall life satisfaction and optimism (Guerrero & Andersen, 2000).

When people share emotions, they may expect a variety of results such as support, validation, or advice. If someone is venting, they may just want your attention. When people share positive emotions, they may want recognition or shared celebration. Remember too that you are likely to coexperience some of the emotion with the person sharing it and that the intensity of their share may dictate your verbal and nonverbal reaction (Rime, 2007). Research has shown that responses to low-intensity episodes are mostly verbal. For example, if someone describes a situation where they were frustrated with their car shopping experience, you may validate their emotion by saying, “Car shopping can be really annoying. What happened?” Conversely, more intense episodes involve nonverbal reactions such as touching, body contact (scooting close together), or embracing. These reactions may or may not accompany verbal communication. You may have been in a situation where someone shared an intense emotion, such as learning of the death of a close family member, and the only thing you could think to do was hug them. Although being on the receiving end of emotional sharing can be challenging, your efforts will likely result in positive gains in your interpersonal communication competence and increased relational bonds.

Key Takeaways

- Emotions result from outside stimuli or physiological changes that influence our behaviors and communication.
- Emotions developed in modern humans to help us manage complex social life including interpersonal relations.
- The expression of emotions is influenced by sociocultural norms and display rules.
- Emotion sharing includes verbal expression, which is made more effective with an enhanced emotional vocabulary, and nonverbal expression, which may or may not be voluntary.
- Emotional intelligence helps us manage our own emotions and effectively respond to the emotions of others.

Exercises

1. In what situations would you be more likely to communicate emotions through electronic means rather than in person? Why?
2. Can you think of a display rule for emotions that is not mentioned in the chapter? What is it and why do you think this norm developed?
3. When you are trying to determine someone's emotional state, what nonverbal communication do you look for and why?
4. Think of someone in your life who you believe has a high degree of emotional intelligence. What have they done that brought you to this conclusion?

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6.4: Self-Disclosure and Interpersonal Communication

Self-disclosure is important and appropriate if you want closer friendships. “**Self-disclosure** is the process of deliberately revealing information about oneself that is significant and that would normally not be known by others” (Adler et al., 2019, p. 98). It is also important if you want your friends to have empathy or if you want to understand one another better. “Self-disclosure is appealing partly because people enjoy a sense of similarity” (Adler et al., 2019, p. 111). For example, when it is revealed that you have similarities such as feeling nervous when in the house alone, failing the same class in college, liking the same type of food, a genre of music, etc. you feel a sense of relief that you are not alone and happy that you can discuss this topic with someone who is more likely not to judge you. This type of communication can make you feel closer and more comfortable.

Self-disclosure can be fulfilling. Talking about your life experiences and being vulnerable with someone can enhance interpersonal communication and relationships. A model that represents how self-disclosure operates is the Johari Window. Click on and look at the two YouTube links about the Johari Window model:



Johari Window is designed to give you a better understanding

flivabout.com



Johari

- The "open" quadrant
- The "blind" quadrant
- The "hidden" quadrant
- The "unknown" quadrant

If you want to earn extra credit, let me know which one you like the best and why by posting your response in Canvas under the Discussion Board.

The Johari Window model can be used to help people better understand their relationships both with themselves and with others. Now, look at these three questions and respond the questions in Canvas under the Discussion Boards area. By the date posted in your syllabus. Here are the questions:

1. What are the four quadrants of the Johari Window?
2. How do you use the Johari Window for self-awareness?
3. What are the benefits of the Johari Window?

The model is one way you can improve self-awareness, understanding, and mutual trust in relationships. You may also become more comfortable self-disclosing over time, after learning more about how self-disclosing can enhance your communication skills and relationships.

Let's go back to the DM example because online communication (Facebook, WhatsApp, email, etc.) is all very popular and many of us have participated in online communication. "Early definitions of interpersonal communication specified that it had to take place in person" (Adler et al., 2019, p. 101). It is safe to say that "Times have changed. Today, virtually nobody disputes the idea that interpersonal communication can occur, via email, messaging, video chats, and other social media" (Adler et al., 2019, p. 101). Think about the number of people you know or have heard about who have met online, fell in love online, and eventually became partners and still have loving relationships. Now, let's keep it real. Interpersonal communication online has its advantages and disadvantages.

Online communication helps individuals stay associated. Online communication can feel less threatening and help quiet people build closer relationships. "One appealing quality of online communication is its potential to convey social support. Posting the A+ you earned in English is likely to be rewarded almost instantly with "likes" and congratulation" (Adler et al., 2019, p. 96). Online communication can also give you more time to think about what you want to say without people visually being able to see you think. It also can give a person time to write and rewrite their thoughts before communicating.

On the flip side, the same DM post mentioned above can get comments like "So what you earned an A+! This statement can also be coupled with a middle finger emoji. You just never know the mental state of the person on the other end of their electronics. In addition, online communication can cause mental stress and become what some say is "just too much."

Let's not forget how online communication can be distracting. There are professors who include in their syllabi the consequences of students disrupting classes by communicating online with their cell phones while professors are facilitating learning. Also, relationships are being ruined due to using technology too much: using cell phones when eating dinner and or responding to emails while on vacation. "Excessive use of online communication, as when you interrupt a conversation to respond to a trivial text, can diminish in-person relationships" (Adler et al., 2019, p. 102). Therefore, it is important to think about both the advantages and disadvantages of online communication.

After reading this chapter, you can see that interpersonal communication can be intricate. It is a process by which individuals can exchange messages verbally and nonverbally and these messages can be face-to-face and online. It is important to study, learn and apply interpersonal communication skills because it can help you express your views and convey your intent and message(s) clearly.

Adler, R. B., Rodman, G. R., & DuPré, A. (2019). *Essential Communication*. Oxford University Press.

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CHAPTER OVERVIEW

7: Preparing a Speech

7.1: Selecting and Narrowing a Topic

7.2: Researching and Supporting Your Speech

7.3: Organizing your Speech

7.4: Outlining your Speech

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7.1: Selecting and Narrowing a Topic

Learning Objectives

1. Employ audience analysis.
2. Determine the general purpose of a speech.
3. List strategies for narrowing a speech topic.
4. Compose an audience-centered, specific purpose statement for a speech.
5. Compose a thesis statement that summarizes the central idea of a speech.

Since you are enrolled in a communication class, you have the luxury of selecting the topics you want to present, so you want to choose a topic you know well. There are many steps that go into the speech-making process. Many people do not approach speech preparation in an informed and systematic way, which results in many poorly planned or executed speeches that are not pleasant to sit through as an audience member and don't reflect well on the speaker. When planning a speech, there are several factors to consider - who is your audience, what is their prior knowledge of your topic, what is your goal of your speech, how much time is allotted?

Analyze Your Audience

Audience analysis is key for a speaker to achieve his or her speech goal. One of the first questions you should ask yourself is "Who is my audience?" While there are some generalizations you can make about an audience, a competent speaker always assumes there is a diversity of opinion and background among his or her listeners. You can't assume from looking that everyone in your audience is the same age, gender, ethnic group, sexual orientation, religion, or many other factors. Even if you did have a fairly homogenous audience, with only one or two people who don't match up, you should still consider those one or two people. For a class with one or two older students, you would want to consider the different age demographics even a majority of the class is eighteen to twenty-two years old. In short, a good speaker shouldn't intentionally alienate even one audience member. Of course, a speaker could still unintentionally alienate certain audience members, especially in persuasive speaking situations. While this may be unavoidable, speakers can still think critically about what content they include in the speech and the effects it may have.



Good speakers should always assume a diversity of backgrounds and opinions among their audience members. TEDx University of Tulsa – Audience – CC BY-NC-ND 2.0.

Even though you should remain conscious of the differences among audience members, you can also focus on commonalities. When delivering a speech in a college classroom, you can rightfully assume that everyone in your audience is currently living in the general area of the school, is enrolled at the school, and is currently taking the same speech class. In professional speeches, you can often assume that everyone is part of the same professional organization if you present at a conference, employed at the same place or in the same field if you are giving a sales presentation, or experiencing the nervousness of starting a new job if you are

leading an orientation or training. You may not be able to assume much more, but that's enough to add some tailored points to your speech that will make the content more relevant to your audience.

Demographic Audience Analysis

Demographics are broad sociocultural categories, such as age, gender, socioeconomic status, sexual orientation, education level, religion, ethnicity, and nationality that are used to segment a larger population. Since you are always going to have diverse demographics among your audience members, it would be unwise to focus solely on one group over another. As a speaker, being aware of diverse demographics is useful in that you can tailor and vary examples to appeal to different groups of people. As you can read in the “Getting Real” feature in this chapter, engaging in audience segmentation based on demographics is much more targeted in some careers.

Psychological Audience Analysis

Psychological audience analysis considers your audience's psychological dispositions toward the topic, speaker, and occasion and how their attitudes, beliefs, and values inform those dispositions. When considering your audience's disposition toward your topic, you want to assess your audience's knowledge of the subject. You wouldn't include a lesson on calculus in an introductory math course. You also wouldn't go into the intricacies of a heart transplant to an audience with no medical training. A speech on how to give a speech would be redundant in a public speaking class, but it could be useful for high school students or older adults who are going through a career transition.

Part of the psychological audience analysis is how your audience perceives you as a speaker. The audience may or may not have preconceptions about you as a speaker, however, one way to positively engage your audience is to make sure you establish your credibility. In terms of credibility, you want the audience to see you as competent, trustworthy, and engaging. To establish your trustworthiness, you want to incorporate good supporting material into your speech, verbally cite sources, and present information and arguments in a balanced, noncoercive, and nonmanipulative way. To establish yourself as engaging, you want to have a well-delivered speech, which requires you to practice, get feedback, and practice some more. Your verbal and nonverbal delivery should be fluent and appropriate to the audience and occasion. We will discuss speech delivery more in the chapter titled “Presenting a Speech”.



When you speak in a classroom or at a business meeting, you may have a captive audience. Presbyterian Women – [Business Meeting](#) – CC BY-NC 2.0.

A final aspect of psychological audience analysis involves considering the audience's attitudes, beliefs, and values, as they will influence all the perceptions mentioned previously. As you can see in Figure 7.1, we can think of our attitudes, beliefs, and values as layers that make up our perception and knowledge.

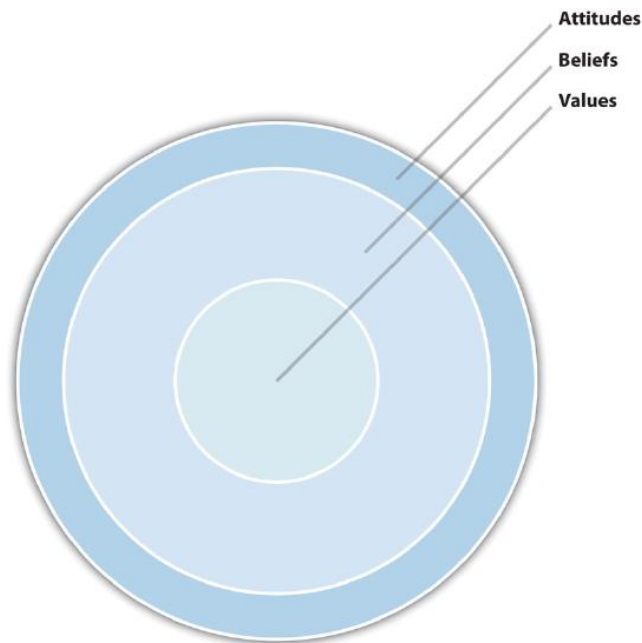


Figure 7.1 Psychological Analysis: Attitudes, Beliefs, and Values

At the outermost level, **attitudes** are our likes and dislikes, and they are easier to influence than beliefs or values because they are often reactionary. If you've ever followed the approval rating of a politician, you know that people's likes and dislikes change frequently and can change dramatically based on recent developments. This is also true interpersonally. For those of you who have siblings, think about how you can go from liking your sisters or brothers, maybe because they did something nice for you, to disliking them because they upset you. This seesaw of attitudes can go up and down over the course of a day or even a few minutes, but it can still be useful for a speaker to consider. If there is something going on in popular culture or current events that has captured people's attention and favor or disfavor, then you can tap into that as a speaker to better relate to your audience.

When considering **beliefs**, we are dealing with what we believe "is or isn't" or "true or false." We come to hold our beliefs based on what we are taught, experience for ourselves, or have faith in. Our beliefs change if we encounter new information or experiences that counter previous ones. As people age and experience more, their beliefs are likely to change, which is natural.

Our **values** deal with what we view as right or wrong, good or bad. Our values do change over time but usually as a result of a life transition or life-changing event such as a birth, death, or trauma. For example, when many people leave their parents' control for the first time and move away from home, they have a shift in values that occurs as they make this important and challenging life transition. In summary, audiences enter a speaking situation with various psychological dispositions, and considering what those may be can help speakers adapt their messages and better meet their speech goals.

Situational Audience Analysis

Situational audience analysis considers the physical surroundings and setting of a speech. It's always a good idea to visit the place you will be speaking ahead of time so you will know what to expect. If you expect to have a lectern and arrive to find only a table at the front of the room, that little difference could end up increasing your anxiety and diminishing your speaking effectiveness. Before you speak, check the room seating arrangement, the presence of technology and its compatibility with what you plan to use on using, the layout of the room including windows and doors, and anything else that's relevant to your speech. Knowing your physical setting ahead of time allows you to alter the physical setting, when possible, or alter your message or speaking strategies if needed. You may want to open or close blinds, move seats around, plug your computer in to make sure it works, or even practice some or all of your speech.

“Getting Real”: Marketing Careers and Audience Segmentation

Advertisers and marketers use sophisticated people and programs to ensure that their message is targeted to particular audiences. These people are often called marketing specialists (Career Cruising, 2012). They research products and trends in markets and consumer behaviors and may work for advertising agencies, marketing firms, consulting firms, or other types of agencies or businesses. The pay range is varied, from \$35,000 to \$166,000 a year for most, and good communication, creativity, and analytic thinking skills are a must. If you stop to think about it, we are all targeted based on our demographics, psychographics, and life situations. Whereas advertisers used to engage in more mass marketing, to undifferentiated receivers, the categories are now much more refined and the target audiences more defined. We only need to look at the recent increase in marketing toward “tweens” or the eight-to-twelve age group. Although this group was once lumped in with younger kids or older teens, they are now targeted because they have “more of their own money to spend and more influence over familial decisions than ever before” (Siegel et al., 2004).

Whether it’s Red Bull aggressively marketing to the college-aged group or gyms marketing to single, working, young adults, much thought and effort goes into crafting a message with a particular receiver in mind. Some companies even create an “ideal customer,” going as far as to name the person, create a psychological and behavioral profile for them, and talk about them as if they were real during message development (Solomon, 2006).

Facebook has also revolutionized targeted marketing, which has led to some controversy and backlash (Greenwell, 2012). The “Like” button on Facebook that was introduced in 2010 is now popping up on news sites, company pages, and other websites. When you click the “Like” button, you are providing important information about your consumer behaviors that can then be fed into complicated algorithms that also incorporate demographic and psychographic data pulled from your Facebook profile and even information from your friends. All this is in an effort to more directly market to you, which became easier in January of 2012 when Facebook started allowing targeted advertisements to go directly into users’ “newsfeeds.”

Markets are obviously segmented based on demographics like gender and age, but here are some other categories and examples of market segments: geography (region, city size, climate), lifestyle (couch potato, economical/frugal, outdoorsy, status seeker), family life cycle (bachelors, newlyweds, full nesters, empty nesters), and perceived benefit of use (convenience, durability, value for the money, social acceptance), just to name a few (Schiffman & Kanuk, 2000).

1. Make a list of the various segments you think marketers might put you in. Have you ever thought about these before? Why or why not?
2. Take note of the advertisements that catch your eye over a couple days. Do they match up with any of the segments you listed in the first question?
3. Are there any groups that you think it would be unethical to segment and target for marketing? Explain your answer.

Determine Your Purpose, Topic, and Thesis

General Purpose

Your speeches will usually fall into one of three categories. In some cases we speak to inform, meaning we attempt to teach our audience using factual objective evidence. In other cases, we speak to persuade, as we try to influence an audience’s beliefs, attitudes, values, or behaviors. Last, we may speak to entertain or amuse our audience. In summary, the general purpose of your speech will be to inform, to persuade, or to entertain.

You can see various topics that may fit into the three general purposes for speaking in Table 7.1. Some of the topics listed could fall into another general purpose category depending on how the speaker approached the topic, or they could contain elements of more than one general purpose. For example, you may have to inform your audience about your topic in one main point before you can persuade them, or you may include some entertaining elements in an informative or persuasive speech to help make the content more engaging for the audience. There should not be elements of persuasion included in an informative speech, however, since persuading is contrary to the objective approach that defines an informative general purpose. In any case, while there may be some overlap between general purposes, most speeches can be placed into one of the categories based on the overall content of the speech.

Table 7.1 General Purposes and Speech Topics

To Inform	To Persuade	To Entertain
Civil rights movement	Gun control	Comedic monologue
Renewable energy	Privacy rights	My craziest adventure
Reality television	Prison reform	A “roast”

Choosing a Topic

Once you have determined (or been assigned) your general purpose, you can begin the process of choosing a topic. In this class, you may be given the option to choose any topic for your informative or persuasive speech, but in most academic, professional, and personal settings, there will be some parameters set that will help guide your topic selection. Speeches delivered at work will usually be directed toward a specific goal such as welcoming new employees, informing about changes in workplace policies, or presenting quarterly sales figures. We are also usually compelled to speak about specific things in our personal lives, like addressing a problem at our child’s school by speaking out at a school board meeting. In short, it’s not often that you’ll be starting from scratch when you begin to choose a topic.

Whether you’ve received parameters that narrow your topic range or not, the first step in choosing a topic is brainstorming. Brainstorming involves generating many potential topic ideas in a fast-paced and nonjudgmental manner. Brainstorming can take place multiple times as you narrow your topic. For example, you may begin by brainstorming a list of your personal interests that can then be narrowed down to a speech topic. It makes sense that you will enjoy speaking about something that you care about or find interesting. The research and writing will be more interesting, and the delivery will be easier since you won’t have to fake enthusiasm for your topic. Speaking about something you’re familiar with and interested in can also help you manage speaking anxiety. While it’s good to start with your personal interests, some speakers may get stuck here if they don’t feel like they can make their interests relevant to the audience. In that case, you can look around for ideas. If your topic is something that’s being discussed in newspapers, on television, in the lounge of your dorm, or around your family’s dinner table, then it’s likely to be of interest and be relevant since it’s current. Figure 9.1 shows how brainstorming works in stages. A list of topics that interest the speaker are on the top row. The speaker can brainstorm subtopics for each idea to see which one may work the best. In this case, the speaker could decide to focus his or her informative speech on three common ways people come to own dogs: through breeders, pet stores, or shelters.

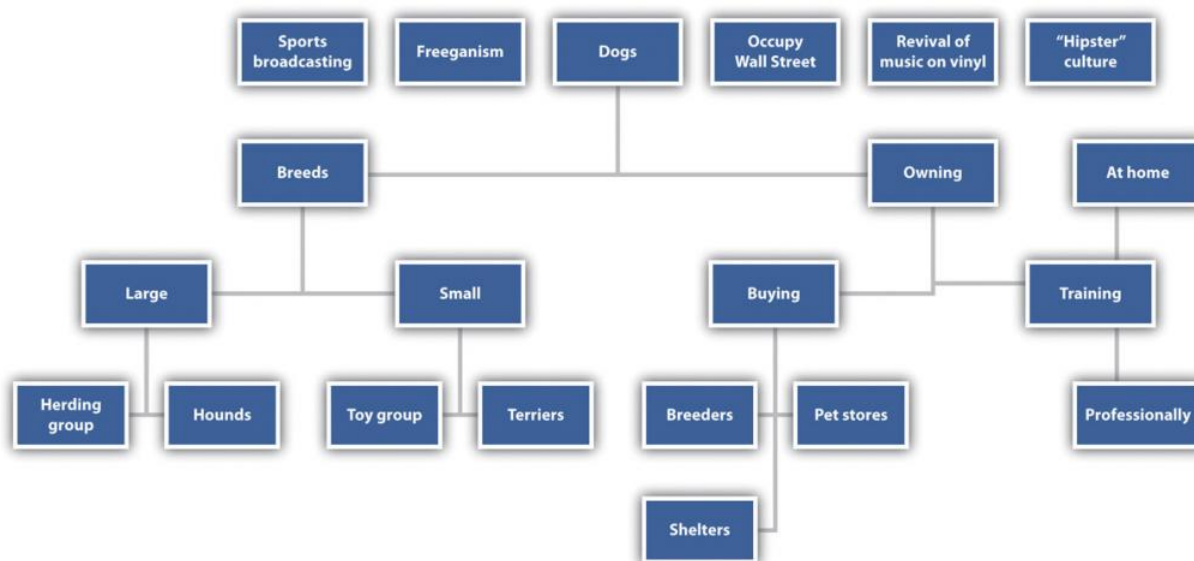


Figure 9.2 Brainstorming and Narrowing a Topic

Overall you can follow these tips as you select and narrow your topic:

1. Brainstorm topics that you are familiar with, interest you, and/or are currently topics of discussion.
2. Choose a topic appropriate for the assignment/occasion.

3. Choose a topic that you can make relevant to your audience.
4. Choose a topic that you have the resources to research (access to information, people to interview, etc.).

Specific Purpose

Once you have brainstormed, narrowed, and chosen your topic, you can begin to draft your specific purpose statement. Your specific purpose is a one-sentence statement that includes the objective you want to accomplish in your speech. You do not speak aloud your specific purpose during your speech; you use it to guide your researching, organizing, and writing. A good specific purpose statement is audience centered, agrees with the general purpose, addresses one main idea, and is realistic.

An audience-centered specific purpose statement usually contains an explicit reference to the audience—for example, “my audience” or “the audience.” Since a speaker may want to see if he or she effectively met his or her specific purpose, the objective should be written in such a way that it could be measured or assessed, and since a speaker actually wants to achieve his or her speech goal, the specific purpose should also be realistic. You won’t be able to teach the audience a foreign language or persuade an atheist to Christianity in a six- to nine-minute speech. The following is a good example of a good specific purpose statement for an informative speech: “By the end of my speech, the audience will be better informed about the effects the green movement has had on schools.” The statement is audience centered and matches with the general purpose by stating, “the audience will be better informed.” The speaker could also test this specific purpose by asking the audience to write down, at the end of the speech, three effects the green movement has had on schools.

Thesis Statement

Your thesis statement is a one-sentence summary of the central idea of your speech that you either explain or defend. You would explain the thesis statement for an informative speech, since these speeches are based on factual, objective material. You would defend your thesis statement for a persuasive speech, because these speeches are argumentative and your thesis should clearly indicate a stance on a particular issue. In order to make sure your thesis is argumentative and your stance clear, it is helpful to start your thesis with the words “I believe.” When starting to work on a persuasive speech, it can also be beneficial to write out a counterargument to your thesis to ensure that it is arguable.

The thesis statement is different from the specific purpose in two main ways. First, the thesis statement is content centered, while the specific purpose statement is audience centered. Second, the thesis statement is incorporated into the spoken portion of your speech, while the specific purpose serves as a guide for your research and writing and an objective that you can measure. A good thesis statement is declarative, agrees with the general and specific purposes, and focuses and narrows your topic. Although you will likely end up revising and refining your thesis as you research and write, it is good to draft a thesis statement soon after drafting a specific purpose to help guide your progress. As with the specific purpose statement, your thesis helps ensure that your research, organizing, and writing are focused so you don’t end up wasting time with irrelevant materials. Keep your specific purpose and thesis statement handy (drafting them at the top of your working outline is a good idea) so you can reference them often. The following examples show how a general purpose, specific purpose, and thesis statement match up with a topic area:

1. Topic: My Craziest Adventure

General purpose: To Entertain

Specific purpose: By the end of my speech, the audience will appreciate the lasting memories that result from an eighteen-year-old visiting New Orleans for the first time.

Thesis statement: New Orleans offers young tourists many opportunities for fun and excitement.

2. Topic: Renewable Energy

General purpose: To Inform

Specific purpose: By the end of my speech, the audience will be able to explain the basics of using biomass as fuel.

Thesis statement: Biomass is a renewable resource that releases gases that can be used for fuel.

3. Topic: Privacy Rights

General purpose: To Persuade

Specific purpose: By the end of my speech, my audience will believe that parents should not be able to use tracking devices to monitor their teenage child's activities.

Thesis statement: I believe that it is a violation of a child's privacy to be electronically monitored by his or her parents.

Key Takeaways

- Getting integrated: Public speaking training builds transferrable skills that are useful in your college classes, career, personal relationships, and civic life.
- Demographic, psychographic, and situational audience analysis help tailor your speech content to your audience.
- The general and specific purposes of your speech are based on the speaking occasion and include the objective you would like to accomplish by the end of your speech. Determining these early in the speech-making process will help focus your research and writing.
- Brainstorm to identify topics that fit within your interests, and then narrow your topic based on audience analysis and the guidelines provided.
- A thesis statement summarizes the central idea of your speech and will be explained or defended using supporting material. Referencing your thesis statement often will help ensure that your speech is coherent.

Exercises

1. Getting integrated: Why do some people dread public speaking or just want to avoid it? Identify some potential benefits of public speaking in academic, professional, personal, and civic contexts that might make people see public speaking in a different light.
2. Conduct some preliminary audience analysis of your class and your classroom. What are some demographics that might be useful for you to consider? What might be some attitudes, beliefs, and values people have that might be relevant to your speech topics? What situational factors might you want to consider before giving your speech?
3. Pay attention to the news (in the paper, on the Internet, television, or radio). Identify two informative and two persuasive speech topics that are based in current events.

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7.2: Researching and Supporting Your Speech

Learning Objectives

1. Identify appropriate methods for conducting college-level research.
2. Distinguish among various types of sources.
3. Evaluate the credibility of sources.
4. Identify various types of supporting material.
5. Employ visual aids that enhance a speaker's message.

We live in an age where access to information is more convenient than ever before. The days of photocopying journal articles in the stacks of the library or looking up newspaper articles on microfilm are over for most. Yet, even though we have all this information at our fingertips, research skills are more important than ever. Our challenge now is not accessing information but discerning what information is credible and relevant. Even though it may sound inconvenient to have to physically go to the library, students who did research before the digital revolution did not have to worry as much about discerning. If you found a source in the library, you could be assured of its credibility because a librarian had subscribed to or purchased that content. When you use Internet resources like Google or Wikipedia, you have no guarantees about some of the content that comes up.

Finding Supporting Material

As was noted in Section 7.1, it's good to speak about something you are already familiar with. So existing knowledge forms the first step of your research process. Depending on how familiar you are with a topic, you will need to do more or less background research before you actually start incorporating sources to support your speech. Background research is just a review of summaries available for your topic that helps refresh or create your knowledge about the subject. It is not the more focused and academic research that you will actually use to support and verbally cite in your speech. Figure 9.3 illustrates the research process. Note that you may go through some of these steps more than once.

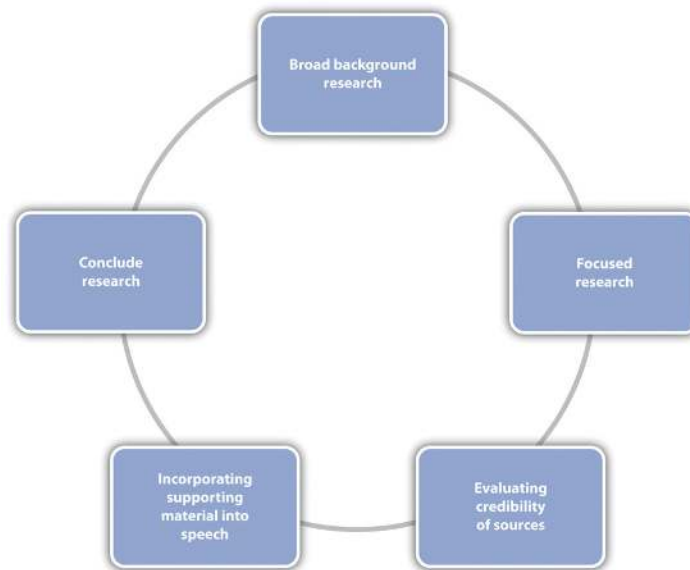


Figure 7.3.2 Research Process

I will reiterate several times in this chapter that your first step for research in college should be library resources, not Google or Bing or other general search engines. In most cases, you can still do your library research from the comfort of a computer, which makes it as accessible as Google but gives you much better results. Excellent and underutilized resources at college and university libraries are reference librarians. Reference librarians are not like the people who likely staffed your high school library. They are information-retrieval experts. At most colleges and universities, you can find a reference librarian who has at least a master's degree in library and information sciences, and at some larger or specialized schools, reference librarians have doctoral degrees. I liken research to a maze, and reference librarians can help you navigate the maze. There may be dead ends, but there's always

another way around to reach the end goal. Unfortunately, many students hit their first dead end and give up or assume that there's not enough research out there to support their speech. Trust me, if you've thought of a topic to do your speech on, someone else has thought of it, too, and people have written and published about it. Reference librarians can help you find that information. I recommend that you meet with a reference librarian face-to-face and take your assignment sheet and topic idea with you. In most cases, students report that they came away with more information than they needed, which is good because you can then narrow that down to the best information. If you can't meet with a reference librarian face-to-face, many schools now offer the option to do a live chat with a reference librarian, and you can also contact them by e-mail or phone.



College and university libraries are often at the cutting edge of information retrieval for academic research. Andre Vandal – The Morrin College Library – CC BY-NC-ND 2.0.

Aside from the human resources available in the library, you can also use electronic resources such as library databases. Library databases help you access more credible and scholarly information than what you will find using general Internet searches. These databases are quite expensive, and you can't access them as a regular citizen without paying for them. Luckily, some of your tuition dollars go to pay for subscriptions to these databases that you can then access as a student. Through these databases, you can access newspapers, magazines, journals, and books from around the world. Of course, libraries also house stores of physical resources like DVDs, books, academic journals, newspapers, and popular magazines. You can usually browse your library's physical collection through an online catalog search. A trip to the library to browse is especially useful for books. Since most university libraries use the Library of Congress classification system, books are organized by topic. That means if you find a good book using the online catalog and go to the library to get it, you should take a moment to look around that book, because the other books in that area will be topically related. On many occasions, I have used this tip and gone to the library for one book but left with several.

Although Google is not usually the best first stop for conducting college-level research, Google Scholar is a separate search engine that narrows results down to scholarly materials. This version of Google has improved much over the past few years and has served as a good resource for my research, even for this book. A strength of Google Scholar is that you can easily search for and find articles that aren't confined to a particular library database. Basically, the pool of resources you are searching is much larger than what you would have using a library database. The challenge is that you have no way of knowing if the articles that come up are available to you in full-text format. As noted earlier, most academic journal articles are found in databases that require users to pay subscription fees. So you are often only able to access the abstracts of articles or excerpts from books that come up in a Google Scholar search. You can use that information to check your library to see if the article is available in full-text format, but if it isn't, you have to go back to the search results. When you access Google Scholar on a campus network that subscribes to academic databases, however, you can sometimes click through directly to full-text articles. Although this resource is still being improved, it may be a useful alternative or backup when other search strategies are leading to dead ends.

Types of Sources

There are several different types of sources that may be relevant for your speech topic. Those include periodicals, newspapers, books, reference tools, interviews, and websites. It is important that you know how to evaluate the credibility of each type of source material.

Periodicals

Periodicals include magazines and journals, as they are published periodically. There are many library databases that can access periodicals from around the world and from years past. A common database is Academic Search Premiere (a similar version is Academic Search Complete). Many databases, like this one, allow you to narrow your search terms, which can be very helpful as you try to find good sources that are relevant to your topic. You may start by typing a key word into the first box and searching. Sometimes a general search like this can yield thousands of results, which you obviously wouldn't have time to look through. In this case you may limit your search to results that have your keyword in the abstract, which is the author-supplied summary of the source. If there are still too many results, you may limit your search to results that have your keyword in the title. At this point, you may have reduced those ten thousand results down to a handful, which is much more manageable.

Within your search results, you will need to distinguish between magazines and academic journals. In general, academic journals are considered more scholarly and credible than magazines because most of the content in them is peer reviewed. The peer-review process is the most rigorous form of review, which takes several months to years and ensures that the information that is published has been vetted and approved by numerous experts on the subject. Academic journals are usually affiliated with professional organizations rather than for-profit corporations, and neither authors nor editors are paid for their contributions. For example, the *Quarterly Journal of Speech* is one of the oldest journals in communication studies and is published by the National Communication Association.



The National Communication Association publishes several peer-reviewed academic journals. The National Communication Association's office in Washington D.C., courtesy of [Wikimedia Commons](#) – CC BY-SA 3.0.

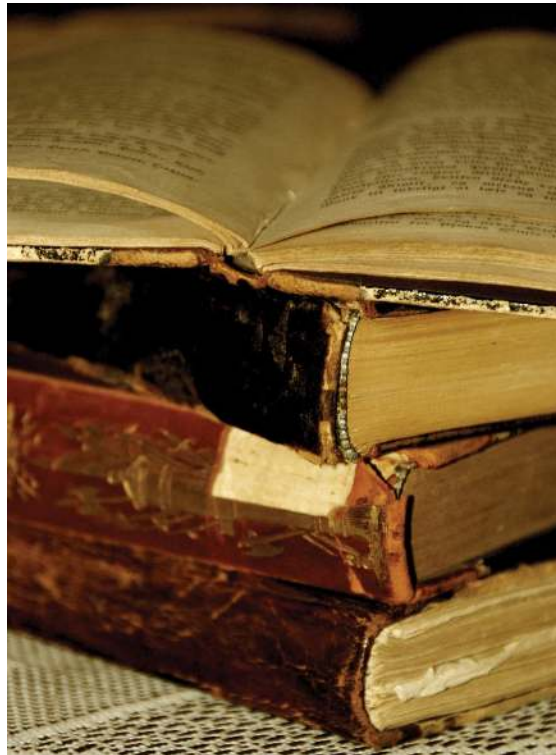
If your instructor wants you to have sources from academic journals, you can often click a box to limit your search results to those that are “peer reviewed.” There are also subject-specific databases you can use to find periodicals. For example, *Communication and Mass Media Complete* is a database that includes articles from hundreds of journals related to communication studies. It may be acceptable for you to include magazine sources in your speech, but you should still consider the credibility of the source. Magazines like *Scientific American* and *Time* are generally more credible and reliable than sources like *People* or *Entertainment Weekly*.

Newspapers and Books

Newspapers and books can be excellent sources but must still be evaluated for relevance and credibility. Newspapers are good for topics that are developing quickly, as they are updated daily. While there are well-known newspapers of record like the *New York*

Times, smaller local papers can also be credible and relevant if your speech topic doesn't have national or international reach. You can access local, national, and international newspapers through electronic databases like LexisNexis. If a search result comes up that doesn't have a byline with an author's name or an organization like the Associated Press or Reuters cited, then it might be an editorial. Editorials may also have bylines, which make them look like traditional newspaper articles even though they are opinion based. It is important to distinguish between news articles and editorials because editorials are usually not objective and do not go through the same review process that a news story does before it's published. It's also important to know the background of your paper. Some newspapers are more tabloid focused or may be published by a specific interest group that has an agenda and biases. So it's usually better to go with a newspaper that is recognized as the newspaper of record for a particular area.

Books are good for a variety of subjects and are useful for in-depth research that you can't get as regularly from newspapers or magazines. Edited books with multiple chapters by different authors can be especially good to get a variety of perspectives on a topic.



Don't assume that you can't find a book relevant to a topic that is fairly recent, since books may be published within a year of a major event. [Wikimedia Commons](#) – CC BY 2.0.

To evaluate the credibility of a book, you'll want to know some things about the author. You can usually find this information at the front or back of the book. If an author is a credentialed and recognized expert in his or her area, the book will be more credible. But just because someone wrote a book on a subject doesn't mean he or she is the most credible source. For example, a quick search online brings up many books related to public speaking that are written by people who have no formal training in communication or speech. While they may have public speaking experience that can help them get a book deal with a certain publisher, that alone wouldn't qualify them to write a textbook, as textbook authors are expected to be credentialed experts—that is, people with experience and advanced training/degrees in their area. The publisher of a book can also be an indicator of credibility. Books published by university/academic presses (University of Chicago Press, Duke University Press) are considered more credible than books published by trade presses (Penguin, Random House), because they are often peer reviewed and they are not primarily profit driven.

Reference Tools

The transition to college-level research means turning more toward primary sources and away from general reference materials. Primary sources are written by people with firsthand experiences with an event or researchers/scholars who conducted original

research. Unfortunately, many college students are reluctant to give up their reliance on reference tools like dictionaries and encyclopedias. While reference tools like dictionaries and encyclopedias are excellent for providing a speaker with a background on a topic, they should not be the foundation of your research unless they are academic and/or specialized.

Dictionaries are handy tools when we aren't familiar with a particular word. However, citing a dictionary like *Webster's* as a source in your speech is often unnecessary. I tell my students that *Webster's Dictionary* is useful when you need to challenge a Scrabble word, but it isn't the best source for college-level research. You will inevitably come upon a word that you don't know while doing research. Most good authors define the terms they use within the content of their writing. In that case, it's better to use the author's definition than a dictionary definition. Also, citing a dictionary doesn't show deep research skills; it only shows an understanding of alphabetical order. So ideally you would quote or paraphrase the author's definition rather than turning to a general dictionary like *Webster's*. If you must turn to a dictionary, I recommend an academic dictionary like *The Oxford English Dictionary (OED)*, which is the most comprehensive dictionary in the English language, with more than twenty volumes. You can't access the *OED* for free online, but most libraries pay for a subscription that you can access as a student or patron. While the *OED* is an academic dictionary, it is not specialized, and you may need a specialized dictionary when dealing with very specific or technical terms. *The Dictionary of Business and Economics* is an example of an academic and specialized dictionary.

Many students have relied on encyclopedias for research in high school, but most encyclopedias, like *World Book*, *Encarta*, or *Britannica*, are not primary sources. Instead, they are examples of secondary sources that aggregate, or compile, research done by others in a condensed summary. As I noted earlier, reference sources like encyclopedias are excellent resources to get you informed about the basics of a topic, but at the college level, primary sources are expected. Many encyclopedias are Internet based, which makes them convenient, but they are still not primary sources, and their credibility should be even more scrutinized.



Wikipedia's open format also means it doesn't generally meet the expectations for credible, scholarly research. [Wikipedia](#) – CC BY-SA 3.0.

Wikipedia revolutionized how many people retrieve information and pioneered an open-publishing format that allowed a community of people to post, edit, and debate content. While this is an important contribution to society, Wikipedia is not considered a scholarly or credible source. Like other encyclopedias, Wikipedia should not be used in college-level research, because it is not a primary source. In addition, since its content can be posted and edited by anyone, we cannot be sure of the credibility of the content. Even though there are self-appointed "experts" who monitor and edit some of the information on Wikipedia, we cannot verify their credentials or the review process that information goes through before it's posted. I'm not one of the college professors who completely dismisses Wikipedia, however. Wikipedia can be a great source for personal research, developing news stories, or trivia. Sometimes you can access primary sources through Wikipedia if you review the footnote citations included in an entry. Moving beyond Wikipedia, as with dictionaries, there are some encyclopedias that are better suited for college research. The *Encyclopedia of Black America* and the *Encyclopedia of Disaster Relief* are examples of specialized academic reference sources that will often include, in each entry, an author's name and credentials and more primary source information.

Interviews

When conducting an interview for a speech, you should access a person who has expertise in or direct experience with your speech topic. If you follow the suggestions for choosing a topic that were mentioned earlier, you may already know something about your speech topic and may have connections to people who would be good interview subjects. Previous employers, internship supervisors, teachers, community leaders, or even relatives may be appropriate interviewees, given your topic. If you do not have a connection to someone you can interview, you can often find someone via the Internet who would be willing to answer some questions. Many informative and persuasive speech topics relate to current issues, and most current issues have organizations that

represent their needs. For an informative speech on ageism or a persuasive speech on lowering the voting age, a quick Internet search for “youth rights” leads you to the webpage for the National Youth Rights Association. Like most organization web pages, you can click on the “Contact Us” link to get information for leaders in the organization. You could also connect to members of the group through Facebook and interview young people who are active in the organization.

Once you have identified a good interviewee, you will want to begin researching and preparing your questions. Open-ended questions cannot be answered with a “yes” or “no” and can provide descriptions and details that will add to your speech. Quotes and paraphrases from your interview can add a personal side to a topic or at least convey potentially complicated information in a more conversational and interpersonal way.



Even if you record an interview, take some handwritten notes and make regular eye contact with the interviewee to show that you are paying attention. David Davies – [Interviews](#) – CC BY-SA 2.0.

Closed questions can be answered with one or two words and can provide a starting point to get to more detailed information if the interviewer has prepared follow-up questions. Unless the guidelines or occasion for your speech suggest otherwise, you should balance your interview data with the other sources in your speech. Don’t let your references to the interview take over your speech.

Tips for Conducting Interviews

1. Do preliminary research to answer basic questions. Many people and organizations have information available publicly. Don’t waste interview time asking questions like “What year did your organization start?” when you can find that on the website.
2. Plan questions ahead of time. Even if you know the person, treat it as a formal interview so you can be efficient.
3. Ask open-ended questions that can’t be answered with only a yes or no. Questions that begin with *how* and *why* are generally more open-ended than *do* and *did* questions. Make sure you have follow-up questions ready.
4. Use the interview to ask for the personal side of an issue that you may not be able to find in other resources. Personal narratives about experiences can resonate with an audience.
5. Make sure you are prepared. If interviewing in person, have paper, pens, and a recording device if you’re using one. Test your recording device ahead of time. If interviewing over the phone, make sure you have good service so you don’t drop the call and that you have enough battery power on your phone. When interviewing on the phone or via video chat, make sure distractions (e.g., barking dogs) are minimized.
6. Whether the interview is conducted face-to-face, over the phone, or via video (e.g., Skype), you must get permission to record. Recording can be useful, as it increases accuracy and the level of detail taken away from the interview. Most smartphones have free apps now that allow you to record face-to-face or phone conversations.
7. Whether you record or not, take written notes during the interview. Aside from writing the interviewee’s responses, you can also take note of follow-up questions that come to mind or notes on the nonverbal communication of the interviewee.
8. Mention ahead of time if you think you’ll have follow-up questions, so the interviewee can expect further contact.
9. Reflect and expand on your notes soon after the interview. It’s impossible to transcribe everything during the interview, but you will remember much of what you didn’t have time to write down and can add it in.
10. Follow up with a thank-you note. People are busy, and thanking them for their time and the information they provided will be appreciated.

Websites

We already know that utilizing library resources can help you automatically filter out content that may not be scholarly or credible, since the content in research databases is selected and restricted. However, some information may be better retrieved from websites. Even though both research databases and websites are electronic sources, there are two key differences between them that may impact their credibility. First, most of the content in research databases is or was printed but has been converted to digital formats for easier and broader access. In contrast, most of the content on websites has not been printed. Although not always the case, an exception to this is documents in PDF form found on web pages. You may want to do additional research or consult with your instructor to determine if that can count as a printed source. Second, most of the content on research databases has gone through editorial review, which means a professional editor or a peer editor has reviewed the material to make sure it is credible and worthy of publication. Most content on websites is not subjected to the same review process, as just about anyone with Internet access can self-publish information on a personal website, blog, wiki, or social media page. So what sort of information may be better retrieved from websites, and how can we evaluate the credibility of a website?

Most well-known organizations have official websites where they publish information related to their mission. If you know there is an organization related to your topic, you may want to see if they have an official website. It is almost always better to get information from an official website, because it is then more likely to be considered primary source information. Keep in mind, though, that organizations may have a bias or a political agenda that affects the information they put out. If you do get information from an official website, make sure to include that in your verbal citation to help establish your credibility. Official reports are also often best found on websites, as they rarely appear in their full form in periodicals, books, or newspapers. Government agencies, nonprofits, and other public service organizations often compose detailed and credible reports on a wide variety of topics.



The US Census Bureau's official website is a great place to find current and credible statistics related to population numbers and demographic statistics. U.S. Census Bureau – public domain.

A key way to evaluate the credibility of a website is to determine the site's accountability. By accountability, I mean determining who is ultimately responsible for the content put out and whose interests the content meets. The more information that is included on a website, the better able you will be to determine its accountability. Ideally all or most of the following information would be

included: organization/agency name, author's name and contact information, date the information was posted or published, name and contact information for person in charge of web content (i.e., web editor or webmaster), and a link to information about the organization/agency/business mission. While all this information doesn't have to be present to warrant the use of the material, the less accountability information is available, the more you should scrutinize the information. You can also begin to judge the credibility of a website by its domain name. Some common domain names are *.com*, *.net*, *.org*, *.edu*, *.mil*, and *.gov*. For each type of domain, there are questions you may ask that will help you evaluate the site's credibility. You can see a summary of these questions in Table 9.2 "Website Domain Names and Credibility". Note that some domain names are marked as "restricted" and others aren't. When a domain is restricted, *.mil* for example, a person or group wanting to register that domain name has to prove that their content is appropriate for the guidelines of the domain name. Essentially, this limits access to the information published on those domain names, which increases the overall credibility.

Table 9.2: Website Domain Names and Credibility

Domain Name	Purpose	Restricted?	Questions to Ask
.com, .net	Commercial	No	Is the information posted for profit? Is the information posted influenced by advertisers?
.org	Mostly noncommercial organizations	No	What is the mission of the organization? Who is responsible for the content? Is the information published to enhance public knowledge or to solicit donations?
.edu	Higher education	Yes	Who published the information? (the institution or an administrator, faculty member, staff member, or student)
.mil	US military	Yes	Most information on .mil sites will be credible, since it is not published for profit and only limited people have access to post information.
.gov	US government	Yes	Most information on .gov sites will be credible, since it is not published for profit and only limited people have access to post information.

Types of Supporting Material

There are several types of supporting material that you can pull from the sources you find during the research process to add to your speech. They include examples, explanations, statistics, analogies, testimony, and visual aids. You will want to have a balance of information, and you will want to include the material that is most relevant to your audience and is most likely to engage them. When determining relevance, utilize some of the strategies mentioned in Section 9.1 "Selecting and Narrowing a Topic". Thinking about who your audience is and what they know and would like to know will help you tailor your information. Also try to incorporate proxemic information, meaning information that is geographically relevant to your audience. For example, if delivering a speech about prison reform to an audience made up of Californians, citing statistics from North Carolina prisons would not be as proxemic as citing information from California prisons. The closer you can get the information to the audience, the better. I tell my students to make the information so relevant and proxemic that it is in our backyards, in the car with us on the way to school or work, and in the bed with us while we sleep.

Examples

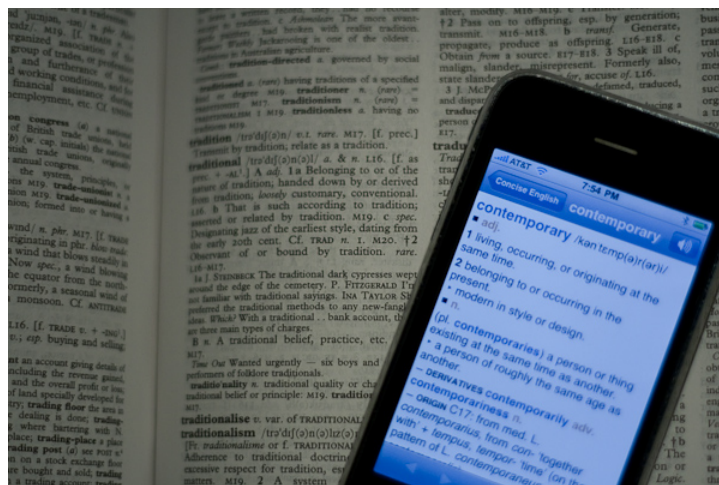
An example is a cited case that is representative of a larger whole. Examples are especially beneficial when presenting information that an audience may not be familiar with. They are also useful for repackaging or reviewing information that has already been presented. Examples can be used in many different ways, so you should let your audience, purpose and thesis, and research materials guide your use. You may pull examples directly from your research materials, making sure to cite the source. The following is an example used in a speech about the negative effects of standardized testing: “Standardized testing makes many students anxious, and even ill. On March 14, 2002, the *Sacramento Bee* reported that some standardized tests now come with instructions indicating what teachers should do with a test booklet if a student throws up on it.” You may also cite examples from your personal experience, if appropriate: “I remember being sick to my stomach while waiting for my SAT to begin.”

You may also use hypothetical examples, which can be useful when you need to provide an example that is extraordinary or goes beyond most people’s direct experience. Capitalize on this opportunity by incorporating vivid description into the example that appeals to the audience’s senses. Always make sure to indicate when you are using a hypothetical example, as it would be unethical to present an example as real when it is not. Including the word *imagine* or something similar in the first sentence of the example can easily do this.

Whether real or hypothetical, examples used as supporting material can be brief or extended. Brief examples are usually one or two sentences, as you can see in the following hypothetical example: “Imagine that your child, little sister, or nephew has earned good grades for the past few years of elementary school, loves art class, and also plays on the soccer team. You hear the unmistakable sounds of crying when he or she comes home from school and you find out that art and soccer have been eliminated because students did not meet the federal guidelines for performance on standardized tests.” Brief examples are useful when the audience is already familiar with a concept or during a review. Extended examples, sometimes called illustrations, are several sentences long and can be effective in introductions or conclusions to get the audience’s attention or leave a lasting impression. It is important to think about relevance and time limits when considering using an extended illustration. Since most speeches are given within time constraints, you want to make sure the extended illustration is relevant to your speech purpose and thesis and that it doesn’t take up a disproportionate amount of the speech. If a brief example or series of brief examples would convey the same content and create the same tone as the extended example, I suggest you go with brevity.

Explanations

Explanations clarify ideas by providing information about what something is, why something is the way it is, or how something works or came to be. One of the most common types of explanation is a definition. Definitions do not have to come from the dictionary. Many times, authors will define concepts as they use them in their writing, which is a good alternative to a dictionary definition.



Since quoting a dictionary definition during a speech is difficult, it’s better to put a definition into your own words based on how it is defined in the original source in which it appeared. Julian Bucknall – [Dictionaries](#) – CC BY-NC 2.0.

As you do your research, think about how much your audience likely knows about a given subject. You do not need to provide definitions when information is common knowledge. Anticipate audience confusion and define legal, medical, or other forms of

jargon as well as slang and foreign words. Definitions like the following are also useful for words that we are familiar with but may not know specifics: “According to the 2011 book *Prohibition: 13 Years That Changed America*, what we now know as Prohibition started in 1920 with the passage of the Volstead Act and the ratification of the Eighteenth Amendment.” Keep in mind that repeating a definition verbatim from a dictionary often leads to fluency hiccups, because definitions are not written to be read aloud. It’s a good idea to put the definition into your own words (still remembering to cite the original source) to make it easier for you to deliver.

Other explanations focus on the “why” and “how” of a concept. Continuing to inform about Prohibition, a speaker could explain why the movement toward Prohibition began: “The Eighteenth Amendment to the Constitution gained support because of the strong political influence of the Anti-Saloon League.” The speaker could go on to explain how the Constitution is amended: “According to the same book, a proposed amendment to the Constitution needs three-fourths of all the states to approve it in order to be ratified.” We use explanations as verbal clarifications to support our claims in daily conversations, perhaps without even noticing it. Consciously incorporating clear explanations into your speech can help you achieve your speech goals.

Statistics

Statistics are numerical representations of information. They are very credible in our society, as evidenced by their frequent use by news agencies, government offices, politicians, and academics. As a speaker, you can capitalize on the power of statistics if you use them appropriately. Unfortunately, statistics are often misused by speakers who intentionally or unintentionally misconstrue the numbers to support their argument without examining the context from which the statistic emerged. All statistics are contextual, so plucking a number out of a news article or a research study and including it in your speech without taking the time to understand the statistic is unethical.

Although statistics are popular as supporting evidence, they can also be boring. There will inevitably be people in your audience who are not good at processing numbers. Even people who are good with numbers have difficulty processing through a series of statistics presented orally. Remember that we have to adapt our information to listeners who don’t have the luxury of pressing a pause or rewind button. For these reasons, it’s a good idea to avoid using too many statistics and to use startling examples when you do use them. Startling statistics should defy our expectations. When you give the audience a large number that they would expect to be smaller, or vice versa, you will be more likely to engage them, as the following example shows: “Did you know that 1.3 billion people in the world do not have access to electricity? That’s about 20 percent of the world’s population according to a 2009 study on the International Energy Agency’s official website.”

You should also repeat key statistics at least once for emphasis. In the previous example, the first time we hear the statistic 1.3 billion, we don’t have any context for the number. Translating that number into a percentage in the next sentence repeats the key statistic, which the audience now has context for, and repackages the information into a percentage, which some people may better understand. You should also round long numbers up or down to make them easier to speak. Make sure that rounding the number doesn’t distort its significance. Rounding 1,298,791,943 to 1.3 billion, for example, makes the statistic more manageable and doesn’t alter the basic meaning. It is also beneficial to translate numbers into something more concrete for visual or experiential learners by saying, for example, “That’s equal to the population of four United States of Americas.” While it may seem easy to throw some numbers in your speech to add to your credibility, it takes more work to make them impactful, memorable, and effective.

Tips for Using Statistics

1. Make sure you understand the context from which a statistic emerges.
2. Don’t overuse statistics.
3. Use startling statistics that defy the audience’s expectations.
4. Repeat key statistics at least once for emphasis.
5. Use a variety of numerical representations (whole numbers, percentages, ratios) to convey information.
6. Round long numbers to make them easier to speak.
7. Translate numbers into concrete ideas for more impact.

Analogies

Analogies involve a comparison of ideas, items, or circumstances. When you compare two things that actually exist, you are using a literal analogy—for example, “Germany and Sweden are both European countries that have had nationalized health care for decades.” Another type of literal comparison is a historical analogy. In Mary Fisher’s now famous 1992 speech to the Republican National Convention, she compared the silence of many US political leaders regarding the HIV/AIDS crisis to that of many European leaders in the years before the Holocaust.

My father has devoted much of his lifetime to guarding against another holocaust. He is part of the generation who heard Pastor Niemöller come out of the Nazi death camps to say, “They came after the Jews and I was not a Jew, so I did not protest. They came after the Trade Unionists, and I was not a Trade Unionist, so I did not protest. They came after the Roman Catholics, and I was not a Roman Catholic, so I did not protest. Then they came after me, and there was no one left to protest.” The lesson history teaches is this: If you believe you are safe, you are at risk.

A figurative analogy compares things that are not normally related, often relying on metaphor, simile, or other figurative language devices. In the following example, wind and revolution are compared: “Just as the wind brings changes in the weather, so does revolution bring change to countries.”

When you compare differences, you are highlighting contrast—for example, “Although the United States is often thought of as the most medically advanced country in the world, other Western countries with nationalized health care have lower infant mortality rates and higher life expectancies.” To use analogies effectively and ethically, you must choose ideas, items, or circumstances to compare that are similar enough to warrant the analogy. The more similar the two things you’re comparing, the stronger your support. If an entire speech on nationalized health care was based on comparing the United States and Sweden, then the analogy isn’t too strong, since Sweden has approximately the same population as the state of North Carolina. Using the analogy without noting this large difference would be misrepresenting your supporting material. You could disclose the discrepancy and use other forms of supporting evidence to show that despite the population difference the two countries are similar in other areas to strengthen your speech.

Testimony

Testimony is quoted information from people with direct knowledge about a subject or situation. Expert testimony is from people who are credentialed or recognized experts in a given subject. Lay testimony is often a recounting of a person’s experiences, which is more subjective. Both types of testimony are valuable as supporting material. We can see this in the testimonies of people in courtrooms and other types of hearings. Lawyers know that juries want to hear testimony from experts, eyewitnesses, and friends and family. Congressional hearings are similar.



Congressional hearings often draw on expert and lay testimony to provide a detailed understanding of an event or issue. [Wikimedia Commons](#) – public domain.

When Toyota cars were malfunctioning and being recalled in 2010, mechanics and engineers were called to testify about the technical specifications of the car (expert testimony), and car drivers like the soccer mom who recounted the brakes on her Prius suddenly failing while she was driving her kids to practice were also called (lay testimony). When using testimony, make sure you indicate whether it is expert or lay by sharing with the audience the context of the quote. Share the credentials of experts (education background, job title, years of experience, etc.) to add to your credibility or give some personal context for the lay testimony (eyewitness, personal knowledge, etc.).

“Getting Competent”: Choosing the Right Supporting Material

As you sift through your research materials to find supporting material to incorporate into your speech, you will want to include a variety of information types. Choosing supporting material that is relevant to your audience will help make your speech more engaging. As was noted earlier, a speaker should consider the audience throughout the speech-making process. Imagine you were asked to deliver a speech about your college or university. To get some practice adapting supporting material to various audiences, provide an example of each type of supporting material that is tailored to the following specific audiences. Include an example, an explanation, a statistic, an analogy, some testimony, and a visual aid.

1. Incoming first-year students
2. Parents of incoming first-year students
3. Alumni of the college or university
4. Community members that live close to the school

Visual Aids

Visual aids help a speaker reinforce speech content visually, which helps amplify the speaker’s message. They can be used to present any of the types of supporting materials discussed previously. Speakers rely heavily on an audience’s ability to learn by listening, which may not always be successful if audience members are visual or experiential learners. Even if audience members are good listeners, information overload or external or internal noise can be barriers to a speaker achieving his or her speech goals. Therefore skillfully incorporating visual aids into a speech has many potential benefits:

- Helping your audience remember information because it is presented orally and visually
- Helping your audience understand information because it is made more digestible through diagrams, charts, and so on
- Helping your audience see something in action by demonstrating with an object, showing a video, and so on
- Engaging your audience by making your delivery more dynamic through demonstration, gesturing, and so on

There are several types of visual aids, and each has its strengths in terms of the type of information it lends itself to presenting. The types of visual aids we will discuss are objects; chalkboards, whiteboards, and flip charts; posters and handouts; pictures; diagrams; charts; graphs; videos; and presentation software. It’s important to remember that supporting materials presented on visual aids should be properly cited. We will discuss proper incorporation of supporting materials into a speech in Section 9.3 “Organizing”. While visual aids can help bring your supporting material to life, they can also add more opportunities for things to go wrong during your speech. Therefore we’ll discuss some tips for effective creation and delivery as we discuss the various types of visual aids.

Objects

Three-dimensional objects that represent an idea can be useful as a visual aid for a speech. They offer the audience a direct, concrete way to understand what you are saying. I often have my students do an introductory speech where they bring in three objects that represent their past, present, and future. Students have brought in a drawer from a chest that they were small enough to sleep in as a baby, a package of Ramen noodles to represent their life as a college student, and a stethoscope or other object to represent their career goals, among other things. Models also fall into this category, as they are scaled versions of objects that may be too big (the International Space Station) or too small (a molecule) to actually show to your audience.

Tips for Using Objects Effectively

1. Make sure your objects are large enough for the audience to see.
2. Do not pass objects around, as it will be distracting.
3. Hold your objects up long enough for the audience to see them.
4. Do not talk to your object, wiggle or wave it around, tap on it, or obstruct the audience's view of your face with it.
5. Practice with your objects so your delivery will be fluent and there won't be any surprises.

Chalkboards, Whiteboards, and Flip Charts

Chalkboards, whiteboards, and flip charts can be useful for interactive speeches. If you are polling the audience or brainstorming you can write down audience responses easily for everyone to see and for later reference. They can also be helpful for unexpected clarification. If audience members look confused, you can take a moment to expand on a point or concept using the board or flip chart. Since many people are uncomfortable writing on these things due to handwriting or spelling issues, it's good to anticipate things that you may have to expand on and have prepared extra visual aids or slides that you can include if needed. You can also have audience members write things on boards or flip charts themselves, which helps get them engaged and takes some of the pressure off you as a speaker.

Posters and Handouts

Posters generally include text and graphics and often summarize an entire presentation or select main points. Posters are frequently used to present original research, as they can be broken down into the various steps to show how a process worked. Posters can be useful if you are going to have audience members circulating around the room before or after your presentation, so they can take the time to review the poster and ask questions. Posters are not often good visual aids during a speech, because it's difficult to make the text and graphics large enough for a room full of people to adequately see. The best posters are those created using computer software and professionally printed on large laminated paper.



Figure: Printing/copying businesses are now good at helping produce professional-looking posters. Although they can be costly, they add to the speaker's credibility. University of Fraser Valley – UFV – Student Research Day – CC BY 2.0.

These professional posters come at a price, often costing between forty and sixty dollars. If you opt to make your own poster, take care to make it look professional. Use a computer and printer to print out your text; do not handwrite on a poster. Make sure anything you cut by hand has neat, uniform edges. You can then affix the text, photos, and any accent backing to the poster board. Double-sided tape works well for this, as it doesn't leave humps like those left by rolled tape or the bubbles, smearing, or sticky mess left by glue.

Handouts can be a useful alternative to posters. Think of them as miniposters that audience members can reference and take with them. Audience members will likely appreciate a handout that is limited to one page, is neatly laid out, and includes the speaker's contact information. It can be appropriate to give handouts to an audience before a long presentation where note taking is expected, complicated information is presented, or the audience will be tested on or have to respond to the information presented. In most regular speeches less than fifteen minutes long, it would not be wise to distribute handouts ahead of time, as they will distract the

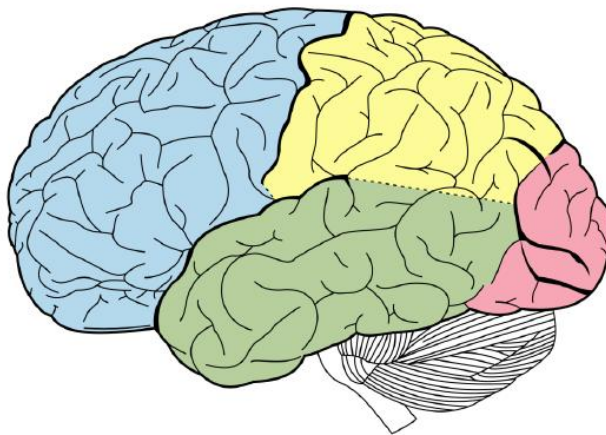
audience from the speaker. It's better to distribute the handouts after your speech or at the end of the program if there are others speaking after you.

Pictures

Photographs, paintings, drawings, and sketches fall into the pictures category of visual aids. Pictures can be useful when you need to show an exact replication of what you're speaking about. Pictures can also connect to your audience on a personal level, especially if they evoke audience emotions. Think about the use of pictures in television commercials asking for donations or sponsorships. Organizations like Save the Children and the American Society for the Prevention of Cruelty to Animals successfully use pictures of malnourished children or abused animals to pull at the heartstrings of viewers. A series of well-chosen and themed pictures can have a meaningful impact on an audience. Although some pictures can be effectively presented when printed out on standard 8 1/2" x 11" printer paper using a black and white printer, others will need to be enlarged and/or printed in color, which will cost some money. You can often avoid this by incorporating a picture into a PowerPoint presentation, as the picture will be projected large enough for people to see. We will discuss PowerPoint in more detail later.

Diagrams and Drawings

Diagrams are good for showing the inner workings of an object or pointing out the most important or relevant parts of something. Think about diagrams as blueprints that show the inside of something—for example, key bones in the human body in a speech about common skateboarding injuries. Diagrams are good alternatives to pictures when you only need to point out certain things that may be difficult to see in a photograph.



[Wikimedia Commons](#) – public domain.

You may even be able to draw a simple diagram yourself if you find it would be useful during your speech. Although not all maps are simple enough to be created by the speaker, many maps can be hand drawn during a speech or ahead of time to indicate different locations or patterns. While I would recommend that you anticipate this ahead of time so you can incorporate a more professional version of the diagram created with computer software or more precise drawing, drawing a diagram on an overhead projector, whiteboard, or smart board can be useful.

Charts and Tables

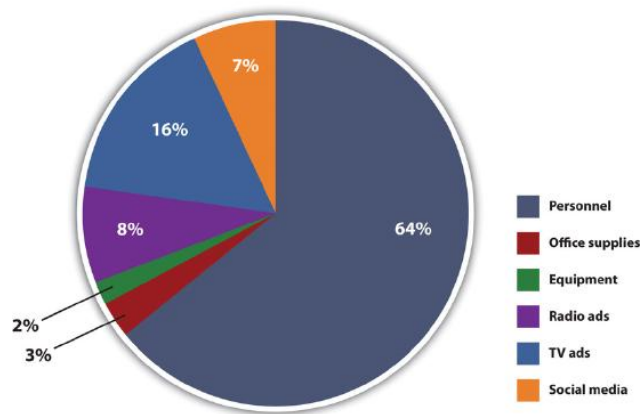
Charts and tables are useful for compiling and cross-referencing larger amounts of information. The combination of rows and columns allows you to create headers and then divide them up into units, categories, dates, and so on. Medical information is put into charts so that periods of recorded information, such as vital signs, can be updated and scanned by doctors and nurses. Charts and tables are also good for combining text and numbers, and they are easy to make with word processing software like Microsoft Word or spreadsheet software like Excel. Think of presenting your department's budget and spending at the end of a business quarter. You could have headers in the columns with the various categories and itemized deductions in the rows ending with a final total for each column.

Marketing Department Quarterly Budget

Category	Budgeted	Used	Quarter
Personnel	36,000	37,062	-1,062
Office supplies	2,000	1,890	110
Equipment/ Computers	1,500	1,338	162
Radio ad buy	5,000	4,500	500
TV ad buy	9,000	9,000	0
Social media ad buy	4,000	4,140	-140
Total	57,500	57,930	-430

A pie chart is an alternative representation of textual and numerical data that offers audience members a visual representation of the relative proportions of a whole. In a pie chart, each piece of the pie corresponds to a percentage of the whole, and the size of the pie varies with the size of the percentage. As with other charts and tables, most office software programs now easily make pie charts.

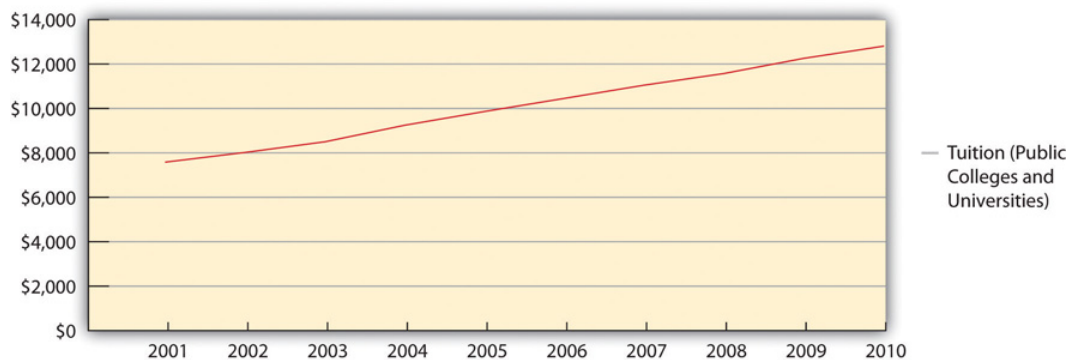
Marketing Budget



Graphs

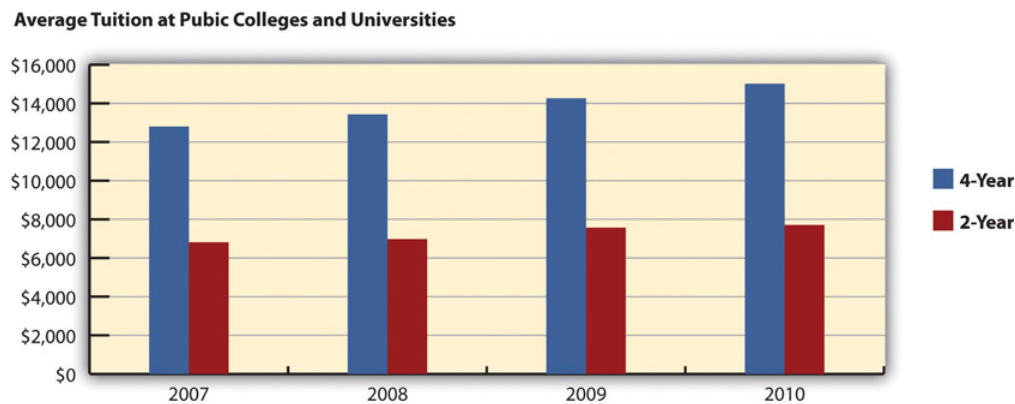
Graphs are representations that point out numerical relationships or trends and include line graphs and bar graphs. Line graphs are useful for showing trends over time. For example, you could track the rising cost of tuition for colleges and universities in a persuasive speech about the need for more merit-based financial aid.

Tuition (Public Colleges and Universities)



Bar graphs are good for comparing amounts. In the same speech, you could compare the tuition of two-year institutions to that of four-year institutions. Graphs help make numerical data more digestible for your audience and allow you to convey an important numerical trend visually and quickly without having to go into lengthy explanations. Remember to always clearly label your x-axis

and y-axis and to explain the basics of your graph to your audience before you go into the specific data. If you use a graph that was created by someone else, make sure it is large and clear enough for the audience to read and that you cite the original source.



Source: National Center for Education Statistics, Fast Facts, www.nces.ed.gov

[National Center for Education Statistics.](http://www.nces.ed.gov)

Video

Video clips as visual aids can be powerful and engaging for an audience, but they can also be troublesome for speakers. Whether embedded in a PowerPoint presentation, accessed through YouTube, or played from a laptop or DVD player, video clips are notorious for tripping up speakers. They require more than one piece of electronics when they are hooked to a projector and speaker and sometimes also require an Internet connection. The more electronic connection points, the more chances for something to go wrong. Therefore it is very important to test your technology before your speech, have a backup method of delivery if possible, and be prepared to go on without the video if all else fails. Although sometimes tempting, you should not let the video take over your speech. I recommend that my students not have more than 10 percent of their speech be filled with video, meaning there should be no more than one minute of video in a ten-minute speech. Make sure your video is relevant and that it is cued to where it needs to be. One useful strategy for incorporating video is to play a video without audio and speak along with the video, acting as a narrator. This allows the speaker to have more control over the visual aid and to adapt it and make it more relevant to a specific topic and audience. Additionally, video editing software like Final Cut and iMovie are readily available to college students and relatively easy to use. Some simple editing to cut together various clips that are meaningful or adding an introductory title or transitions can go a long way toward making your video look professional.

Presentation Software

The prevalence of computers and projectors in most schools, offices, and other presentation facilities has made using computer-generated visual aids more convenient. PowerPoint is the most commonly used presentation software and has functionality ranging from the most simple text-based slide to complicated transitions, timing features, video/sound imbedding, and even functionality with audience response systems like Turning Point that allow data to be collected live from audience members and incorporated quickly into the slideshow. Despite the fact that most college students have viewed and created numerous PowerPoint presentations, I have still seen many poorly executed slideshows that detracted from the speaker's message. PowerPoint should be viewed as a speech amplifier. Like an amplifier for a guitar, it doesn't do much without a musician there to play the instrument. The speaker is the musician, the speech is the instrument, and PowerPoint is the amplifier. Just as the amplifier doesn't dictate what the guitar player does, neither should PowerPoint take over the speaker.

I like to distinguish between using PowerPoint as a presentation aid and as a visual aid. PowerPoint, with all its bells and whistles, is designed as a presentation aid. Presentations are generally longer than speeches, at least fifteen minutes long, and are content heavy. College lectures and many professional conference presentations fall into this category. In these cases, PowerPoint generally runs along with the speaker throughout the presentation, reviewing key points and presenting visual aids such as pictures and graphs. The constant running of the slideshow also facilitates audience note taking, which is also common during presentations.

Speeches, on the other hand, are usually fifteen minutes or less, have repetition and redundancy built in (as they are adapted to a listening audience), and carry less expectation that the audience will take detailed notes. In this case, I believe PowerPoint should be used more as a visual aid, meaning that it should be simpler and amplify particular components of the speech rather than run along with the speaker throughout the speech.

Tips for Using PowerPoint as a Visual Aid

1. Do not have more than two slides per main point.
2. Use a consistent theme with limited variation in font style and font size.
3. Incorporate text and relevant graphics into each slide.
4. Limit content to no more than six lines of text or six bullet points per slide.
5. Do not use complete sentences; be concise.
6. Avoid unnecessary animation or distracting slide transitions.
7. Only have a slide displayed when it is relevant to what you're discussing. Insert completely black slides to display when you are not explicitly referencing content in the speech so the audience doesn't get distracted.

"Getting Plugged In"

Alternatives to PowerPoint

Although PowerPoint is the most frequently used presentation software, there are alternatives that can also be engaging and effective if the speaker is willing to invest the time in learning something new. Keynote is Apple's alternative to Microsoft's PowerPoint and offers some themes and style choices that can set your presentation apart from the familiar look of PowerPoint. Keep in mind that you will need to make sure you have access to Mac-compatible presentation tools, since Keynote won't run or open on most PCs. Prezi is a new web-based presentation tool that uses Flash animation, zooming, and motion to make a very different-looking computer-generated visual aid. If you have the time to play with Prezi and create a visual aid for your presentation, you will stand out. You can see Prezi in action in Note 9.31 "Video Clip 9.1". You can also see sample presentations on Prezi's website: <http://prezi.com/explore>.

1. What are some positives and negatives of using PowerPoint as a visual aid?
2. What are some other alternatives to using PowerPoint as a visual aid? Why?



James Geary, Metaphorically Speaking. In this video, James Geary presents on metaphor using Prezi as his visual aid.
youtu.be/2cU56SWXHFw

Key Takeaways

- Library resources like databases and reference librarians are more suitable for college-level research than general search engines.
- Research sources include periodicals, newspapers and books, reference tools, interviews, and websites. The credibility of each type of supporting material should be evaluated.
- Speakers should include a variety of supporting material from their research sources in their speeches. The types of supporting material include examples, explanations, statistics, analogies, testimony, and visual aids.
- Visual aids help a speaker reinforce their content visually and have many potential benefits. Visual aids can also detract from a speech if not used properly. Visual aids include objects; chalkboards, whiteboards, and flip charts; posters and handouts; pictures; diagrams; charts; graphs; video; and presentation software.

Exercises

1. Getting integrated: Identify some ways that research skills are helpful in each of the following contexts: academic, professional, personal, and civic.
2. Go to the library webpage for your school. What are some resources that will be helpful for your research? Identify at least two library databases and at least one reference librarian. If you need help with research, what resources are available?
3. What are some websites that you think are credible for doing college-level research? Why? What are some website that are not credible? Why?

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7.3: Organizing your Speech

Learning Objectives

1. Explain the process of organizing a speech.
2. Identify common organizational patterns.
3. Incorporate supporting materials into a speech.
4. Employ verbal citations for various types of supporting material.
5. List key organizing signposts.
6. Identify the objectives of a speech introduction.
7. Identify the objectives of a speech conclusion.

When organizing your speech, you should think of it as three components: Introduction, Body and Conclusion, In Figure 7.3.1 (below). The Introduction starts broad and funnels into the Body, which is the main content of your speech, and then the Body funnels out to the conclusion. Although the Introduction is the beginning of the speech, when organizing your speech, you want to start with the body because it's difficult to introduce and preview something that you haven't yet developed. Think of this structure as a human body. This type of comparison dates back to Plato, who noted, "every speech ought to be put together like a living creature" (Winans, 1917). The introduction is the head, the body is the torso and legs, and the conclusion is the feet. The information you add to this structure from your research and personal experience is the organs and muscle. The transitions you add are the connecting tissues that hold the parts together, and a well-practiced delivery is the skin and clothing that makes everything presentable.

General speech structure

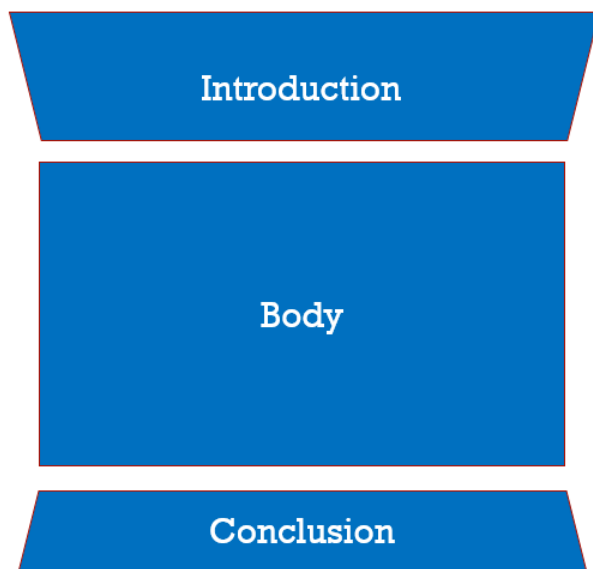


Figure 7.3.1

Organizing the Body of Your Speech

Writing the body of your speech takes the most time in the speech-writing process. Your specific purpose and thesis statements should guide the initial development of the body, which will then be more informed by your research process. You will determine main points that help achieve your purpose and match your thesis. You will then fill information into your main points by incorporating the various types of supporting material discussed previously. Before you move on to your introduction and conclusion, you will connect the main points together with transitions and other signposts.

Determining Your Main Points

Think of each main point as a miniature speech within your larger speech. Each main point will have a central idea, meet some part of your specific purpose, and include supporting material from your research that relates to your thesis. Reviewing the draft of your thesis and specific purpose statements can lead you to research materials. As you review your research, take notes on and/or highlight key ideas that stick out to you as useful, effective, relevant, and interesting. It is likely that these key ideas will become the central ideas of your main points, or at least subpoints. Once you've researched your speech enough to achieve your specific purpose, support your thesis, and meet the research guidelines set forth by your instructor, boss, or project guidelines, you can distill the research down to a series of central ideas. As you draft these central ideas, use parallel wording, which is similar wording among key organizing signposts and main points that helps structure a speech. Using parallel wording in your central idea statement for each main point will also help you write parallel key signposts like the preview statement in the introduction, transitions between main points, and the review statement in the conclusion. The following example shows parallel wording in the central ideas of each main point in a speech about the green movement and schools:

1. The green movement in schools positively affects school buildings and facilities.
2. The green movement in schools positively affects students.
3. The green movement in schools positively affects teachers.

While writing each central idea using parallel wording is useful for organizing information at this stage in the speech-making process, you should feel free to vary the wording a little more in your actual speech delivery. You will still want some parallel key words that are woven throughout the speech, but sticking too close to parallel wording can make your content sound forced or artificial.

After distilling your research materials down, you may have several central idea statements. You will likely have two to five main points, depending on what your instructor prefers, time constraints, or the organizational pattern you choose. All the central ideas may not get converted into main points; some may end up becoming subpoints and some may be discarded. Once you get your series of central ideas drafted, you will then want to consider how you might organize them, which will help you narrow your list down to what may actually end up becoming the body of your speech.

Organizing Your Main Points

There are several ways you can organize your main points, and some patterns correspond well to a particular subject area or speech type. Determining which pattern you will use helps filter through your list of central ideas generated from your research and allows you to move on to the next step of inserting supporting material into your speech. Here are some common organizational patterns.

Topical Pattern

When you use the topical pattern, you are breaking a large idea or category into smaller ideas or subcategories. In short you are finding logical divisions to a whole. While you may break something down into smaller topics that will make two, three, or more main points, people tend to like groups of three. In a speech about the Woodstock Music and Art Fair, for example, you could break the main points down to (1) the musicians who performed, (2) the musicians who declined to perform, and (3) the audience. You could also break it down into three specific performances—(1) Santana, (2) The Grateful Dead, and (3) Creedence Clearwater Revival—or three genres of music—(1) folk, (2) funk, and (3) rock.

The topical pattern breaks a topic down into logical divisions but doesn't necessarily offer any guidance in ordering them. To help determine the order of topical main points, you may consider the primacy or recency effect. You prime an engine before you attempt to start it and prime a surface before you paint it. The primacy effect is similar in that you present your best information first in order to make a positive impression and engage your audience early in your speech. The recency effect is based on the idea that an audience will best remember the information they heard most recently. Therefore you would include your best information last in your speech to leave a strong final impression. Both primacy and recency can be effective. Consider your topic and your audience to help determine which would work best for your speech.

Chronological Pattern

A chronological pattern helps structure your speech based on time or sequence. If you order a speech based on time, you may trace the development of an idea, product, or event. A speech on Woodstock could cover the following: (1) preparing for the event, (2)

what happened during the event, and (3) the aftermath of the event. Ordering a speech based on sequence is also chronological and can be useful when providing directions on how to do something or how a process works. This could work well for a speech on baking bread at home, refinishing furniture, or harvesting corn. The chronological pattern is often a good choice for speeches related to history or demonstration speeches.

Spatial Pattern

The spatial pattern arranges main points based on their layout or proximity to each other. A speech on Woodstock could focus on the layout of the venue, including (1) the camping area, (2) the stage area, and (3) the musician/crew area. A speech could also focus on the components of a typical theater stage or the layout of the new 9/11 memorial at the World Trade Center site.

Problem-Solution Pattern

The problem-solution pattern entails presenting a problem and offering a solution. This pattern can be useful for persuasive speaking—specifically, persuasive speeches focused on a current societal issue. This can also be coupled with a call to action asking an audience to take specific steps to implement a solution offered. This organizational pattern can be applied to a wide range of topics and can be easily organized into two or three main points. You can offer evidence to support your claim that a problem exists in one main point and then offer a specific solution in the second main point. To be more comprehensive, you could set up the problem, review multiple solutions that have been proposed, and then add a third main point that argues for a specific solution out of the ones reviewed in the second main point. Using this pattern, you could offer solutions to the problem of rising textbook costs or offer your audience guidance on how to solve conflicts with roommates or coworkers.

Cause-Effect Pattern

The cause-effect pattern sets up a relationship between ideas that shows a progression from origin to result. You could also start with the current situation and trace back to the root causes. This pattern can be used for informative or persuasive speeches. When used for informing, the speaker is explaining an established relationship and citing evidence to support the claim—for example, accessing unsecured, untrusted websites or e-mails leads to computer viruses. When used for persuading, the speaker is arguing for a link that is not as well established and/or is controversial—for example, violent video games lead to violent thoughts and actions. In a persuasive speech, a cause-effect argument is often paired with a proposed solution or call to action, such as advocating for stricter age restrictions on who can play violent video games. When organizing an informative speech using the cause-effect pattern, be careful not to advocate for a particular course of action.

Monroe's Motivated Sequence

Monroe's Motivated Sequence is a five-step organization pattern that attempts to persuade an audience by making a topic relevant, using positive and/or negative motivation, and including a call to action. The five steps are (1) attention, (2) need, (3) satisfaction, (4) visualization, and (5) action (Monroe & Ehninger, 1964).

The attention step is accomplished in the introduction to your speech. Whether your entire speech is organized using this pattern or not, any good speaker begins by getting the attention of the audience. We will discuss several strategies in Section 9 “Getting Your Audience’s Attention” for getting an audience’s attention. The next two steps set up a problem and solution.

After getting the audience’s attention you will want to establish that there is a need for your topic to be addressed. You will want to cite credible research that points out the seriousness or prevalence of an issue. In the attention and need steps, it is helpful to use supporting material that is relevant and proxemic to the audience.

Once you have set up the need for the problem to be addressed, you move on to the satisfaction step, where you present a solution to the problem. You may propose your own solution if it is informed by your research and reasonable. You may also propose a solution that you found in your research.

The visualization step is next and incorporates positive and/or negative motivation as a way to support the relationship you have set up between the need and your proposal to satisfy the need. You may ask your audience to visualize a world where things are better because they took your advice and addressed this problem. This capitalizes on positive motivation. You may also ask your audience to visualize a world where things are worse because they did not address the issue, which is a use of negative motivation. Now that

you have hopefully persuaded your audience to believe the problem is worthy of addressing, proposed a solution, and asked them to visualize potential positive or negative consequences, you move to the action step.

The action step includes a call to action where you are basically saying, “Now that you see the seriousness of this problem, here’s what you can do about it.” The call to action should include concrete and specific steps an audience can take. Your goal should be to facilitate the call to action, making it easy for the audience to complete. Instead of asking them to contact their elected officials, you could start an online petition and make the link available to everyone. You could also bring the contact information for officials that represent that region so the audience doesn’t have to look them up on their own. Although this organizing pattern is more complicated than the others, it offers a proven structure that can help you organize your supporting materials and achieve your speech goals.

Incorporating Supporting Material

So far, you have learned several key steps in the speech creation process, which are reviewed in Figure 9.4. Now you will begin to incorporate more specific information from your supporting materials into the body of your speech. You can place the central ideas that fit your organizational pattern at the beginning of each main point and then plug supporting material in as subpoints.

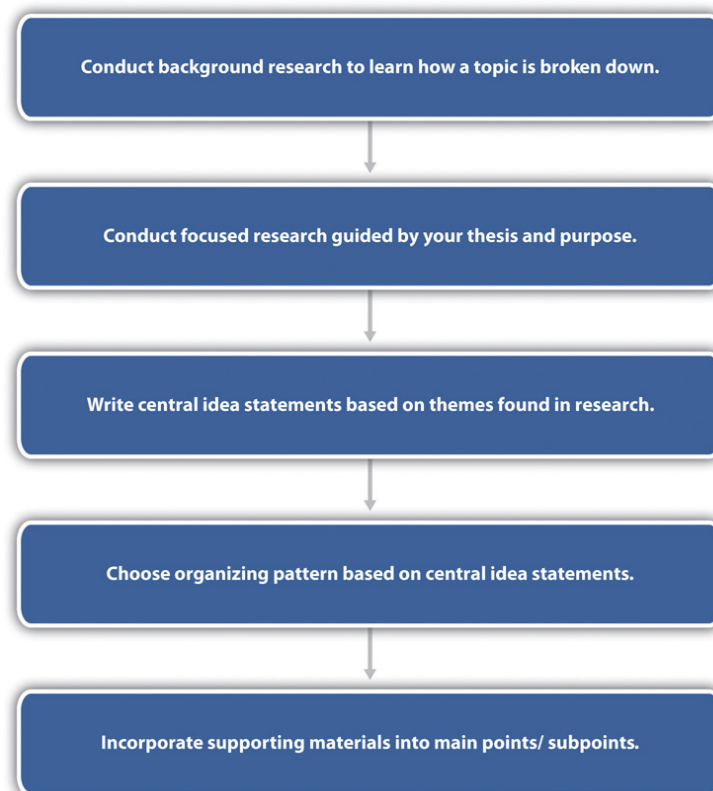


Figure 9.4 From Research to Main Points

This information will also make up the content of your formal and speaking outlines, which we will discuss more in Section 9.4 “Outlining”. Remember that you want to include a variety of supporting material (examples, analogies, statistics, explanations, etc.) within your speech. The information that you include as subpoints helps back up the central idea that started the main point. Depending on the length of your speech and the depth of your research, you may also have sub-subpoints that back up the claim you are making in the subpoint. Each piece of supporting material you include eventually links back to the specific purpose and thesis statement. This approach to supporting your speech is systematic and organized and helps ensure that your content fits together logically and that your main points are clearly supported and balanced.

One of the key elements of academic and professional public speaking is verbally citing your supporting materials so your audience can evaluate your credibility and the credibility of your sources. You should include citation information in three places: verbally in your speech, on any paper or electronic information (outline, PowerPoint), and on a separate reference sheet. Since much of the

supporting material you incorporate into your speech comes directly from your research, it's important that you include relevant citation information as you plug this information into your main points. Don't wait to include citation information once you've drafted the body of your speech. At that point it may be difficult to retrace your steps to locate the source of a specific sentence or statistic. As you paraphrase or quote your supporting material, work the citation information into the sentences; do not clump the information together at the end of a sentence, or try to cite more than one source at the end of a paragraph or main point. It's important that the audience hear the citations as you use the respective information so it's clear which supporting material matches up with which source.

Writing key bibliographic information into your speech will help ensure that you remember to verbally cite your sources and that your citations will be more natural and flowing and less likely to result in fluency hiccups. At minimum, you should include the author, date, and source in a verbal citation. Sometimes more information is necessary. When citing a magazine, newspaper, or journal article, it is more important to include the source name than the title of the article, since the source name—for example, *Newsweek*—is what the audience needs to evaluate the speaker's credibility. For a book, make sure to cite the title and indicate that the source is a book. When verbally citing information retrieved from a website, you do not want to try to recite a long and cumbersome URL in your speech. Most people don't even make it past the "www." before they mess up. It is more relevant to audiences for speakers to report the sponsor/author of the site and the title of the web page, or section of the website, where they obtained their information. When getting information from a website, it is best to use "official" organization websites or government websites. When you get information from an official site, make sure you state that in your citation to add to your credibility. For an interview, state the interviewee's name, their credentials, and when the interview took place. Advice for verbally citing sources and examples from specific types of sources follow:

1. Magazine article

- "According to an article by Niall Ferguson in the January 23, 2012, issue of *Newsweek*, we can expect much discussion about 'class warfare' in the upcoming presidential and national election cycle. Ferguson reports that..."
- "As reported by Niall Ferguson, in the January 23, 2012, issue of *Newsweek*, many candidates denounce talking points about economic inequality..."

2. Newspaper article

- "On November 26, 2011, Eithne Farry of *The Daily Telegraph* of London reported that..."
- "An article about the renewed popularity of selling products in people's own homes appeared in *The Daily Telegraph* on November 26, 2011. Eithne Farry explored a few of these 'blast-from-the-past' styled parties..."

3. Website

- "According to information I found at ready.gov, the website of the US Department of Homeland Security, US businesses and citizens..."
- "According to information posted on the US Department of Homeland Security's official website..."
- "Helpful information about business continuity planning can be found on the U.S. Department of Homeland Security's official website, located at ready.gov..."

4. Journal article

- "An article written by Dr. Nakamura and Dr. Kikuchi, at Meiji University in Tokyo, found that the Fukushima disaster was complicated by Japan's high nuclear consciousness. Their 2011 article published in the journal *Public Administration Today* reported that..."
- "In a 2012 article published in *Public Administration Review*, Professors Nakamura and Kikuchi reported that the Fukushima disaster was embarrassing for a country with a long nuclear history..."
- "Nakamura and Kikuchi, scholars in crisis management and public policy, authored a 2011 article about the failed crisis preparation at the now infamous Fukushima nuclear plant. Their *Public Administration Review* article reports that..."
- **Bad example** (doesn't say where the information came from). "A 2011 study by Meiji University scholars found the crisis preparations at a Japanese nuclear plant to be inadequate..."

5. Book

- "In their 2008 book *At War with Metaphor*, Steuter and Wills describe how we use metaphor to justify military conflict. They report..."

- “Erin Steuter and Deborah Wills, experts in sociology and media studies, describe the connections between metaphor and warfare in their 2008 book *At War with Metaphor*. They both contend that...”
- “In their 2008 book *At War with Metaphor*, Steuter and Wills reveal...”

6. Interview

- “On February 20 I conducted a personal interview with Dr. Linda Scholz, a communication studies professor at Eastern Illinois University, to learn more about Latina/o Heritage Month. Dr. Scholz told me that...”
- “I conducted an interview with Dr. Linda Scholz, a communication studies professor here at Eastern, and learned that there are more than a dozen events planned for Latina/o Heritage Month.”
- “In a telephone interview I conducted with Dr. Linda Scholz, a communication studies professor, I learned...”

“Getting Critical”: Plagiarism

During the process of locating and incorporating supporting material into your speech, it’s important to practice good research skills to avoid intentional or unintentional plagiarism. Plagiarism, as we have already learned, is the uncredited use of someone else’s words or ideas. It’s important to note that most colleges and universities have strict and detailed policies related to academic honesty. You should be familiar with your school’s policy and your instructor’s policy. At many schools, there are consequences for academic dishonesty whether it is intentional or unintentional. Although many schools try to make a learning opportunity out of an initial violation, multiple violations could lead to suspension or expulsion. At the class level, plagiarism may result in an automatic “F” for the assignment or the course.

Over my years of teaching, I have encountered more than a dozen cases of plagiarism. While that is not a large percentage in relation to the large number of students I have taught, I have noticed that the instances have steadily increased over the past few years. I don’t think this is because students are becoming more dishonest; I think it’s become easier to locate and copy information and easier to catch those who do. I always remind my students that they do not have access to a secret version of the Internet that faculty can’t access. If it takes a student five seconds to find a speech to plagiarize online, it will take me the same amount of time. Software programs like Turnitin.com also aid instructors in detecting plagiarism.

Being organized and thorough in your research can help avoid a situation where you feel backed into a corner and fake some sources or leave out some citations because you’re out of time. One key to avoiding this type of situation is to keep good records as you research and write. First, as you locate sources, always record all the key bibliographic information. I know from experience how frustrating it can be to try to locate a source after you’ve already worked it into your speech or paper, and you have the quote or paraphrase but can’t retrace your steps to find where you took it from. Printing the source, downloading the PDF, or copying and pasting the URL as soon as you locate the source can help you retrace your steps if needed.

Save drafts of your writing as you progress. Each day I work on a chapter for this book, I go to the “File” menu, choose “Save As,” and amend the file name to include that day’s date. That way I have a record that shows my work. The various style guides for writing also offer specific advice on how to cite sources and how to conduct research. You are probably familiar with MLA (Modern Language Association), used mostly in English and the humanities, and APA (American Psychological Association), which is used mostly in the social sciences. There’s also the Chicago Manual of Style (CMS), used in history and also the style this book is in, and CBE (developed by the Council of Science Editors), which is used in biological and earth sciences. Since each manual is geared toward a different academic area, it’s a good source for specific research-related questions. When in doubt about how to conduct or cite research, you can also ask your instructor for guidance.

1. Why do you think instances of academic dishonesty have been steadily increasing over the past few years?
2. What is your school’s policy in academic honesty? What is your instructor’s policy? What are the potential consequences for violating this policy at the school and classroom levels?
3. Based on what you learned here, what are some strategies you can employ to make your research process more organized?

Signposts

Signposts on highways help drivers and passengers navigate places they are not familiar with and give us reminders and warnings about what to expect down the road. Signposts in speeches are statements that help audience members navigate the turns of your speech. There are several key signposts in your speech. In the order you will likely use them, they are preview statement, transition between introduction and body, transitions between main points, transition from body to conclusion, and review statement (see

Table 9.3 for a review of the key signposts with examples). While the preview and review statements are in the introduction and conclusion, respectively, the other signposts are all transitions that help move between sections of your speech.

Table 9.3: Organizing Signposts

Signpost	Example
Preview statement	“Today, I’d like to inform you about the history of Habitat for Humanity, the work they have done in our area, and my experiences as a volunteer.”
Transition from introduction to body	“Let’s begin with the history of Habitat for Humanity.”
Transition from main point one to main point two	“Now that you know more about the history of Habitat for Humanity, let’s look at the work they have done in our area.”
Transition from main point two to main point three	“Habitat for Humanity has done a lot of good work in our area, and I was fortunate to be able to experience this as a volunteer.”
Transition from body to conclusion	“In closing, I hope you now have a better idea of the impact this well-known group has had.”
Review statement	“Habitat for Humanity is an organization with an inspiring history that has done much for our area while also providing an opportunity for volunteers, like myself, to learn and grow.”

There are also signposts that can be useful within sections of your speech. Words and phrases like *Aside from* and *While* are good ways to transition between thoughts within a main point or subpoint. Organizing signposts like *First*, *Second*, and *Third* can be used within a main point to help speaker and audience move through information. The preview in the introduction and review in the conclusion need not be the only such signposts in your speech. You can also include internal previews and internal reviews in your main points to help make the content more digestible or memorable.

In terms of writing, compose transitions that are easy for you to remember and speak. Pioneer speech teacher James A. Winans wrote in 1917 that “it is at a transition, ninety-nine times out of a hundred, that the speaker who staggers or breaks down, meets his [or her] difficulty” (Winans, 1917). His observation still holds true today. Key signposts like the ones in Table 9.3 should be concise, parallel, and obviously worded. Going back to the connection between speech signposts and signposts that guide our driving, we can see many connections. Speech signposts should be one concise sentence. Stop signs, for example, just say, “STOP.” They do not say, “Your vehicle is now approaching an intersection. Please bring it to a stop.”



Signposts in your speech guide the way for your audience members like signposts on the highway guide drivers. Doug Kerr – [Minnesota State Highway 5](#) – CC BY-SA 2.0.

Try to remove unnecessary words from key signposts to make them more effective and easier to remember and deliver. Speech signposts should also be parallel. All stop signs are octagonal with a red background and white lettering, which makes them easily recognizable to drivers. If the wording in your preview statement matches with key wording in your main points, transitions between main points, and review statement, then your audience will be better able to follow your speech. Last, traffic signposts are obvious. They are bright colors, sometimes reflective, and may even have flashing lights on them. A “Road Closed” sign painted in camouflage isn’t a good idea and could lead to disaster.

Being too vague or getting too creative with your speech signposts can also make them disappear into the background of your speech. My students have expressed concern that using parallel and obvious wording in speech signposts would make their speech boring or insult the intelligence of their audience. This is not the case. As we learned in the chapter titled “Listening”, most people struggle to be active listeners, so making a speech more listenable is usually appreciated. In addition, these are just six sentences in a much larger speech, so they are spaced out enough to not sound repetitive, and they can serve as anchor points to secure the attention of the audience.

In addition to well-written signposts, you want to have well-delivered signposts. Nonverbal signposts include pauses and changes in rate, pitch, or volume that help emphasize transitions within a speech. I have missed students’ signposts before, even though they were well written, because they did not stand out in the delivery. Here are some ways you can use nonverbal signposting: pause before and after your preview and review statements so they stand out, pause before and after your transitions between main points so they stand out, and slow your rate and lower your pitch on the closing line of your speech to provide closure.

Introduction

After you have organized the Body of your speech. You can begin creating the Introduction which will set the tone of your speech. We all know that first impressions matter. Research shows that students’ impressions of instructors on the first day of class persist throughout the semester (Laws et al., 2010). First impressions are quickly formed, sometimes spontaneous, and involve little to no cognitive effort. Despite the fact that first impressions aren’t formed with much conscious effort, they form the basis of inferences and judgments about a person’s personality (Lass-Hennemann, et al., 2011). For example, the student who approaches the front of the class before their speech wearing sweatpants and a t-shirt, looks around blankly, and lets out a sigh before starting hasn’t made a very good first impression. Even if the student is prepared for the speech and delivers it well, the audience has likely already associated what they observed with personality traits of the student (i.e., lazy, indifferent), and those associations now have staying power in the face of contrary evidence that comes later.



Because of the power of first impressions, a speaker who seems unprepared in his or her introduction will likely be negatively evaluated even if the speech improves. Nadine Dereza – ‘[Insider Secrets of Public Speaking](#)’. – CC BY-NC-ND 2.0.

Your introduction is only a fraction of your speech, but in that first minute or so, your audience decides whether or not they are interested in listening to the rest of the speech. There are four objectives that you should accomplish in your introduction. They include getting your audience’s attention, introducing your topic, establishing credibility and relevance, and previewing your main points.

Getting Your Audience's Attention

There are several strategies you can use to get your audience’s attention. Although each can be effective on its own, combining these strategies is also an option. A speaker can get their audience’s attention negatively, so think carefully about your choice. The student who began his speech on Habitat for Humanity by banging on the table with a hammer definitely got his audience’s attention during his 8:00 a.m. class, but he also lost credibility in that moment because many in the audience probably saw him as a joker rather than a serious speaker. The student who started her persuasive speech against animal testing with a little tap dance number ended up stumbling through the first half of her speech when she was thrown off by the confused looks the audience gave her when she finished her “attention getter.” These cautionary tales point out the importance of choosing an attention getter that is appropriate, meaning that it’s unusual enough to get people interested—but not over the top—and relevant to your speech topic.

Use Humor

In one of my favorite episodes of the television show *The Office*, titled “Dwight’s Speech,” the boss, Michael Scott, takes the stage at a regional sales meeting for a very nervous Dwight, who has been called up to accept an award. In typical Michael Scott style, he attempts to win the crowd over with humor and fails miserably. I begin this section on using humor to start a speech with this example because I think erring on the side of caution when it comes to humor tends to be the best option, especially for new speakers. I have had students who think that cracking a joke will help lighten the mood and reduce their anxiety. If well executed, this is a likely result and can boost the confidence of the speaker and get the audience hooked. But even successful comedians still bomb, and many recount stories of excruciating instances in which they failed to connect with an audience. So the danger lies in the poorly executed joke, which has the reverse effect, heightening the speaker’s anxiety and leading the audience to question the speaker’s competence and credibility. In general, when a speech is supposed to be professional or formal, as many in-class speeches are, humor is more likely to be seen as incongruous with the occasion. But there are other situations where a humorous opening might fit perfectly. For example, a farewell speech to a longtime colleague could start with an inside joke. When considering humor, it’s good to get feedback on your idea from a trusted source.

Cite a Startling Fact or Statistic

As you research your topic, take note of any information that defies your expectations or surprises you. If you have a strong reaction to something you learn, your audience may, too. When using a startling fact or statistic as an attention getter, it’s important to get the most bang for your buck. You can do this by sharing more than one fact or statistic that builds up the audience’s interest.

When using numbers, it's also good to repeat and/or repackage the statistics so they stick in the audience's mind, which you can see in the following example:

In 1994, sixteen states reported that 15–19 percent of their population was considered obese. Every other state reported obesity rates less than that. In 2010, no states reported obesity rates in that same category of 15–19 percent, because every single state had at least a 20 percent obesity rate. In just six years, we went from no states with an obesity rate higher than 19 percent, to fifty. Currently, the national obesity rate for adults is nearly 34 percent. This dramatic rise in obesity is charted on the Center for Disease Control and Prevention's website, and these rates are expected to continue to rise.

The speaker could have just started by stating that nearly 34 percent of the US adult population was obese in 2011. But statistics aren't meaningful without context. So sharing how that number rose dramatically over six years helps the audience members see the trend and understand what the current number means. The fourth sentence repackages and summarizes the statistics mentioned in the first three sentences, which again sets up an interesting and informative contrast. Last, the speaker provides a verbal citation for the source of the statistic.

Use a Quotation

Some quotations are attention getting and some are boring. Some quotations are relevant and moving and some are abstract and stale. If you choose to open your speech with a quotation, choose one that is attention getting, relevant, and moving. The following example illustrates some tips for using a quote to start a speech: “The most important question in the world is ‘Why is the child crying?’” This quote from author Alice Walker is at the heart of my speech today. Too often, people see children suffering at the hands of bullies and do nothing about it until it's too late. That's why I believe that all public schools should adopt a zero-tolerance policy on bullying.”

Notice that the quote is delivered first in the speech, then the source of the quote is cited. Since the quote, like a starting fact or statistic just discussed, is the attention-getting part, it's better to start with that than the citation. Next, the speaker explains why the quote is relevant to the speech. Just because a quote seems relevant to you doesn't mean the audience will also pick up on that relevance, so it's best to make that explicit right after you use and cite the quote. Also evaluate the credibility of the source on which you found the quote. Many websites that make quotations available care more about selling pop-up ads than the accuracy of their information. Students who don't double-check the accuracy of the quote may end up attributing the quote to the wrong person or citing a made-up quote.

Ask a Question

Starting a speech with a question is a common attention getter, but in reality many of the questions that I have heard start a speech are not very attention getting. It's important to note that just because you use one of these strategies, that doesn't make it automatically appealing to an audience. A question can be mundane and boring just like a statistic, quotation, or story can.

A rhetorical question is different from a direct question. When a speaker asks a direct question, they actually want a response from their audience. A rhetorical question is designed to elicit a mental response from the audience, not a verbal or nonverbal one. In short, a rhetorical question makes an audience think. Asking a direct question of your audience is warranted only if the speaker plans on doing something with the information they get from the audience. I can't recall a time in which a student asked a direct question to start their speech and did anything with that information. Let's say a student starts the speech with the direct question “By a show of hands, how many people have taken public transportation in the past week?” and sixteen out of twenty students raise their hands. If the speaker is arguing that more students should use public transportation and she expected fewer students to raise their hands, is she going to change her speech angle on the spot? Since most speakers move on from their direct question without addressing the response they got from the audience, they have not made their attention getter relevant to their topic. So, if you use a direct question, make sure you have a point to it and some way to incorporate the responses into the speech.

A safer bet is to ask a rhetorical question that elicits only a mental response. A good rhetorical question can get the audience primed to think about the content of the speech. When asked as a series of questions and combined with startling statistics or facts, this strategy can create suspense and hook an audience. The following is a series of rhetorical questions used in a speech against the testing of cosmetics on animals: “Was the toxicity of the shampoo you used this morning tested on the eyes of rabbits? Would you let someone put a cosmetic in your dog's eye to test its toxicity level? Have you ever thought about how many products that you use every day are tested on animals?” Make sure you pause after your rhetorical question to give the audience time to think. Don't

pause for too long, though, or an audience member may get restless and think that you're waiting for an actual response and blurt out what he or she was thinking.

Tell a Story

When you tell a story, whether in the introduction to your speech or not, you should aim to paint word pictures in the minds of your audience members. You might tell a story from your own life or recount a story you found in your research. You may also use a hypothetical story, which has the advantage of allowing you to use your creativity and help place your audience in unusual situations that neither you nor they have actually experienced. When using a hypothetical story, you should let your audience know it's not real, and you should present a story that the audience can relate to. Speakers often let the audience know a story is not real by starting with the word *imagine*. As I noted, a hypothetical example can allow you to speak beyond the experience of you and your audience members by having them imagine themselves in unusual circumstances. These circumstances should not be so unusual that the audience can't relate to them. I once had a student start her speech by saying, "Imagine being held as a prisoner of war for seven years." While that's definitely a dramatic opener, I don't think students in our class were able to really get themselves into that imagined space in the second or two that we had before the speaker moved on. It may have been better for the speaker to say, "Think of someone you really care about. Visualize that person in your mind. Now, imagine that days and weeks go by and you haven't heard from that person. Weeks turn into months and years, and you have no idea if they are alive or dead." The speaker could go on to compare that scenario to the experiences of friends and family of prisoners of war. While we may not be able to imagine being held captive for years, we all know what it's like to experience uncertainty regarding the safety of a loved one.

Introducing the Topic

Introducing the topic of your speech is the most obvious objective of an introduction, but speakers sometimes forget to do this or do not do it clearly. As the author of your speech, you may think that what you're talking about is obvious. Sometimes a speech topic doesn't become obvious until the middle of a speech. By that time, however, it's easy to lose an audience that didn't get clearly told the topic of the speech in the introduction. Introducing the topic is done before the preview of main points and serves as an introduction to the overall topic. The following are two ways a speaker could introduce the topic of childhood obesity: "Childhood obesity is a serious problem facing our country," or "Today I'll persuade you that childhood obesity is a problem that can no longer be ignored."

Establishing Credibility and Relevance

The way you write and deliver your introduction makes an important first impression on your audience. But you can also take a moment in your introduction to explicitly set up your credibility in relation to your speech topic. If you have training, expertise, or credentials (e.g., a degree, certificate, etc.) relevant to your topic, you can share that with your audience. It may also be appropriate to mention firsthand experience, previous classes you have taken, or even a personal interest related to your topic. For example, I had a student deliver a speech persuading the audience that the penalties for texting and driving should be stricter. In his introduction, he mentioned that his brother's girlfriend was killed when she was hit by a car driven by someone who was texting. His personal story shared in the introduction added credibility to the overall speech.

I ask my students to imagine that when they finish their speech, everyone in the audience will raise their hands and ask the question "Why should I care about what you just said?"



Figure: Imagine that your audience members will all ask, “Why should I care about your topic?” and work to proactively address relevance throughout your speech. [U.S. Department of Agriculture](#) – CC BY 2.0.

This would no doubt be a nerve-racking experience. However, you can address this concern by preemptively answering this question in your speech. A good speaker will strive to make his or her content relevant to the audience throughout the speech, and starting this in the introduction appeals to an audience because the speaker is already answering the “so what?” question. When you establish relevance, you want to use immediate words like *I*, *you*, *we*, *our*, or *your*. You also want to address the audience sitting directly in front of you. While many students are good at making a topic relevant to humanity in general, it takes more effort to make the content relevant to a specific audience.

Previewing Your Main Points

The preview of main points is usually the last sentence of your introduction and serves as a map of what’s to come in the speech. The preview narrows your introduction of the topic down to the main ideas you will focus on in the speech. Your preview should be one sentence, should include wording that is parallel to the key wording of your main points in the body of your speech, and should preview your main points in the same order you discuss them in your speech. Make sure your wording is concise so your audience doesn’t think there will be four points when there are only three. The following example previews the main points for a speech on childhood obesity: “Today I’ll convey the seriousness of the obesity epidemic among children by reviewing some of the causes of obesity, common health problems associated with it, and steps we can take to help ensure our children maintain a healthy weight.”

Conclusion

Just like your Introduction sets the tone of your speech, the conclusion should leave an impression on your audience. There are three important objectives to accomplish in your conclusion. They include summarizing the importance of your topic, reviewing your main points, and closing your speech.

Summarizing the Importance of Your Topic

After you transition from the body of your speech to the conclusion, you will summarize the importance of your topic. This is the “take-away” message, or another place where you can answer the “so what?” question. This can often be a rewording of your thesis statement. The speech about childhood obesity could be summarized by saying, “Whether you have children or not, childhood obesity is a national problem that needs to be addressed.”

Reviewing Your Main Points

Once you have summarized the overall importance of your speech, you review the main points. The review statement in the conclusion is very similar to the preview statement in your introduction. You don’t have to use the exact same wording, but you still want to have recognizable parallelism that connects the key idea of each main point to the preview, review, and transitions. The review statement for the childhood obesity speech could be “In an effort to convince you of this, I cited statistics showing the rise

of obesity, explained common health problems associated with obesity, and proposed steps that parents should take to ensure their children maintain a healthy weight.”

Closing Your Speech

Like the attention getter, your closing statement is an opportunity for you to exercise your creativity as a speaker. Many students have difficulty wrapping up the speech with a sense of closure and completeness. In terms of closure, a well-written and well-delivered closing line signals to your audience that your speech is over, which cues their applause. You should not have to put an artificial end to your speech by saying “thank you” or “that’s it” or “that’s all I have.” In terms of completeness, the closing line should relate to the overall speech and should provide some “take-away” message that may leave an audience thinking or propel them to action. A sample closing line could be “For your health, for our children’s health, and for our country’s health, we must take steps to address childhood obesity today.” You can also create what I call the “ribbon and bow” for your speech by referring back to the introduction in the closing of your speech. For example, you may finish an illustration or answer a rhetorical question you started in the introduction.

Although the conclusion is likely the shortest part of the speech, I suggest that students practice it often. Even a well-written conclusion can be ineffective if the delivery is not good. Conclusions often turn out bad because they weren’t practiced enough. If you only practice your speech starting from the beginning, you may not get to your conclusion very often because you stop to fix something in one of the main points, get interrupted, or run out of time. Once you’ve started your speech, anxiety may increase as you near the end and your brain becomes filled with thoughts of returning to your seat, so even a well-practiced conclusion can fall short. Practicing your conclusion by itself several times can help prevent this.

Key Takeaways

- The speech consists of an introduction, a body, and a conclusion. When organizing a speech, start with the body.
- Determine the main points of a speech based on your research and supporting materials. The main points should support the thesis statement and help achieve the general and specific purposes.
- The organizational patterns that can help arrange the main points of a speech are topical, chronological, spatial, problem-solution, cause-effect, and Monroe’s Motivated Sequence.
- Incorporating supporting material helps fill in the main points by creating subpoints. As supporting material is added to the speech, citation information should be included so you will have the information necessary to verbally cite your sources.
- Organizing signposts help connect the introduction, body, and conclusion of a speech. Organizing signposts should be written using parallel wording to the central idea of each main point.
- A speaker should do the following in the introduction of a speech: get the audience’s attention, introduce the topic, establish credibility and relevance, and preview the main points.
- A speaker should do the following in the conclusion of a speech: summarize the importance of the topic, review the main points, and provide closure.

Exercises

1. Identifying the main points of reference material you plan to use in your speech can help you determine your main points/subpoints. Take one of your sources for your speech and list the main points and any subpoints from the article. Are any of them suitable main points for your speech? Why or why not?
2. Which organizational pattern listed do you think you will use for your speech, and why?
3. Write out verbal citations for some of the sources you plan to use in your speech, using the examples cited in the chapter as a guide.
4. Draft the opening and closing lines of your speech. Remember to tap into your creativity to try to engage the audience. Is there any way you can tie the introduction and conclusion together to create a “ribbon and bow” for your speech?

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7.4: Outlining your Speech

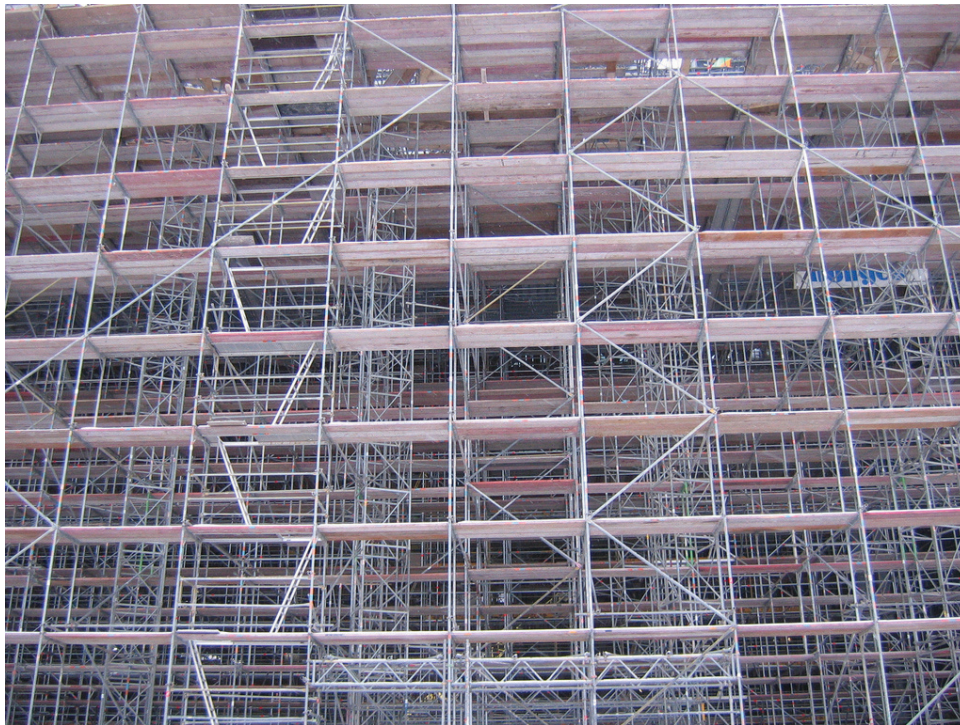
Learning Objectives

1. Explain the principles of outlining.
2. Create a formal outline.
3. Explain the importance of writing for speaking.
4. Create a speaking outline.

Think of your outline as the map of your speech. It is a living document that grows and takes form throughout your speech-making process. When you first draft your general purpose, specific purpose, and thesis statement, this is the start of your outline. Once you've chosen your organizational pattern, you will write out the main points of your speech and incorporate supporting material for those points from your research. You can include direct quotes from experts or paraphrase your sources, and be prepared to provide bibliographic information needed for your verbal citations in your outline document. By this point, you have a good working outline, and you can easily cut and paste information to move it around and see how it fits into the main points, subpoints, and sub-subpoints. As your outline continues to take shape, you will want to follow established principles of outlining to ensure a quality speech.

The Formal Outline

The formal outline is written in full-sentences to help you prepare for your speech because you will be speaking in full sentences. It includes the introduction and conclusion, the main content of the body, key supporting materials, citation information written into the sentences in the outline, and a references page for your speech. The formal outline also includes a title, the general purpose, specific purpose, and thesis statement. It's important to note that an outline is not a script. While a script contains everything that will be said, an outline includes the main content. Therefore you shouldn't include every word you're going to say on your outline. This allows you more freedom as a speaker to adapt to your audience during your speech. Students sometimes complain about having to outline speeches or papers, but it is a skill that will help you in other contexts. Being able to break a topic down into logical divisions and then connect the information together is a valuable organizational skill which demonstrates that you can prepare for complicated tasks or that you're prepared for meetings or interviews.



Outlining provides a scaffolding, or structure, that will help ensure your speech is logical, coherent, and organized. [Wikimedia Commons](https://commons.wikimedia.org/wiki/File:Scaffolding.jpg) – CC BY 2.0.

Principles of Outlining

There are principles of outlining you can follow to make your outlining process more efficient and effective. Four principles of outlining are consistency, unity, coherence, and emphasis (DuBois, 1929). In terms of consistency, you should follow standard outlining format. In standard outlining format, main points are indicated by capital roman numerals, subpoints are indicated by capital letters, and sub-subpoints are indicated by Arabic numerals. Further divisions are indicated by either lowercase letters or lowercase roman numerals.

Unity

The principle of unity means that each letter or number represents one idea. One concrete way to help reduce the amount of ideas you include per item is to limit each letter or number to one complete sentence. If you find that one subpoint has more than one idea, you can divide it into two subpoints. Limiting each component of your outline to one idea makes it easier to then plug in supporting material and helps ensure that your speech is coherent. In the following example from a speech arguing that downloading music from peer-to-peer sites should be legal, two ideas are presented as part of a main point.

- Downloading music using peer-to-peer file-sharing programs helps market new music and doesn't hurt record sales.

The main point could be broken up into two distinct ideas that can be more fully supported.

1. Downloading music using peer-to-peer file-sharing programs helps market new music.
2. Downloading music using peer-to-peer file-sharing programs doesn't hurt record sales.

Following the principle of unity should help your outline adhere to the principle of coherence, which states that there should be a logical and natural flow of ideas, with main points, subpoints, and sub-subpoints connecting to each other (Winans, 1917). Shorter phrases and keywords can make up the speaking outline, but you should write complete sentences throughout your formal outline to ensure coherence. The principle of coherence can also be met by making sure that when dividing a main point or subpoint, you include at least two subdivisions. After all, it defies logic that you could divide anything into just one part. Therefore if you have an *A*, you must have a *B*, and if you have a *1*, you must have a *2*. If you can easily think of one subpoint but are having difficulty identifying another one, that subpoint may not be robust enough to stand on its own. Determining which ideas are coordinate with each other and which are subordinate to each other will help divide supporting information into the outline (Winans, 1917). Coordinate points are on the same level of importance in relation to the thesis of the speech or the central idea of a main point. In the following example, the two main points (I, II) are coordinate with each other. The two subpoints (A, B) are also coordinate with each other. Subordinate points provide evidence or support for a main idea or thesis. In the following example, subpoint A and subpoint B are subordinate to main point II. You can look for specific words to help you determine any errors in distinguishing coordinate and subordinate points. Your points/subpoints are likely coordinate when you would connect the two statements using any of the following: *and*, *but*, *yet*, *or*, or *also*. In the example, the word *also* appears in B, which connects it, as a coordinate point, to A. The points/subpoints are likely subordinate if you would connect them using the following: *since*, *because*, *in order that*, *to explain*, or *to illustrate*. In the example, 1 and 2 are subordinate to A because they support that sentence.

1. Downloading music using peer-to-peer file-sharing programs helps market new music.
2. Downloading music using peer-to-peer file-sharing programs doesn't hurt record sales.
 1. John Borland, writing for CNET.com in 2004, cited research conducted by professors from Harvard and the University of North Carolina that observed 1.75 million downloads from two file-sharing programs.
 1. They conclude that the rapid increase in music downloading over the past few years does not significantly contribute to declining record sales.
 2. Their research even suggests that the practice of downloading music may even have a "slight positive effect on the sales of the top albums."
 2. A 2010 Government Accountability Office Report also states that sampling "pirated" goods could lead consumers to buy the "legitimate" goods.

Emphasis

The principle of emphasis states that the material included in your outline should be engaging and balanced. As you place supporting material into your outline, choose the information that will have the most impact on your audience. Choose information that is proxemic and relevant, meaning that it can be easily related to the audience's lives because it matches their interests or ties into current events or the local area. Remember primacy and recency discussed earlier and place the most engaging information first or last in a main point depending on what kind of effect you want to have. Also make sure your information is balanced. The outline serves as a useful visual representation of the proportions of your speech. You can tell by the amount of space a main point, subpoint, or sub-subpoint takes up in relation to other points of the same level whether or not your speech is balanced. If one subpoint is a half a page, but a main point is only a quarter of a page, then you may want to consider making the subpoint a main point. Each part of your speech doesn't have to be equal. The first or last point may be more substantial than a middle point if you are following primacy or recency, but overall the speech should be relatively balanced.

Sample Informative Outline

Title: The Beautiful Game

General purpose: To inform

Specific purpose: By the end of my speech, the audience will understand the history and worldwide influence of soccer.

Thesis statement: Soccer is a game with a long history that is beloved by millions of fans all over the world.

Introduction

Attention getter: GOOOOOOOOOOOAL! GOAL! GOAL! GOOOOOOOAL!

Introduction of topic: If you've ever heard this excited yell coming from your television, then you probably already know that my speech today is about soccer.

Credibility and relevance: Like many of you, I played soccer on and off as a kid, but I was never really exposed to the culture of the sport. It wasn't until recently, when I started to watch some of the World Cup games with international classmates, that I realized what I'd been missing out on. Soccer is the most popular sport in the world, but I bet that, like most Americans, it only comes on your radar every few years during the World Cup or the Olympics. If, however, you lived anywhere else in the world, soccer (or football, as it is more often called) would likely be a much larger part of your life.

Preview: I am going to talk about the history of soccer, a few famous players and teams and the worldwide influence of the sport.

Body

Main point 1: History

Subpoint: Over 2000 years again in 206 BC, Chinese soldiers of the Han Dynasty were play Tsu-chu, kicking the ball to supplement their training regimen.

Subpoint: In 1863, the official rules of the game were created in England, called the Football Association. In 1872, the first FA cup was played and by 1888 there were 128 teams in the Association. In 1902 the International Federation of Football Associations (FIFA), and the first FIFA World Cup was played in 1930.

Subpoints: The rules of football are fairly symbol, you have 11 players on each team, and only the goalkeeper is allowed to touch the ball with hands. Each position has a name, but I won't go into that here. The object of the game is to score a goal while keeping the opposing team from scoring a goal.

Main point 2: Famous Football Clubs

Subpoint: Manchester United based in Old Trafford, Greater Manchester, England founded in 1878 is one of the oldest football clubs. Nickname: Man United or Man U.

Subpoint: Barcelona FC founded in 1899. Nickname: Barca.

Subpoint: Real Madrid CF of Spain founded in 1902

Main point 3: Famous players

Subpoint: Pele is a Brazilian legend of the game, whose career spanned the 1950s, 60s and 70s, and is considered “the greatest” by FIFA.

Subpoint: Neymar is another player from Brazil who is considered one of the best footballers in the world and currently plays for Paris Saint-Germain. He is known for his football skills and colorful and flamboyant hairstyles.

Subpoint: Cristiano Ronaldo has played for three of the top FC that I just mentioned, and he is one of the highest paid athletes in the world. Now, in his late thirties, he is nearing the end of his career, but he is still an exciting player to watch. And he happens to have the most Instagram followers.

Main point 4: Worldwide Influence

Subpoint: Almost every country has a national football team, and every four years countries are united to compete in the World Cup, similar to the Olympics which takes place every four years.

Subpoint: Football is almost nonstop action for two 45 minute halves. Some people might say how can you watch a game where no one might score. It's because football is more than just kicking a ball. Players play with their whole body. It's not unusual for a player to score a goal by punching the ball in with his head.

Subpoint: People all over the world unite behind their team. In many countries, there is the culture of football, which often includes whole families watching or going to games together to cheer for their team. You can play of fun game of learning country flags during the World Cup.

Conclusion

Transition to conclusion and summary of importance: In conclusion, soccer (or football) is an exciting sport that has a long history and global influence.

Review of main points: It's a sport that is played all over the world. And there are several famous football clubs and star football players to follow.

Closing statement: Cristiano Ronaldo, said “football is unpredictable” (World Cup 2022, FOX) and that is what makes it exciting to watch. Players have to have the stamina and endurance to play for 45 minutes or longer without even a water break. You only need two feet and a ball. We need to stand up and appreciate the beautiful game.”

Sample Persuasive Outline (same topic as Informative Outline above)

The following outline shows the standards for formatting and content and can serve as an example as you construct your own outline. Check with your instructor to see if he or she has specific requirements for speech outlines that may differ from what is shown here.

Title: The USA's Neglected Sport: Soccer

General purpose: To persuade

Specific purpose: By the end of my speech, the audience will believe that soccer should be more popular in the United States.

Thesis statement: Soccer isn't as popular in the United States as it is in the rest of the world because people do not know enough about the game; however, there are actions we can take to increase its popularity.

Introduction

Attention getter: GOOOOOOOOOOAL! GOAL! GOAL! GOOOOOOAL!

Introduction of topic: If you've ever heard this excited yell coming from your television, then you probably already know that my speech today is about soccer.

Credibility and relevance: Like many of you, I played soccer on and off as a kid, but I was never really exposed to the culture of the sport. It wasn't until recently, when I started to watch some of the World Cup games with international students in my dorm,

that I realized what I'd been missing out on. Soccer is the most popular sport in the world, but I bet that, like most US Americans, it only comes on your radar every few years during the World Cup or the Olympics. If, however, you lived anywhere else in the world, soccer (or football, as it is more often called) would likely be a much larger part of your life.

Preview: In order to persuade you that soccer should be more popular in the United States, I'll explain why soccer isn't as popular in the United States and describe some of the actions we should take to change our beliefs and attitudes about the game.

Transition: Let us begin with the problem of soccer's unpopularity in America.

Body

A. Although soccer has a long history as a sport, it hasn't taken hold in the United States to the extent that it has in other countries.

1. Soccer has been around in one form or another for thousands of years. The president of FIFA, which is the international governing body for soccer, was quoted in David Goldblatt's 2008 book, *The Ball is Round*, as saying, "Football is as old as the world...People have always played some form of football, from its very basic form of kicking a ball around to the game it is today."
2. Basil Kane, author of the book *Soccer for American Spectators*, reiterates this fact when he states, "Nearly every society at one time or another claimed its own form of kicking game."
3. Despite this history, the United States hasn't caught "soccer fever" for several different reasons.

Transition: Although soccer has many problems that it would need to overcome to be more popular in the United States, I think there are actions we can take now to change our beliefs and attitudes about soccer in order to give it a better chance.

B. Sports fans in the United States already have lots of options when it comes to playing and watching sports.

1. Our own "national sports" such as football, basketball, and baseball take up much of our time and attention, which may prevent people from engaging in an additional sport.
2. Statistics unmistakably show that soccer viewership is low as indicated by the much-respected Pew Research group, which reported in 2006 that only 4 percent of adult US Americans they surveyed said that soccer was their favorite sport to watch.
 - a. Comparatively, 34 percent of those surveyed said that football was their favorite sport to watch.
 - b. In fact, soccer just barely beat out ice skating, with 3 percent of the adults surveyed indicating that as their favorite sport to watch.

C. The attitudes and expectations of sports fans in the United States also prevent soccer's expansion into the national sports consciousness.

1. One reason Americans don't enjoy soccer as much as other sports is due to our shortened attention span, which has been created by the increasingly fast pace of our more revered sports like football and basketball.
 - a. According to the 2009 article from BleacherReport.com, "An American Tragedy: Two Reasons Why We Don't Like Soccer," the average length of a play in the NFL is six seconds, and there is a scoring chance in the NBA every twenty-four seconds.
 - b. This stands in stark comparison to soccer matches, which are played in two forty-five-minute periods with only periodic breaks in play.

D. Our lack of attention span isn't the only obstacle that limits our appreciation for soccer; we are also set in our expectations.

1. The BleacherReport article also points out that unlike with football, basketball, and baseball—all sports in which the United States has most if not all the best teams in the world—we know that the best soccer teams in the world aren't based in the United States.
2. We also expect that sports will offer the same chances to compare player stats and obsess over data that we get from other sports, but as Chad Nielsen of ESPN.com states, "There is no quantitative method to compare players from different leagues and continents."
3. Last, as legendary sports writer Frank Deford wrote in a 2012 article on *Sports Illustrated's* website, Americans don't like ties in sports, and 30 percent of all soccer games end tied, as a draw, deadlocked, or nil-nil.

Transition: As US Americans, we can start to enjoy soccer more if we better understand why the rest of the world loves it so much.

E. Soccer is the most popular sport in the world, and there have to be some good reasons that account for this status.

1. As was mentioned earlier, Chad Nielsen of ESPN.com notes that American sports fans can't have the same stats obsession with soccer that they do with baseball or football, but fans all over the world obsess about their favorite teams and players.
 - a. Fans argue every day, in bars and cafés from Baghdad to Bogotá, about statistics for goals and assists, but as Nielsen points out, with the game of soccer, such stats still fail to account for varieties of style and competition.
 - b. So even though the statistics may be different, bonding over or arguing about a favorite team or player creates communities of fans that are just as involved and invested as even the most loyal team fans in the United States.
2. Additionally, Americans can start to realize that some of the things we might initially find off putting about the sport of soccer are actually some of its strengths.
 - a. The fact that soccer statistics aren't poured over and used to make predictions makes the game more interesting.
 - b. The fact that the segments of play in soccer are longer and the scoring lower allows for the game to have a longer arc, meaning that anticipation can build and that a game might be won or lost by only one goal after a long and even-matched game.

E. We can also begin to enjoy soccer more if we view it as an additional form of entertainment.

1. As Americans who like to be entertained, we can seek out soccer games in many different places.
 - a. There is most likely a minor or even a major league soccer stadium team within driving distance of where you live.
 - b. You can also go to soccer games at your local high school, college, or university.
2. We can also join the rest of the world in following some of the major soccer celebrities—David Beckham is just the tip of the iceberg.
3. Getting involved in soccer can also help make our society more fit and healthy.

F. Soccer can easily be the most athletic sport available to Americans.

1. In just one game, the popular soccer player Gennaro Gattuso was calculated to have run about 6.2 miles, says Carl Bialik, a numbers expert who writes for *The Wall Street Journal*.
2. With the growing trend of obesity in America, getting involved in soccer promotes more running and athletic ability than baseball, for instance, could ever provide.
 - a. A press release on FIFA's official website notes that one hour of soccer three times a week has been shown in research to provide significant physical benefits.
 - b. If that's not convincing enough, the website ScienceDaily.com reports that the *Scandinavian Journal of Medicine and Science in Sports* published a whole special issue titled *Football for Health* that contained fourteen articles supporting the health benefits of soccer.

G. Last, soccer has been praised for its ability to transcend language, culture, class, and country.

1. The nongovernmental organization Soccer for Peace seeks to use the worldwide popularity of soccer as a peacemaking strategy to bridge the divides of race, religion, and socioeconomic class.
2. According to their official website, the organization just celebrated its ten-year anniversary in 2012.
 - a. Over those ten years the organization has focused on using soccer to bring together people of different religious faiths, particularly people who are Jewish and Muslim.
 - b. In 2012, three first-year college students, one Christian, one Jew, and one Muslim, dribbled soccer balls for 450 miles across the state of North Carolina to help raise money for Soccer for Peace.
3. A press release on the World Association of Nongovernmental Organizations's official website states that from the dusty refugee camps of Lebanon to the upscale new neighborhoods in Buenos Aires, "soccer turns heads, stops conversations, causes breath to catch, and stirs hearts like virtually no other activity."

Conclusion

Transition to conclusion and summary of importance: In conclusion, soccer is a sport that has a long history, can help you get healthy, and can bring people together.

Review of main points: Now that you know some of the obstacles that prevent soccer from becoming more popular in the United States and several actions we can take to change our beliefs and attitudes about soccer, I hope you agree with me that it's time for the United States to join the rest of the world in welcoming soccer into our society.

Closing statement: The article from BleacherReport.com that I cited earlier closes with the following words that I would like you to take as you leave here today: "We need to learn that just because there is no scoring chance that doesn't mean it is boring. We need to see that soccer is not for a select few, but for all. We only need two feet and a ball. We need to stand up and appreciate the beautiful game."

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Examples of APA Formatting for References

The citation style of the American Psychological Association (APA) is most often used in communication studies when formatting research papers and references. The following examples are formatted according to the sixth edition of the APA Style Manual. Links are included to the OWL Purdue website, which is one of the most credible online sources for APA format. Of course, to get the most accurate information, it is always best to consult the style manual directly, which can be found in your college or university's library.

Books

For more information on citing books in APA style on your references page, visit <http://owl.english.purdue.edu/owl/resource/560/08>.

Single Author

Two Authors

Warren, J. T., & Fassett, D. L. (2011). *Communication: A critical/cultural introduction*. Los Angeles, CA: Sage.

Chapter from Edited Book

Mumby, D. K. (2011). Power and ethics. In G. Cheney, S. May, & D. Munshi (Eds.), *The handbook of communication ethics* (pp. 84–98). New York, NY: Routledge.

Periodicals

For more information on citing articles from periodicals in APA style on your references page, visit <http://owl.english.purdue.edu/owl/resource/560/07>.

Magazine

Huang, L. (2011, August 1). The death of English (LOL). *Newsweek*, 152(6), 8.

Newspaper

Kornblum, J. (2007, October 23). Privacy? That's old-school: Internet generation views openness in a different way. *USA Today*, 1D–2D.

Journal Article

Bodie, G. D. (2012). A racing heart, rattling knees, and ruminative thoughts: Defining, explaining, and treating public speaking anxiety. *Communication Education*, 59(1), 70–105.

Online Sources

For more information on citing articles from online sources in APA style on your references page, visit <http://owl.english.purdue.edu/owl/resource/560/10>.

Online Newspaper Article

Perman, C. (2011, September 8). Bad economy? A good time for a steamy affair. *USA Today*. Retrieved from www.usatoday.com/money/economy/story/2011-09-10/economy-affairs-divorce-marriage/50340948/1

Online News Website

Fraser, C. (2011, September 22). The women defying France's full-face veil ban. *BBC News*. Retrieved from <http://www.bbc.co.uk/news/world-europe-15023308>

Online Magazine

Cullen, L. T. (2007, April 26). Employee diversity training doesn't work. *Time*. Retrieved from www.time.com/time/magazine/article/0,9171,1615183,00.html

Government Document or Report Retrieved Online

Pew Research Center. (2010, November 18). The decline of marriage and rise of new families. Retrieved from pewsocialtrends.org/files/2010-11-families.pdf

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The Speaking Outline

The formal outline is a full-sentence outline that helps as you prepare for your speech, and the speaking outline is a keyword and phrase outline that helps you deliver your speech. While the formal outline is important to ensure that your content is coherent and your ideas are balanced and expressed clearly, the speaking outline helps you get that information out to the audience. Make sure you budget time in your speech preparation to work on the speaking outline. Skimping on the speaking outline will show in your delivery.

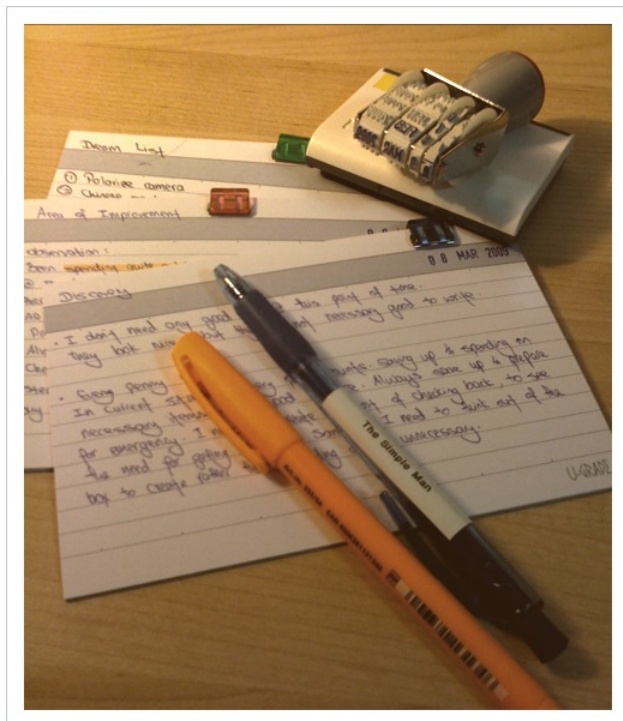


Figure: Using note cards for your speaking outline will help you be able to move around and gesture more freely than using full sheets of paper. Justin See (coming back) – [My File of Index Card](#) – CC BY 2.0.

You may convert your formal outline into a speaking outline using a computer program. I often resave a file and then reformat the text so it's more conducive to referencing while actually speaking to an audience. You may also choose, or be asked to, create a speaking outline on note cards. Note cards are a good option when you want to have more freedom to gesture or know you won't have a lectern on which to place notes printed on full sheets of paper. In either case, this entails converting the full-sentence outline to a keyword or key-phrase outline. Speakers will need to find a balance between having too much or too little content on their speaking outlines. You want to have enough information to prevent fluency hiccups as you stop to mentally retrieve information, but you don't want to have so much information that you read your speech, which lessens your eye contact and engagement with the audience. Budgeting sufficient time to work on your speaking outline will allow you to practice your speech with different amounts of notes to find what works best for you. Since the introduction and conclusion are so important, it may be useful to include notes to ensure that you remember to accomplish all the objectives of each.

Aside from including important content on your speaking outline, you may want to include speaking cues. Speaking cues are reminders designed to help your delivery. You may write "(PAUSE)" before and after your preview statement to help you remember that important nonverbal signpost. You might also write "(MAKE EYE CONTACT)" as a reminder not to read unnecessarily from your cards. Overall, my advice is to make your speaking outline work for you. It's your last line of defense when you're in front of an audience, so you want it to help you, not hurt you.

Writing for Speaking

As you compose your outlines, write in a way that is natural for you to speak but also appropriate for the expectations of the occasion. Since we naturally speak with contractions, write them into your formal and speaking outlines. You should begin to read your speech aloud as you are writing the formal outline. As you read each section aloud, take note of places where you had difficulty saying a word or phrase or had a fluency hiccup, then go back to those places and edit them to make them easier for you to say. This will make you more comfortable with the words in front of you while you are speaking, which will improve your verbal and nonverbal delivery.

Tips for Note Cards

1. The 4 × 6 inch index cards provide more space and are easier to hold and move than 3.5 × 5 inch cards.

2. Find a balance between having so much information on your cards that you are tempted to read from them and so little information that you have fluency hiccups and verbal fillers while trying to remember what to say.
3. Use bullet points on the left-hand side rather than writing in paragraph form, so your eye can easily catch where you need to pick back up after you've made eye contact with the audience. Skipping a line between bullet points may also help.
4. Include all parts of the introduction/conclusion and signposts for backup.
5. Include key supporting material and wording for verbal citations.
6. Only write on the front of your cards.
7. Do not have a sentence that carries over from one card to the next (can lead to fluency hiccups).
8. If you have difficult-to-read handwriting, you may type your speech and tape or glue it to your cards. Use a font that's large enough for you to see and be neat with the glue or tape so your cards don't get stuck together.
9. Include cues that will help with your delivery. Highlight transitions, verbal citations, or other important information. Include reminders to pause, slow down, breathe, or make eye contact.
10. Your cards should be an extension of your body, not something to play with. Don't wiggle, wring, flip through, or slap your note cards.

Key Takeaways

- The formal outline is a full-sentence outline that helps you prepare for your speech and includes the introduction and conclusion, the main content of the body, citation information written into the sentences of the outline, and a references page.
- The principles of outlining include consistency, unity, coherence, and emphasis.
- Coordinate points in an outline are on the same level of importance in relation to the thesis of the speech or the central idea of a main point. Subordinate points provide evidence for a main idea or thesis.
- The speaking outline is a keyword and phrase outline that helps you deliver your speech and can include speaking cues like "pause," "make eye contact," and so on.
- Write your speech in a manner conducive to speaking. Use contractions, familiar words, and phrases that are easy for you to articulate. Reading your speech aloud as you write it can help you identify places that may need revision to help you more effectively deliver your speech.

Exercises

1. What are some practical uses for outlining outside of this class? Which of the principles of outlining do you think would be most important in the workplace and why?
2. Identify which pieces of information you may use in your speech are coordinate with each other and subordinate.
3. Read aloud what you've written of your speech and identify places that can be reworded to make it easier for you to deliver.

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CHAPTER OVERVIEW

8: Presenting a Speech

How you say something is just as important as what you say. The upbeat tone of a sports broadcaster would probably not be appropriate, if you are delivering a eulogy. A humorous anecdote would probably be inappropriate during a military briefing. After you have organized the main points of your message, it is important to consider the best way to send (present) your message to your receiver (listener) so they accurately decode your message. Whether having a conversation with friend or presenting a speech, you want to speak with confidence. There are three component to speaking with confidence: mental preparation, physical preparation and verbal preparation.

[8.1: Types of Delivery Methods](#)

[8.2: Mental Preparation for Delivery](#)

[8.3: Vocal Preparation for Delivery](#)

[8.4: Physical Preparation for Delivery](#)

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8.1: Types of Delivery Methods

Learning Objectives

1. Identify the four methods of speech delivery.
2. Evaluate the strengths and weaknesses of each delivery method.
3. Discuss strategies for making speech practice sessions more effective.

There are many decisions that must be made during the speech-making process. Making informed decisions about delivery can help boost your confidence and manage speaking anxiety. In this section, we will learn some strengths and weaknesses of various delivery methods and how to make the most of your practice sessions.

Delivery Methods

Different speaking occasions call for different delivery methods. While it may be acceptable to speak from memory in some situations, lengthy notes may be required in others. The four most common delivery methods are impromptu, manuscript, memorized, and extemporaneous.

Impromptu Delivery

When using impromptu delivery, a speaker has little to no time to prepare for a speech. This means there is little time for research, audience analysis, organizing, and practice. For this reason, impromptu speaking often evokes higher degrees of speaking anxiety than other delivery types. Although impromptu speaking arouses anxiety, it is also a good way to build public speaking skills. Using some of the exercises for managing speaking anxiety that were discussed earlier in this chapter can help a speaker better manage the challenges of impromptu speaking. Only skilled public speakers with much experience are usually able to “pull off” an impromptu delivery without looking unprepared. Otherwise, a speaker who is very familiar with the subject matter can sometimes be a competent impromptu speaker, because their expertise can compensate for the lack of research and organizing time.

When author Mark Twain famously said, “It usually takes me more than three weeks to prepare a good impromptu speech,” he was jokingly pointing out the difficulties of giving a good impromptu speech, essentially saying that there is no such thing as a good impromptu speech, as good speeches take time to prepare. We don’t always have the luxury of preparation, though. So when speaking impromptu, be brief, stick to what you know, and avoid rambling. Quickly organize your thoughts into an introduction, body, and conclusion. Try to determine three key ideas that will serve as the basis of your main points.

In what situations would impromptu speaking be used? Since we’ve already started thinking of the similarities between public speaking and conversations, we can clearly see that most of our day-to-day interactions involve impromptu speaking. When your roommate asks you what your plans for the weekend are, you don’t pull a few note cards out of your back pocket to prompt your response. This type of conversational impromptu speaking isn’t anxiety inducing because we’re talking about our lives, experiences, or something we’re familiar with. This is also usually the case when we are asked to speak publicly with little to no advance warning. For example, if you are at a meeting for work and you are representing the public relations department, a colleague may ask you to say a few words about a recent news story involving a public relations misstep of a competing company. In this case, you are being asked to speak on the spot because of your expertise. A competent communicator should anticipate instances like this when they might be called on to speak, so they won’t be so surprised. Of course, being caught completely off guard or being asked to comment on something unfamiliar to you creates more anxiety. In such cases, do not pretend to know something you don’t, as that may come back to hurt you later. You can usually mention that you do not have the necessary background information at that time but will follow up later with your comments.

Salespeople on home-shopping television shows are masters of impromptu speaking. They obviously have sales training and have built up a repertoire of adjectives and sayings that entice an audience to buy. But they are often speaking impromptu when interacting with a guest on the show or the customers who call in. Their ability to remain animated and fluent in their delivery with little time to prepare comes from much experience. Politicians, lawyers, teachers, journalists, and spokespeople engage in impromptu speaking regularly.

Strengths of Impromptu Delivery

- Content and delivery are spontaneous, which can make the speech more engaging (if a speaker’s anxiety is under control).

- It enhances public speaking skills because speakers have to “think on their feet.”

Weaknesses of Impromptu Delivery

- It is typically the most anxiety-inducing delivery method, since speakers do not have time to prepare or practice the speech.
- Speakers may get off topic or ramble if they did not set up some structure to guide them.
- Speakers may be tempted to overstate or mislead an audience about the extent of their knowledge or expertise if asked to speak about something they aren’t familiar with.

Manuscript Delivery

Speaking from a written or printed document that contains the entirety of a speech is known as manuscript delivery. Manuscript delivery can be the best choice when a speech has complicated information and/or the contents of the speech are going to be quoted, published, recorded or broadcast. You would mostly prepare a manuscript, instead of “winging it”, if you are testifying before a court of law or before a Congressional committee. Despite the fact that most novice speakers are not going to find themselves in those situation, many are drawn to this delivery method because of the security they feel with having everything they’re going to say in front of them. Unfortunately, the security of having every word you want to say at your disposal translates to a poorly delivered and unengaging speech. Even with every word written out, speakers can still have fluency hiccups and verbal fillers as they lose their place in the manuscript or get tripped up over their words. The alternative, of course, is that a speaker reads the manuscript the whole time, effectively cutting himself or herself off from the audience. One way to make a manuscript delivery more engaging is through the use of a teleprompter. Almost all politicians who give televised addresses use teleprompters. In Figure 10.1 “President Obama’s Teleprompter System”, you can see President Obama’s teleprompter system.



Figure 10.1 President Obama’s Teleprompter System. Newscasters and politicians frequently use teleprompters so they can use manuscript delivery but still engage with the audience. [Wikimedia Commons](#) – CC BY-SA 2.0.

You may not even notice them, as the technology has improved to give the illusion that a speaker is engaged with the audience and delivering a speech from memory. The Plexiglas sheets on poles that surround the president during the inauguration and State of the Union addresses are cleverly hidden teleprompters. Even these useful devices can fail. A quick search for “teleprompter fail” on YouTube will yield many examples of politicians and newscasters who probably wish they had a paper backup of their speech. Since most of us will likely not have opportunities to speak using a teleprompter, great care should be taken to ensure that the delivery is effective. To make the delivery seem more natural, print the speech out in a larger-than-typical font, triple-space between lines so you can easily find your place, use heavier-than-normal paper so it’s easy to pick up and turn the pages as needed, and use a portfolio so you can carry the manuscript securely.



<https://dialalaw.peopleslawschool.ca/being-a-witness/>

Strengths of Manuscript Delivery

- The speaker can include precise or complex information such as statistics or quotes.
- The entire content of the speech is available for reference during the delivery.
- The speech will be consistent in terms of content and time length, which is beneficial if a speech will be delivered multiple times.

Weaknesses of Manuscript Delivery

- Engagement with the audience is challenging, because the speaker must constantly reference the manuscript (unless a teleprompter is used).
- Speakers are unable to adapt information to audience reactions, since they are confined to the content of the manuscript.
- Speakers may be tempted to read the entire speech because they didn't practice enough or because they get nervous.
- Speakers who are able to make eye contact with the audience may still sound like they are reading the speech unless they employ proper vocal variety, pacing, and pauses.

Memorized Delivery

Completely memorizing a speech and delivering it without notes is known as memorized delivery. Some students attempt to memorize their speech because they think it will make them feel more confident to not have to look at their notes; however, when their anxiety level spikes at the beginning of their speech and their mind goes blank for a minute, many admit they should have chosen a different delivery method. When using any of the other delivery methods, speakers still need to rely on their memory. An impromptu speaker must recall facts or experiences related to their topic, and speakers using a manuscript want to have some of their content memorized so they do not read their entire speech to their audience. The problem with memorized delivery overall is that it puts too much responsibility on our memory, which we all know from experience is fallible.

When memorizing, most people use rote memorization techniques, which entail reading and then reciting something over and over until it is committed to memory. One major downfall of this technique is its effect on speaking rate. When we memorize this way, we end up going over the early parts of a speech many more times than the later parts. As you memorize one sentence, you add on another, and so on. By the time you're adding on later parts of your speech, you are likely speed talking through the earlier parts because you know them by heart at that point. As we'll discuss more later, to prevent bad habits from practice from hurting our speech delivery, speakers should practice a speech the exact way they want to deliver it to their audience. Fast-paced speaking during practice will likely make its way into the actual delivery of the speech. Delivery also suffers when speaking from memory if the speaker sounds like he or she is reciting the speech. Rote memorization tasks that many of us had to do in school have left their mark on our memorized delivery. Being made to recite the pledge of allegiance, the preamble to the Constitution, and so on didn't enhance our speaking abilities. I've observed many students whose speeches remind me of the sound of school children flatly going through the motions of reciting the Pledge of Allegiance. It's the "going through the motions" impression that speakers should want to avoid.



Memorized delivery is a good option for people like tour guides, who need to move while speaking and be interactive with an audience. John Lambert Pearson – “[listening](#)” to adam – CC BY 2.0.

Even with much practice, our memories can fail. If you do opt to use memorized delivery, make sure you have several “entry points” determined, so you can pick up at spots other than the very beginning of a speech if you lose your place and have to start again. Memorized delivery is very useful for speakers who are going to be moving around during a speech when carrying notes would be burdensome. Think of the tour guide who showed you around your college campus. As someone who used to give college tours, I can attest to the fact that we all had speeches memorized, which was a good thing. It’s already difficult enough to walk backward while facing a group of people and lead them across roads and up stairs. Think about how dangerous it would be if the tour guide were trying to hold onto and reference a stack of note cards at the same time! In summary, I only recommend memorized delivery in cases where the speech is short (only one to two minutes), the speech is personal (like a brief toast), or the speech will be repeated numerous times (like a tour guide’s spiel), and even in these cases, it may be perfectly fine to have notes. Many students think that their anxiety and/or delivery challenges will be fixed if they just memorize their speech only to find that they are more anxious and have more problems.

Strengths of Memorized Delivery

- Speakers can include precise or complex information such as statistics or quotes (if they have put the time into memorization).
- Speakers can directly engage with the audience without worrying about referencing notes.
- The speech will be consistent in terms of content and time-length, which is beneficial if a speech will be delivered multiple times.

Weaknesses of Memorized Delivery

- It is the most time-consuming delivery method.
- Speakers are unable to adapt information to audience reactions, since they are confined to the content they memorized.
- If speakers lose their place in the speech, they will likely have to start over.
- Since everything is preplanned, it is difficult to make the speech content and delivery seem genuine (i.e., humor may seem “canned” or corny).
- The speech can sound like a recitation if the proper vocal variety and pacing are not used.

Extemporaneous Delivery

Extemporaneous delivery entails memorizing the overall structure and main points of a speech and then speaking from keyword/key-phrase notes. This delivery mode brings together many of the strengths of the previous three methods. Since you only internalize and memorize the main structure of a speech, you don’t have to worry as much about the content and delivery seeming stale. Extemporaneous delivery brings in some of the spontaneity of impromptu delivery but still allows a speaker to carefully plan the overall structure of a speech and incorporate supporting materials that include key facts, quotations, and paraphrased

information. You can also more freely adapt your speech to fit various audiences and occasions, since every word and sentence isn't predetermined. This can be especially beneficial when a speech will be delivered multiple times. The minilectures I give in my classes, for example, are good examples of extemporaneous delivery. Even though I've presented the basic content of this chapter dozens of times over the years, each presentation has been different, because I can vary the examples and amount of elaboration that I add to the core content that I've memorized. For example, I may spend more time discussing speaking anxiety with a class that has expressed more apprehension about public speaking. I also change the example videos I show to connect to ever-changing current events or popular culture.

When preparing a speech that you will deliver extemporaneously, you will want to start practicing your speech early and then continue to practice as you revise your content. Investing quality time and effort into the speech-outlining process helps with extemporaneous delivery. As you put together your outline, you are already doing the work of internalizing the key structure of your speech. Read parts of your outline aloud as you draft them to help ensure they are written in a way that makes sense and is easy for you to deliver. By the time you complete the formal, full-sentence outline, you should have already internalized much of the key information in your speech. Now, you can begin practicing with the full outline. As you become more comfortable with the content of your full outline, start to convert it into your speaking outline. Take out information that you know well and replace it with a keyword or key phrase that prompts your memory. You'll probably want to leave key quotes, facts, and other paraphrased information, including your verbal source citation information, on your delivery outline so you make sure to include it in your speech. Once you've converted your full outline into your speaking outline, practice it a few more times, making sure to take some time between each practice session so you don't inadvertently start to memorize the speech word for word. The final product should be a confident delivery of a well-organized and structured speech that is conversational and adaptable to various audiences and occasions.

Strengths of Extemporaneous Delivery

- Speech content and delivery appear more spontaneous and natural, making it more conversational, since the speaker is using a keyword/key-phrase outline.
- Speakers can include quotes or complex information on their speaking outline for easy reference.
- Speakers can adapt information and delivery to specific audiences, occasions, and audience reactions, since they are not confined to the content of a manuscript or what they memorized.

Weaknesses of Extemporaneous Delivery

Since the speech is so adaptable, it can be difficult to ensure the speech will be the exact same length each time.

- It is perhaps not the best option when exact wording is expected.
- Speakers must find a balance between having too much content on their speaking outline, which may cause them to read, and too little content, which may lead to fluency hiccups.

Practicing Your Speech

Practicing a speech is essential, and practice sessions can be more or less useful depending on how you approach them. There are three primary phases to the practice process. In the first phase, you practice as you're working through your ideas and drafting your outline. In the second, you practice for someone and get feedback. In the third, you put the finishing touches on the speech.

First Phase

:Start practicing your speech early, as you are working through your ideas, by reading sections aloud as you draft them into your working outline. This will help ensure your speech is fluent and sounds good for the audience. Start to envision the audience while you practice and continue to think about them throughout the practicing process. This will help minimize anxiety when you actually have them sitting in front of you. Once you have completed your research and finished a draft of your outline, you will have already practiced your speech several times as you were putting it together. Now, you can get feedback on the speech as a whole.

Second Phase

You begin to solicit feedback from a trusted source in the second phase of practicing your speech. This is the most important phase of practicing, and the one that most speakers do not complete. Beginning speakers may be nervous to practice in front of someone,

which is to be expected. But review the strategies for managing anxiety discussed earlier in this chapter and try to face that anxiety. After all, you will have to face a full audience when you deliver the speech, so getting used to speaking in front of someone can only help you at this point. Choose someone who will give you constructive feedback on your speech, not just unconditional praise or criticism. Before you practice for them, explain the assignment or purpose of the speech. When practicing for a classroom speech, you may even want to give the person the assignment guidelines or a feedback sheet that has some key things for them to look for. Ask them for feedback on content and delivery. Almost anyone is good at evaluating delivery, but it's more difficult to evaluate content. And, in most cases, the content of your speech will be account for more of your grade or what you will be evaluated on for work than the delivery. Also begin to time your speech at this point, so you can determine if it meets any time limits that you have.

In addition to practicing for a trusted source for feedback, you may want to audio or video record your speech. This can be useful because it provides an objective record that you can then compare with the feedback you got from your friend and to your own evaluation of your speech. The most important part of this phase is incorporating the feedback you receive into your speech. If you practice for someone, get feedback, and then don't do anything with the feedback, then you have wasted your time and their time. Use the feedback to assess whether or not you met your speaking goals. Was your thesis supported? Was your specific purpose met? Did your speech conform to any time limits that were set? Based on your answers to these questions, you may need to make some changes to your content or delivery, so do not put this part of practicing off to the last minute. Once the content has been revised as needed, draft your speaking outline and move on to the next phase of practice.



Figure: You can practice your speech in front of a mirror to gauge your use of facial expressions and gestures. In addition, practice in front of a couple people for feedback. Tschlunder – [Mirror](#) – CC BY-NC-ND 2.0.

Third Phase

During the third and final phase of practice, you are putting the finishing touches on your speech. You should be familiar with the content based on your early practice sessions. You have also gotten feedback and incorporated that feedback into the speech. Your practice sessions at this point should precreate, as much as possible, the conditions in which you will be giving your speech. You should have your speaking outline completed so you can practice with it. It's important to be familiar with the content on your note cards or speaking outline so you will not need to rely on it so much during the actual delivery. You may also want to practice in the type of clothing you will be wearing on speech day. This can be useful if you are wearing something you don't typically wear—a suit for example—so you can see how it might affect your posture, gestures, and overall comfort level. If possible, at least one practice session in the place you will be giving the speech can be very helpful, especially if it's a room you are not familiar with. Make sure you're practicing with any visual aids or technology you will use so you can be familiar with it and it doesn't affect your speech fluency. Continue to time each practice round. If you are too short or too long, you will need to go back and adjust your content some more. Always adjust your content to fit the time limit; do not try to adjust your delivery. Trying to speed talk or stretch things out to make a speech faster or longer is a mistake that will ultimately hurt your delivery, which will hurt your credibility. The overall purpose of this phase of practicing is to minimize surprises that might throw you off on speech day.

Some “Dos” and “Don’ts” for Effective Speech Practice Sessions

- Do start practicing sections of your speech early, as you draft your outline.
- Do practice for someone for feedback.

- Do time yourself once a draft of the speech is completed and adjust the speech as needed to conform to time limits.
- Do deliver the speech the way you want it to be when you deliver it for your audience (use the rate, volume, vocal variety, pauses, and emphasis you plan to use on speech day).
- Don't only practice in front of a mirror (practicing once in front of a mirror can help you gauge your facial expressions and other aspects of delivery, but that shouldn't be the only way you practice).
- Don't only practice in your head (we have a tendency to go too fast when we practice in our head, and you need to get practice saying the words of your speech to help lessen fluency hiccups).
- Don't practice too much. It's best to practice a few times in the days leading up to the speech, making sure to leave several hours between practice sessions. Practicing too much can lead you to become bored with your content, which could lead to delivery that sounds like a recitation.

Key Takeaways

- The four methods of delivering a speech are impromptu, manuscript, memorized, and extemporaneous delivery.
- Impromptu delivery evokes higher levels of speaking anxiety because a speaker has little to no time to prepare the speech; however, this method can increase public speaking skills for people who enjoy thinking on their feet.
- Manuscript delivery entails speaking from a manuscript that contains a word-for-word transcript of your speech. This delivery method can be good for speeches that contain complex information that will be published or quoted but can be challenging because speakers may read their speech, which lessens engagement with the audience.
- Memorized delivery entails speaking from memory. Speakers with a reliable memory will be able to include specific information and engage the audience freely. This method is the most time-consuming delivery option and may come across as a recitation instead of an engaging speech.
- Extemporaneous delivery entails memorizing the general structure of a speech, not every word, and then delivering the speech from a keyword outline. Having the keyword outline allows a speaker to include specific information and references while remaining adaptable to the occasion and audience since every word isn't planned out.
- Practicing your speech should occur in three phases. First, practice as you are drafting the outline to help you process through your speech ideas. Second, practice for someone and get feedback and record your speech for self-evaluation. Use this feedback to make appropriate changes to your speech. Third, put the finishing touches on the speech: make needed adjustments to the content to meet time limits, become familiar with your speaking outline, and precreate the conditions of speech day for your final few practice sessions.

Exercises

1. Which delivery methods have you used before? Which did you like the best and why? Which delivery method would you most prefer a speaker to use if you were an audience member and why?
2. Have you ever had any "surprises" come up during a speech that you could have prevented with more effective practice sessions? If so, explain. If not, list some surprises that good practice sessions could help prevent.
3. Using the suggestions in the chapter, make a timeline for practicing your next speech. Include specific dates and make a list of things you plan to do during each of the three phases of practice.

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8.2: Mental Preparation for Delivery

Learning Objectives

1. Discuss common sources of communication apprehension.
2. Identify strategies for addressing communication apprehension.
3. Employ strategies for addressing communication apprehension.

Be Yourself

Confidence begins with self-acceptance, it's OK if you speak with an accent (we all have accents), it's OK if you have a speech or hearing impediment. Everyone has a unique voice, so stop worrying about how people may perceive you when you are talking, instead embrace the things that make you unique. Never say, "I'm nervous" because everyone is nervous, and you don't want people to feel sorry for you, a confident speaker wants respect, not pity. Never apologize, just like admitting that you are nervous, apologies hurt your credibility, and make you seem unprepared.

If you feel fear, anxiety, or discomfort when confronted with the task of speaking in front of an audience, you are not alone. National polls consistently show that public speaking is among Americans' top fears (Bodie, 2010). Yet, since we all have to engage in some form of public speaking, this is a fear that many people must face regularly. Effectively managing speaking anxiety has many positive effects on your speech. In this chapter, we will explore causes of speaking anxiety and ways to manage your anxiety to help you appear calm and collected even when you are a nervous wreck!

Sources of Communication Apprehension

Aside from the self-reported data in national surveys that rank the fear of public speaking high for Americans, decades of research conducted by communication scholars shows that communication apprehension is common among college students (Priem & Solomon, 2009). **Communication apprehension (CA)** is fear or anxiety experienced by a person due to real or perceived communication with another person or persons. CA is a more general term that includes multiple forms of communication, not just public speaking. CA can be further broken down into two categories. **Trait CA** refers to a general tendency to experience anxiety related to communication, in essence incorporating it into a person's personality. **State CA** refers to anxiety related to communication that occurs in a particular situation and time (Bodie, 2010). Of college students, 15 to 20 percent experience high trait CA, meaning they are generally anxious about communication. Seventy percent of college students experience some trait CA, which means that addressing communication apprehension in a class like the one you're taking now stands to benefit the majority of students (Priem & Solomon, 2009). Whether CA is a personal trait or not, we all occasionally experience state CA. Think about the jitters you get before a first date, a job interview, or the first day of school. The novelty or uncertainty of some situations is a common trigger for communication anxiety, and public speaking is a situation that is novel and uncertain for many.

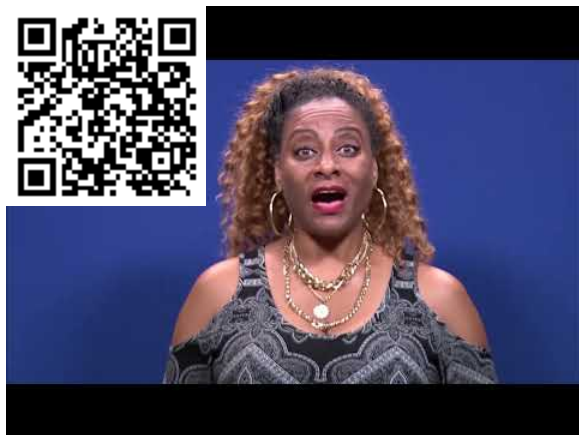
Public speaking anxiety is a type of CA that produces physiological, cognitive, and behavioral reactions in people when faced with a real or imagined presentation (Bodie, 2010). Physiological responses to public speaking anxiety include increased heart rate, flushing of the skin or face, and sweaty palms, among other things. These reactions are the result of natural chemical processes in the human body. The fight or flight instinct helped early humans survive threatening situations. When faced with a ferocious saber-toothed tiger, for example, the body released adrenaline, cortisol, and other hormones that increased heart rate and blood pressure to get more energy to the brain, organs, and muscles in order to respond to the threat. We can be thankful for this evolutionary advantage, but our physiology hasn't caught up with our new ways of life. Our body doesn't distinguish between the causes of stressful situations, so facing down an audience releases the same hormones as facing down a wild beast.



Figure: The root of public speaking anxiety is the fight or flight instinct that is triggered when we face a fear. While we can't completely eliminate anxiety, we can change how we cognitively process it. Practical Cures – [Anxiety](#) – CC BY 2.0.

Cognitive reactions to public speaking anxiety often include intrusive thoughts that can increase anxiety: “People are judging me,” “I’m not going to do well,” and “I’m going to forget what to say.” These thoughts are reactions to the physiological changes in the body but also bring in the social/public aspect of public speaking in which speakers fear being negatively judged or evaluated because of their anxiety. The physiological and cognitive responses to anxiety lead to behavioral changes. All these thoughts may lead someone to stop their speech and return to their seat or leave the classroom. Anticipating these reactions can also lead to avoidance behavior where people intentionally avoid situations where they will have to speak in public.





Addressing Public Speaking Anxiety

While we can't stop the innate physiological reactions related to anxiety from occurring, we do have some control over how we cognitively process them and the behaviors that result. Research on public speaking anxiety has focused on three key ways to address this common issue: systematic desensitization, cognitive restructuring, and skills training (Bodie, 2010). In addition, it is important to address the physical manifestations of speaking anxiety.

Systematic Desensitization

Although systematic desensitization may sound like something that would be done to you while strapped down in the basement of a scary hospital, it actually refers to the fact that we become less anxious about something when we are exposed to it more often (Bodie, 2010). As was mentioned earlier, the novelty and uncertainty of public speaking is a source for many people's anxiety. So becoming more familiar with public speaking by doing it more often can logically reduce the novelty and uncertainty of it.

Systematic desensitization can result from imagined or real exposure to anxiety-inducing scenarios. In some cases, an instructor leads a person through a series of relaxation techniques. Once relaxed, the person is asked to imagine a series of scenarios including speech preparation and speech delivery. This is something you could also try to do on your own before giving a speech. Imagine yourself going through the process of preparing and practicing a speech, then delivering the speech, then returning to your seat, which concludes the scenario. Aside from this imagined exposure to speaking situations, taking a communication course like this one is a great way to directly engage in systematic desensitization. Almost all my students report that they have less speaking anxiety at the end of a semester than when they started, which is at least partially due to the fact they were forced to engage with speaking more than they would have done if they weren't taking the class.

Cognitive Restructuring

Cognitive restructuring entails changing the way we think about something, in other words it is the power of positive thinking. A first step in restructuring is to recognize that the fears and negative thoughts we associate with public speaking anxiety are irrational (Allen, Hunter & Donohue, 2009). For example, people report a fear of public speaking over a fear of snakes, heights, financial ruin, or even death. It's irrational to think that the consequences of giving a speech in public are more dire than getting bit by a rattlesnake, falling off a building, or dying. People also fear being embarrassed because they mess up or are evaluated negatively. Well, you can't literally die from embarrassment, and in reality, audiences are very forgiving and overlook or don't even notice many errors that we, as speakers, may dwell on. Once we realize that the potential negative consequences of giving a speech are not as dire as we think they are, we can move on to other cognitive restructuring strategies.

Communication-orientation modification therapy (COM therapy) is a type of cognitive restructuring that encourages people to think of public speaking as a conversation rather than a performance (Motley, 2009). Many people have a performance-based view of public speaking. This can easily be seen in the language that some students use to discuss public speaking. They say that they "rehearse" their speech, deal with "stage fright," then "perform" their speech on a "stage." I like to remind my students that there is no stage at the front of our classroom; it is a normal floor. To get away from a performance orientation, we can reword the previous statements to say that they "practice" their speech, deal with "public speaking anxiety," then "deliver" their speech from the front

of the room. Viewing public speaking as a conversation also helps with confidence. After all, you obviously have some conversation skills, or you wouldn't have made it to college. We engage in conversations every day. We don't have to write everything we're going to say out on a note card, we don't usually get nervous or anxious in regular conversations, and we're usually successful when we try. Even though we don't engage in public speaking as much, we speak to others in public all the time. Thinking of public speaking as a type of conversation helps you realize that you already have accumulated experiences and skills that you can draw from, so you aren't starting from scratch.



Figure: Thinking of public speaking as a conversation with an audience rather than a performance for an audience can help reduce speaking anxiety. The Open University – [Speech](#) – CC BY-NC-ND 2.0.

Last, positive visualization is another way to engage in cognitive restructuring. Speaking anxiety often leads people to view public speaking negatively. They are more likely to judge a speech they gave negatively, even if it was good. They're also likely to set up negative self-fulfilling prophecies that will hinder their performance in future speeches. To effectively use positive visualization, it's best to engage first in some relaxation exercises such as deep breathing or stretching, which we will discuss more later, and then play through vivid images in your mind of giving a successful speech. This should be done a few times before giving the actual speech. Students sometimes question the power of positive visualization, thinking that it sounds corny. Ask an Olympic diver what his or her coach says to do before jumping off the diving board and the answer will probably be "Coach says to image completing a perfect 10 dive." Likewise a Marine sharpshooter would likely say his commanding officer says to imagine hitting the target before pulling the trigger. In both instances, positive visualization is being used in high-stakes situations. If it's good enough for Olympic athletes and snipers, it's good enough for public speakers.

Skills Training

Skills training is a strategy for managing public speaking anxiety that focuses on learning skills that will improve specific speaking behaviors. These skills may relate to any part of the speech-making process, including topic selection, research and organization, delivery, and self-evaluation. Skills training, like systematic desensitization, makes the public speaking process more familiar for a speaker, which lessens uncertainty. In addition, targeting specific areas and then improving on them builds more confidence, which can in turn lead to more improvement. Feedback is important to initiate and maintain this positive cycle of improvement. You can use the constructive criticism that you get from your instructor and peers in this class to target specific areas of improvement. Self-evaluation is also an important part of skills training. Make sure to evaluate yourself within the context of your assignment or job

and the expectations for the speech. Don't get sidetracked by a small delivery error if the expectations for content far outweigh the expectations for delivery. Combine your self-evaluation with the feedback from your instructor, boss, and/or peers to set specific and measurable goals and then assess whether or not you meet them in subsequent speeches. Once you achieve a goal, mark it off your list and use it as a confidence booster. If you don't achieve a goal, figure out why and adjust your strategies to try to meet it in the future.

Relaxation Exercises

Suggestions for managing speaking anxiety typically address its cognitive and behavioral components, while the physical components are left unattended. As we learned earlier, we can't block these natural and instinctual responses. We can, however, engage in physical relaxation exercises to counteract the general physical signs of anxiety caused by cortisol and adrenaline release, which include increased heart rate, trembling, flushing, high blood pressure, and speech disfluency.

Calm Breathing Technique

Confronting the physical aspects of public speaking anxiety is like chemical warfare. Some breathing and stretching exercises release endorphins, which are your body's natural antidote to stress hormones. Deep breathing is a proven way to release endorphins. It also provides a general sense of relaxation and can be done discretely, even while waiting to speak. In order to get the benefits of deep breathing, you must breathe into your diaphragm. The diaphragm is the muscle below your lungs that helps you breathe and stand up straight, which makes it a good muscle for a speaker to exercise.

1. To start, breathe in slowly through your nose for about four seconds, filling the bottom parts of your lungs up with air. While doing this, your belly should pooch out.
2. Hold the breath for about four seconds, then
3. Exhale slowly through your mouth, and hold for a few seconds before you breathe in again.
4. Repeat.

After doing this only a few times, many students report that they can actually feel a flooding of endorphins, which creates a brief "light-headed" feeling. Once you have practiced and are comfortable with the technique, you can do this before you start your speech, and no one sitting around you will even notice. You might also want to try this technique during other stressful situations. Deep breathing before dealing with an angry customer or loved one, or before taking a test, can help you relax and focus. Five minutes of calm breathing can also help relieve daily stress.



Figure: Discretely stretching your wrists and calf muscles is a good way to relieve anxiety and get your energy flowing while waiting to speak. [Public Domain Pictures](#) – public domain.

Stretching exercises

Stretching is another way to quickly and effectively release endorphins. Very old exercise traditions like yoga, tai chi, and Pilates teach the idea that stretching is a key component of having a healthy mind and spirit. Exercise in general is a good stress reliever, but many of us don't have the time or willpower to do it. We can, however, all take time to do some stretching. Obviously, it would

be distracting for the surrounding audience if a speaker broke into some planking or Pilates just before his or her speech. Simple and discrete stretches can help get the body's energy moving around, which can make a speaker feel more balanced and relaxed. Our blood and our energy/stress have a tendency to pool in our legs, especially when we're sitting. The following stretch can help manage the physical manifestations of anxiety while waiting to speak.

Leg stretches

1. Start with both feet flat on the floor.
2. Raise your back heels off the floor and flex and release your calf muscles. You can flex and release your calves once before putting your heels back down and repeating, or you can flex a few times on each repetition.
3. Repeat this three to five times

This should sufficiently get your blood and energy moving around.

Arm stretches

Stretching your wrists can also help move energy around in your upper body, since our huge amounts of typing and using other electronic controllers put a lot of stress on this intersection of muscles, tendons, and bones. You can often do this stretch discretely as well while waiting to speak.

1. Point one hand up at the wrist joint, like you're waving at someone.
2. Use your other hand to pull, gently, the hand that's pointing up back toward your elbow.
3. Stop pulling once you feel some tension.
4. Hold the hand there for a few seconds and release.
5. Point the hand down at the wrist joint like you're pointing at something on the floor.
6. Use the other hand to push the hand back toward your elbow.
7. Again, stop pushing when you feel the tension, hold the stretch for a few seconds and release.

Mouth stretches

Vocal warm-up exercises are a good way to warm up your face and mouth muscles, which can help prevent some of the fluency issues that occur when speaking. Newscasters, singers, and other professional speakers use vocal warm-ups. The full list of warm-ups follows and contains specific words and exercises designed to warm up different muscles and different aspects of your voice. After going through just a few, you should be able to feel the blood circulating in your face muscles more. It's a surprisingly good workout!

Sample Vocal Warm-Ups

- Purse your lips together and make a motorboat sound. Hold it for ten seconds and repeat.
"BBBBBBBBBBBBBBBBBBBBBBBBBBBBBBB."
- Clench your teeth and say, "N, N, N, N," to stretch your cheek muscles.
- Say "Mum" five times, and open your mouth and eyes wide each time you say it.
- Say "Puh" five times, making sure to use your diaphragm to enunciate the *h*.
- Say "Red Rover" ten times, overenunciating each *r*.
- Say "Wilbur" ten times, overenunciating the *w* and *r*.
- Say "Bumblebee" ten times, enunciating each *b*.
- Say "Red letter, yellow letter" five times, making sure to distinctly pronounce each word.
- Say "Selfish shellfish" five times, making sure to distinctly pronounce each word.
- Say "Unique New York" five times, enunciating the *q* and *k*.

Top Ten Ways to Reduce Speaking Anxiety

As you can see in this section, there are many factors that contribute to speaking anxiety, and there are many ways to address it. The following is a list of the top ten ways to reduce speaking anxiety that I developed with my colleagues, which helps review what we've learned.

1. Remember, you are not alone. Public speaking anxiety is common, so don't ignore it—confront it.
2. Remember, you can't literally "die of embarrassment." Audiences are forgiving and understanding.

3. Remember, it always feels worse than it looks.
4. Take deep breaths. It releases endorphins, which naturally fight the adrenaline that causes anxiety.
5. Look the part. Dress professionally to enhance confidence.
6. Channel your nervousness into positive energy and motivation.
7. Start your outline and research early. Better information = higher confidence.
8. Practice and get feedback from a trusted source. (Don't just practice for your pet.)
9. Visualize success through positive thinking.
10. Prepare, prepare, prepare! Practice is a speaker's best friend.

"Getting Critical": How Much Emphasis Should We Place on Delivery?

Before you read the rest of the chapter, take some time to think about the balance between the value of content and delivery in a speech. We know it's important to have solid content and to have an engaging and smooth delivery to convey that content, but how should each category be weighted and evaluated? Most people who have made it to college can put the time and effort into following assignment guidelines to put together a well-researched and well-organized speech. But some people are naturally better at delivering speeches than others. Some people are more extroverted, experience less public speaking anxiety, and are naturally more charismatic than others. Sometimes a person's delivery and charisma might distract an audience away from critically evaluating the content of their speech. Charismatic and well-liked celebrities and athletes, for example, are used to endorse products and sell things to the public. We may follow their advice because we like them, instead of basing our choice on their facts or content. Aristotle, Cicero, and other notable orators instructed that delivery should be good enough to present the material effectively but not so good or so bad that it draws attention to itself. But in today's celebrity culture, the bling or packaging is sometimes more valued than the contents. This leads us to some questions that might help us unpack the sometimes tricky relationship between content and delivery.

1. Do you think worries about content or delivery contribute more to speaking anxiety? Explain your choice.
2. How should someone be evaluated who works hard to research, organize, and write a speech, but doesn't take the time to practice so they have a good delivery? What if they practice, but still don't deliver the speech well on speech day?
3. How should we evaluate a speaker who delivers an engaging speech that gets the audience laughing and earns a big round of applause but doesn't verbally cite sources or present well-organized ideas?
4. Is it ethical for someone to use their natural charisma or speaking abilities to win over an audience rather than relying on the merit and strength of their speech content? In what speaking situations would this be more acceptable? Less acceptable?

Key Takeaways

- Public speaking anxiety is a form of communication apprehension (CA) that is commonly experienced by many people and can be effectively managed using a variety of strategies. While we most often think of public speaking anxiety as an issue in the classroom and workplace, it can affect communication in social and civic contexts as well.
- Systematic desensitization helps lessen public speaking anxiety through repeated exposure to real or imagined public speaking scenarios.
- Cognitive restructuring addresses public speaking by replacing negative thoughts with more positive thoughts, and COM therapy can help you view public speaking as a conversation rather than a performance.
- Skills training allows you to focus on improving specific skills related to public speaking, which can increase confidence and lead to further skill development.
- Physical relaxation exercises like deep breathing and stretching allow us to voluntarily use our bodies to address involuntary bodily reactions to anxiety.

Exercises

1. Test your speaking anxiety using McCroskey's "Personal Report of Public Speaking Anxiety" (PRPSA). You can access the scale here: <http://www.jamescmccroskey.com/measures/prpsa.htm>. Follow the directions to determine your score. Do you agree with the result? Why or why not?
2. Of the strategies for managing public speaking anxiety listed in the chapter (systematic desensitization, cognitive restructuring, skills training, physical relaxation exercises), which do you think would be most useful for you and why?

3. When you take a communication course like this one, you are automatically engaging in some skills training. What are some public speaking skills that you are already good at? What are some skills that you should work on? Write out three goals you would like to accomplish for your next speech that focus on improving your public speaking skills.

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8.3: Vocal Preparation for Delivery

Learning Objectives

1. Identify elements of vocal delivery that make a speech more engaging.
2. Identify elements of vocal delivery that make a speech clearer.
3. Discuss the relationship between vocal delivery and speaker credibility.

Preparing your voice to speak

Your mouth is a system of muscles and movements to produce sound. Coming out of a pandemic, you might not have spent much time exercising those muscles, so you need to prepare your voice. Vocal delivery includes components of speech delivery that relate to how your voice sounds when you are speaking. These include rate, volume, pitch, articulation, pronunciation, and fluency. Our voice is important to consider when delivering our speech for two main reasons. First, vocal delivery can help us engage and interest the audience. Second, vocal delivery helps ensure that our ideas are communicated clearly.

Speaking for Engagement

We have all had the displeasure of listening to an dull speaker, perhaps they spoke in a monotone where each sentence seemed to blend into the next without distinction. Even though the person may care about their topic, an disengaging delivery that doesn't communicate enthusiasm will translate into a lack of interest for most audience members. Although a speaker can be visually engaging by incorporating movement and gestures, which we will discuss more later, a flat or monotone vocal delivery can be sedating or even annoying. Incorporating vocal variety in terms of rate, volume, and pitch is key to being a successful speaker.

Rate

Rate of speaking refers to how fast or slow you speak. If you speak too fast, your audience will not be able to absorb the information you present. If you speak too slowly, the audience may lose interest. The key is to vary your rate of speaking in a middle range, staying away from either extreme, in order to keep your audience engaged. In general, a higher rate of speaking signals that a speaker is enthusiastic about his or her topic. Speaking slowly may lead the audience to infer that the speaker is uninterested, uninformed, or unprepared to present his or her own topic. These negative assumptions, whether they are true or not, are likely to hurt the credibility of the speaker. Having evaluated thousands of speeches, I can say that, in terms of rate, the issue speakers face is speaking too fast. The goal is to speak at a rate that will interest the audience and will effectively convey your information. Speaking at a slow rate throughout a speech would likely bore an audience, but that is not a common occurrence.

Some people naturally speak faster than others, which is fine, but we can all alter our rate of speaking with practice. If you find that you are a naturally fast speaker, make sure that you do not “speed talk” through your speech when practicing it. Even if you try to hold back when actually delivering your speech, you may fall back into your practice routine and speak too fast. You can also include reminders to “slow down” on your speaking outline.

Volume

Volume refers to how loud or soft your voice is. As with speaking rate, you want to avoid the extremes of being too loud or too soft, but still vary your volume within an acceptable middle range. When speaking in a typically sized classroom or office setting that seats about twenty-five people, using a volume a few steps above a typical conversational volume is usually sufficient. When speaking in larger rooms, you will need to project your voice. You may want to look for nonverbal cues from people in the back rows or corners, like leaning forward or straining to hear, to see if you need to adjust your volume more. Obviously, in some settings, a microphone will be necessary to be heard by the entire audience. Like rate, audiences use volume to make a variety of judgments about a speaker. Softer speakers are sometimes judged as meek, which may lead to lowered expectations for the speech or less perceived credibility. Loud speakers may be seen as overbearing or annoying, which can lead audience members to disengage from the speaker and message. Be aware of the volume of your voice and, when in doubt, increase your volume a notch, since beginning speakers are more likely to have an issue of speaking too softly rather than too loudly.



Figure: Speak a couple steps above your regular volume for speeches that occur in typically sized classrooms or meeting rooms that seat twenty to forty people. A microphone may be necessary for larger groups or rooms. [Speaker at Podium](#) – CC BY 2.0.

Pitch

Pitch refers to how high or low a speaker's voice is. As with other vocal qualities, there are natural variations among people's vocal pitch. Unlike rate and volume, there are more physiological limitations on the control we have over pitch. For example, males generally have lower pitched voices than females. Despite these limitations, each person still has the capability to intentionally change their pitch across a range large enough to engage an audience. Changing pitch is a good way to communicate enthusiasm and indicate emphasis or closure. In general, our pitch goes up when we are discussing something exciting. Our pitch goes down slightly when we emphasize a serious or important point. Lowering pitch is also an effective way to signal transitions between sections of your speech or the end of your speech, which cues your audience to applaud and avoids an awkward ending.

Of the vocal components of delivery discussed so far, pitch seems to give beginning speakers the most difficulty. There is a stark difference between the way I hear students speak before and after class and the way they speak when they get in front of the class. It's like giving a speech temporarily numbs their ability to vary their pitch. Record yourself practicing your speech to help determine if the amount of pitch variety and enthusiasm you think you convey while speaking actually comes through. Speakers often assume that their pitch is more varied and their delivery more enthusiastic than the audience actually perceives it to be. Many of my students note this on the self-evaluations they write after viewing their recorded speech.

Vocal Variety

Overall, the lesson to take away from this section on vocal delivery is that variety is key. Vocal variety includes changes in your rate, volume, and pitch that can make you look more prepared, seem more credible, and be able to engage your audience better. Employing vocal variety is not something that takes natural ability or advanced skills training. It is something that beginning speakers can start working on immediately and everyone can accomplish. The key is to become aware of how you use your voice when you speak, and the best way to do this is to record yourself. We all use vocal variety naturally without thinking about it during our regular conversations, and many of us think that this tendency will translate over to our speaking voices. This is definitely not the case for most beginning speakers. Unlike in your regular conversations, it will take some awareness and practice to use vocal variety in speeches. I encourage students to make this a delivery priority early on. Since it's something anyone can do, improving in this area will add to your speaking confidence, which usually translates into better speeches and better grades further on.

Speaking for Clarity

In order to be an effective speaker, your audience should be able to understand your message and digest the information you present. Audience members will make assumptions about our competence and credibility based on how we speak. As with other aspects of speech delivery, many people are not aware that they have habits of speech that interfere with their message clarity. Since most of our conversations are informal and take place with people we know, many people don't make a concerted effort to articulate every word clearly and pronounce every word correctly, and most of the people we talk to either don't notice our errors or don't correct us if they do notice. Since public speaking is generally more formal than our conversations, we should be more concerned with the clarity of our speech.

Articulation

Articulation refers to the clarity of sounds and words we produce. If someone is articulate, they speak words clearly, and speakers should strive to speak clearly. Poor articulation results when speakers do not speak clearly. For example, a person may say *dinnt* instead of *didn't*, *gonna* instead of *going to*, *wanna* instead of *want to*, *hunnerd* instead of *hundred*, or *udder* instead of *other*. Unawareness and laziness are two common challenges to articulation. As with other aspects of our voice, many people are unaware that they regularly have errors in articulation. Recording yourself speak and then becoming a higher self-monitor are effective ways to improve your articulation. Laziness, on the other hand, requires a little more motivation to address. Some people just get in the habit of not articulating their words well. I'm sure we all know someone who mumbles when they speak or slurs their words together. From my experience, this is a problem that I've noticed more among men than women. Both mumbling and slurring are examples of poor articulation. In more informal settings, this type of speaking may be acceptable, but in formal settings, it will be negatively evaluated, which will hurt a speaker's credibility. Perhaps the promise of being judged more favorably, which may help a person become more successful, is enough to motivate a mumblor to speak more clearly.

When combined with a low volume, poor articulation becomes an even greater problem. Doing vocal warm-ups like the ones listed in Section 10.1 "Managing Public Speaking Anxiety" or tongue twisters can help prime your mouth, lips, and tongue to articulate words more clearly. When you notice that you have trouble articulating a particular word, you can either choose a different word to include in your speech or you can repeat it a few times in a row in the days leading up to your speech to get used to saying it.

Pronunciation

Unlike articulation, which focuses on the clarity of words, pronunciation refers to speaking words correctly, including the proper sounds of the letters and the proper emphasis. Mispronouncing words can damage a speaker's credibility, especially when the correct pronunciation of a word is commonly known. I have actually heard someone, presenting on the topic of pronunciation, mispronounce the word *pronunciation*, saying "pro-NOUN-ciation" instead of "pro-NUN-ciation." In such a case, it would not be unwarranted for the audience to question the speaker's expertise on the subject.

We all commonly run into words that we are unfamiliar with and therefore may not know how to pronounce. I offer my students three suggestions when faced with this problem. The first is to look the word up in an online dictionary. Many dictionaries have a speaker icon with their definitions, and when you click on it, you can hear the correct pronunciation of a word. Some words have more than one pronunciation—for example, *Caribbean*—so choosing either of the accepted pronunciations is fine. Just remember to consistently use that pronunciation to avoid confusing your audience. If a word doesn't include an audio pronunciation, you can usually find the phonetic spelling of a word, which is the word spelled out the way it sounds. There will occasionally be words that you can't locate in a dictionary. These are typically proper nouns or foreign words. In this case, I suggest the "phone-a-friend" strategy. Call up the people you know who have large vocabularies or are generally smart when it comes to words, and ask them if they know how to pronounce it. If they do, and you find them credible, you're probably safe to take their suggestion. The third option is to "fake it 'til you make it" and should only be used as a last resort. If you can't find the word in a dictionary and your smart friends don't know how to pronounce it, it's likely that your audience will also be unfamiliar with the word. In that case, using your knowledge of how things are typically pronounced, decide on a pronunciation that makes sense and confidently use it during your speech. Most people will not question it. In the event that someone does correct you on your pronunciation, thank him or her for correcting you and adjust your pronunciation.

Fluency

Fluency refers to the flow of your speaking. To speak with fluency means that your speech flows well and that there are not many interruptions to that flow. There are two main disfluencies, or problems that affect the flow of a speech. Fluency hiccups are unintended pauses in a speech that usually result from forgetting what you were saying, being distracted, or losing your place in your speaking notes. Fluency hiccups are not the same as intended pauses, which are useful for adding emphasis or transitioning between parts of a speech. While speakers should try to minimize fluency hiccups, even experienced speakers need to take an unintended pause sometimes to get their bearings or to recover from an unexpected distraction. Fluency hiccups become a problem when they happen regularly enough to detract from the speaker's message.

Verbal fillers are words that speakers use to fill in a gap between what they were saying and what they're saying next. Common verbal fillers include *um*, *uh*, *ah*, *er*, *you know*, and *like*. The best way to minimize verbal fillers is to become a higher self-monitor and realize that you use them. Many students are surprised when they watch the video of their first speech and realize they said "um" thirty times in three minutes. Gaining that awareness is the first step in eliminating verbal fillers, and students make noticeable progress with this between their first and second speeches. If you do lose your train of thought, having a brief fluency hiccup is better than injecting a verbal filler, because the audience may not even notice the pause or may think it was intentional.

Common Causes of Fluency Hiccups

- **Lack of preparation.** Effective practice sessions are the best way to prevent fluency hiccups.
- **Not writing for speaking.** If you write your speech the way you've been taught to write papers, you will have fluency hiccups. You must translate the written words into something easier for you to present orally. To do this, read your speech aloud and edit as you write to make sure your speech is easy for you to speak.
- **A poorly prepared speaking outline.** Whether it is on paper or note cards, sloppy writing, unorganized bullet points, or incomplete/insufficient information on a speaking outline leads to fluency hiccups.
- **Distractions.** Audience members and the external environment are unpredictable. Hopefully audience members will be polite and will silence their phones, avoid talking while the speaker is presenting, and avoid moving excessively. There could also be external noise that comes through a door or window. A speaker can also be distracted by internal noise such as thinking about other things.

"Getting Plugged In": Delivering Presentations Online

As many people and organizations are trying to do more with smaller budgets, and new software becomes available, online presentations are becoming more common. Whether using a Webinar format, a WebEx, Skype, FaceTime, Elluminate Live, or some other program, the live, face-to-face audience is now mediated through a computer screen. Despite this change in format, many of the same basic principles of public speaking apply when speaking to people virtually. Yet many business professionals seem to forget the best practices of public speaking when presenting online or don't get that they apply in both settings. The website TheVirtualPresenter.com offers many tips for presenting online that we've covered in this book, including be audience focused, have engaging delivery, and use visual aids effectively (Courville, 2012). Yet speakers need to think about some of these things differently when presenting online. We have natural ways to engage an audience when presenting face-to-face, but since many online presentations are only one-way in terms of video, speakers have to rely on technology like audience polls, live chat, or options for audience members to virtually raise their hand when they have a question to get feedback while speaking. Also, in some formats, the audience can only see the presenter's computer desktop or slide show, which pulls attention away from physical delivery and makes vocal delivery and visual aids more important. Extemporaneous delivery and vocal variety are still key when presenting online. Reading from your slides or having a monotone voice will likely not make a favorable impression on your audience. The lesson to take away is that presenting online requires the same skills as presenting in person, so don't let the change in format lead you to make mistakes that will make you a less effective speaker.

1. Have you ever presented online or been an audience member for an online presentation? If so, describe your experience and compare it to face-to-face speaking.
2. What are some of the key differences between presenting online and presenting in person that a speaker should consider?
3. How might online presentations play into your future career goals? What types of presentations do you think you would give? What could you do to ensure the presentations are effective?

Key Takeaways

- Speakers should use vocal variety, which is changes in rate, volume, and pitch, to make a speech more engaging.
- Speakers should use proper articulation and pronunciation to make their message clear.
- Interruptions to the fluency of a speech, including fluency hiccups and verbal fillers, detract from the speaker's message and can lessen a speaker's credibility.

Exercises

1. Record yourself practicing your speech. How does your speech sound in terms of vocal variety? Cite specific examples.
2. Listen to your recorded speech again. How would you evaluate your articulation and pronunciation? Cite specific examples.
3. Over the course of a day, take note of verbal fillers that you tend to use. List them here so you can be a higher self-monitor and begin to notice and lessen your use of them.

References

Courville, R., "Delivery," TheVirtualPresenter.com, accessed November 5, 2012, <http://thevirtualpresenter.com/category/delivery>.

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8.4: Physical Preparation for Delivery

Learning Objectives

1. Explain the role of facial expressions and eye contact in speech delivery.
2. Explain the role of posture, gestures, and movement in speech delivery.
3. Explain the connection between personal appearance and credibility in speech delivery.
4. Explain the connection between visual aids and speech delivery.

Most audiences are not as fixated on our physical delivery as we think they are. Knowing this can help relieve some anxiety, but it doesn't give us a free pass when it comes to physical delivery. We should still practice for physical delivery that enhances our verbal message. Physical delivery of a speech involves nonverbal communication through the face and eyes, gestures, and body movements.

Many speakers are more nervous about physical delivery than vocal delivery. Putting our bodies on the line in front of an audience often makes us feel more vulnerable than putting our voice out there. Yet most audiences are not as fixated on our physical delivery as we think they are. Knowing this can help relieve some anxiety, but it doesn't give us a free pass when it comes to physical delivery. We should still practice for physical delivery that enhances our verbal message. Physical delivery of a speech involves nonverbal communication through the face and eyes, gestures, and body movements.

Physical Delivery and the Face

We tend to look at a person's face when we are listening to them. Again, this often makes people feel uncomfortable and contributes to their overall speaking anxiety. Many speakers don't like the feeling of having "all eyes" on them, even though having a room full of people avoiding making eye contact with you would be much more awkward. Remember, it's a good thing for audience members to look at you, because it means they're paying attention and interested. Audiences look toward the face of the speaker for cues about the tone and content of the speech.

Facial Expressions

Facial expressions can help bring a speech to life when used by a speaker to communicate emotions and demonstrate enthusiasm for the speech. As with vocal variety, we tend to use facial expressions naturally and without conscious effort when engaging in day-to-day conversations. Yet I see many speakers' expressive faces turn "deadpan" when they stand in front of an audience. Some people naturally have more expressive faces than others—think about the actor Jim Carey's ability to contort his face as an example. But we can also consciously control and improve on our facial expressions to be more effective speakers. As with other components of speech delivery, becoming a higher self-monitor and increasing your awareness of your typical delivery habits can help you understand, control, and improve your delivery. Although you shouldn't only practice your speech in front of a mirror, doing so can help you get an idea of how expressive or unexpressive your face is while delivering your speech. There is some more specific advice about assessing and improving your use of facial expressions in the "Getting Competent" box in this chapter.



Facial expressions are key for conveying emotions and enthusiasm in a speech. Jeff Wasson – [Immutable Law Of The Universe #2](#) – CC BY 2.0.

Facial expressions help set the emotional tone for a speech, and it is important that your facial expressions stay consistent with your message. In order to set a positive tone before you start speaking, briefly look at the audience and smile. A smile is a simple but powerful facial expression that can communicate friendliness, openness, and confidence. Facial expressions communicate a range of emotions and are also associated with various moods or personality traits. For example, combinations of facial expressions can communicate that a speaker is tired, excited, angry, confused, frustrated, sad, confident, smug, shy, or bored, among other things. Even if you aren't bored, for example, a slack face with little animation may lead an audience to think that you are bored with your own speech, which isn't likely to motivate them to be interested. So make sure your facial expressions are communicating an emotion, mood, or personality trait that you think your audience will view favorably. Also make sure your facial expressions match with the content of your speech. When delivering something lighthearted or humorous, a smile, bright eyes, and slightly raised eyebrows will nonverbally enhance your verbal message. When delivering something serious or somber, a furrowed brow, a tighter mouth, and even a slight head nod can enhance that message. If your facial expressions and speech content are not consistent, your audience could become confused by the conflicting messages, which could lead them to question your honesty and credibility.

"Getting Competent": Improving Facial Expressions

My very first semester teaching, I was required by my supervisor to record myself teaching and evaluate what I saw. I was surprised by how serious I looked while teaching. My stern and expressionless face was due to my anxiety about being a beginning teacher and my determination to make sure I covered the content for the day. I didn't realize that it was also making me miss opportunities to communicate how happy I was to be teaching and how passionate I was about the content. I just assumed those things would come through in my delivery. I was wrong. The best way to get an idea of the facial expressions you use while speaking is to record your speech using a computer's webcam, much like you would look at and talk to the computer when using Skype or another video-chat program. The first time you try this, minimize the video window once you've started recording so you don't get distracted by watching yourself. Once you've recorded the video, watch the playback and take notes on your facial expressions. Answer the following questions:

1. Did anything surprise you? Were you as expressive as you thought you were?
2. What facial expressions did you use throughout the speech?
3. Where did your facial expressions match with the content of your speech? Where did your facial expressions not match with the content of your speech?
4. Where could you include more facial expressions to enhance your content and/or delivery?

You can also have a friend watch the video and give you feedback on your facial expressions to see if your assessment matches with theirs. Once you've assessed your video, re-record your speech and try to improve your facial expressions and delivery. Revisit the previous questions to see if you improved.

Eye Contact

Eye contact is an important element of nonverbal communication in all communication settings. The chapter titled "Nonverbal Communication" explains the power of eye contact to make people feel welcome/unwelcome, comfortable/uncomfortable, listened to / ignored, and so on. As a speaker, eye contact can also be used to establish credibility and hold your audience's attention. We often interpret a lack of eye contact to mean that someone is not credible or not competent, and as a public speaker, you don't want your audience thinking either of those things. Eye contact holds attention because an audience member who knows the speaker is making regular eye contact will want to reciprocate that eye contact to show that they are paying attention. This will also help your audience remember the content of your speech better, because acting like we're paying attention actually leads us to pay attention and better retain information.

Eye contact is an aspect of delivery that beginning speakers can attend to and make noticeable progress on early in their speech training. By the final speech in my classes, I suggest that my students make eye contact with their audience for at least 75 percent of their speech. Most speakers cannot do this when they first begin practicing with extemporaneous delivery, but continued practice and effort make this an achievable goal for most.

As was mentioned in the chapter titled "Nonverbal Communication", norms for eye contact vary among cultures. Therefore it may be difficult for speakers from countries that have higher power distances or are more collectivistic to get used to the idea of making direct and sustained eye contact during a speech. In these cases, it is important for the speaker to challenge himself or herself to

integrate some of the host culture's expectations and for the audience to be accommodating and understanding of the cultural differences.

Tips for Having Effective Eye Contact

1. Once in front of the audience, establish eye contact before you speak.
2. Make slow and deliberate eye contact, sweeping through the whole audience from left to right.
3. Despite what high school speech teachers or others might have told you, do not look over the audience's heads, at the back wall, or the clock. Unless you are in a huge auditorium, it will just look to the audience like you are looking over their heads.
4. Do not just make eye contact with one or a few people that you know or that look friendly. Also, do not just make eye contact with your instructor or boss. Even if it's comforting for you as the speaker, it is usually awkward for the audience member.
5. Try to memorize your opening and closing lines so you can make full eye contact with the audience. This will strengthen the opening and closing of your speech and help you make a connection with the audience.

Physical Delivery and the Body

Have you ever gotten dizzy as an audience member because the speaker paced back and forth? I know I have. Anxiety can lead us to do some strange things with our bodies, like pacing, that we don't normally do, so it's important to consider the important role that your body plays during your speech. Extra movements caused by anxiety are called nonverbal adaptors, and most of them manifest as distracting movements or gestures. These nonverbal adaptors, like tapping a foot, wringing hands, playing with a paper clip, twirling hair, jingling change in a pocket, scratching, and many more, can definitely detract from a speaker's message and credibility. Conversely, a confident posture and purposeful gestures and movement can enhance both.

Posture

Posture is the position we assume with our bodies, either intentionally or out of habit. Although people, especially young women, used to be trained in posture, often by having them walk around with books stacked on their heads, you should use a posture that is appropriate for the occasion while still positioning yourself in a way that feels natural. In a formal speaking situation, it's important to have an erect posture that communicates professionalism and credibility. However, a military posture of standing at attention may feel and look unnatural in a typical school or business speech. In informal settings, it may be appropriate to lean on a table or lectern, or even sit among your audience members. Head position is also part of posture. In most speaking situations, it is best to keep your head up, facing your audience. A droopy head doesn't communicate confidence. Consider the occasion important, as an inappropriate posture can hurt your credibility.



Figure: Government and military leaders use an erect posture to communicate confidence and professionalism during public appearances. [Wikimedia Commons](#) – public domain.

Gestures

Gestures include arm and hand movements. We all go through a process of internalizing our native culture from childhood. An obvious part of this process is becoming fluent in a language. Perhaps less obvious is the fact that we also become fluent in nonverbal communication, gestures in particular. We all use hand gestures while we speak, but we didn't ever take a class in matching verbal communication with the appropriate gestures; we just internalized these norms over time based on observation and

put them into practice. By this point in your life, you have a whole vocabulary of hand movements and gestures that spontaneously come out while you're speaking. Some of these gestures are emphatic and some are descriptive (Koch, 2007).

Emphatic gestures are the most common hand gestures we use, and they function to emphasize our verbal communication and often relate to the emotions we verbally communicate. Pointing with one finger or all the fingers straight out is an emphatic gesture. We can even bounce that gesture up and down to provide more emphasis. Moving the hand in a circular motion in front of our chest with the fingers spread apart is a common emphatic gesture that shows excitement and often accompanies an increased rate of verbal speaking. We make this gesture more emphatic by using both hands. Descriptive gestures function to illustrate or refer to objects rather than emotions. We use descriptive gestures to indicate the number of something by counting with our fingers or the size, shape, or speed of something. Our hands and arms are often the most reliable and easy-to-use visual aids a speaker can have.

While it can be beneficial to plan a key gesture or two in advance, it is generally best to gesture spontaneously in a speech, just as you would during a regular conversation. For some reason, students are insecure about or uncomfortable with gesturing during a speech. Even after watching their speech videos, many students say they think they “gestured too much” or nit-pick over a particular gesture. Out of thousands of speeches I've seen, I can't recall a student who gestured too much to the point that it was distracting. Don't try to overdo your gestures though. You don't want to look like one of those crazy-arm inflatable dancing men that companies set up on the side of the road to attract customers. But more important, don't try to hold back. Even holding back a little usually ends up nearly eliminating gestures. While the best beginning strategy is to gesture naturally, you also want to remain a high self-monitor and take note of your typical patterns of gesturing. If you notice that you naturally gravitate toward one particular gesture, make an effort to vary your gestures more. You also want your gestures to be purposeful, not limp or lifeless. I caution my students against having what I call “spaghetti noodle arms,” where they raise their hand to gesture and then let it flop back down to their side.

Movement

Sometimes movement of the whole body, instead of just gesturing with hands, is appropriate in a speech. I recommend that beginning speakers hold off trying to incorporate body movement from the waist down until they've gotten at least one speech done. This allows you to concentrate on managing anxiety and focus on more important aspects of delivery like vocal variety, avoiding fluency hiccups and verbal fillers, and improving eye contact. When students are given the freedom to move around, it often ends up becoming floating or pacing, which are both movements that comfort a speaker by expending nervous energy but only serve to distract the audience. *Floating* refers to speakers who wander aimlessly around, and *pacing* refers to speakers who walk back and forth in the same path. To prevent floating or pacing, make sure that your movements are purposeful. Many speakers employ the triangle method of body movement where they start in the middle, take a couple steps forward and to the right, then take a couple steps to the left, then return back to the center. Obviously you don't need to do this multiple times in a five- to ten-minute speech, as doing so, just like floating or pacing, tends to make an audience dizzy. To make your movements appear more natural, time them to coincide with a key point you want to emphasize or a transition between key points. Minimize other movements from the waist down when you are not purposefully moving for emphasis. Speakers sometimes tap or shuffle their feet, rock, or shift their weight back and forth from one leg to the other. Keeping both feet flat on the floor, and still, will help avoid these distracting movements.

Credibility and Physical Delivery

Audience members primarily take in information through visual and auditory channels. Just as the information you present verbally in your speech can add to or subtract from your credibility, nonverbal communication that accompanies your verbal messages affects your credibility.

Personal Appearance

Looking like a credible and prepared public speaker will make you feel more like one and will make your audience more likely to perceive you as such. This applies to all speaking contexts: academic, professional, and personal. Although the standards for appropriate personal appearance vary between contexts, meeting them is key. You may have experienced a time when your vocal and physical delivery suffered because you were not “dressed the part.” The first time I ever presented at a conference, I had a terrible cold and in my hazy packing forgot to bring a belt. While presenting later that day, all I could think about was how everyone was probably noticing that, despite my nice dress shirt tucked into my slacks, I didn't have a belt on. Dressing the part

makes you feel more confident, which will come through in your delivery. Ideally, you should also be comfortable in the clothes you're wearing. If the clothes are dressy, professional, and nice but ill fitting, then the effect isn't the same. Avoid clothes that are too tight or too loose. Looking the part is just as important as dressing the part, so make sure you are cleaned and groomed in a way that's appropriate for the occasion. The "Getting Real" box in this chapter goes into more detail about professional dress in a variety of contexts.

"Getting Real": Professional Dress and Appearance

No matter what professional field you go into, you will need to consider the importance of personal appearance. Although it may seem petty or shallow to put so much emphasis on dress and appearance, impressions matter, and people make judgments about our personality, competence, and credibility based on how we look. In some cases, you may work somewhere with a clearly laid out policy for personal dress and appearance. In many cases, the suggestion is to follow guidelines for "business casual." Despite the increasing popularity of this notion over the past twenty years, people's understanding of what business casual means is not consistent (Cullen, 2008). The formal dress codes of the mid-1900s, which required employees to wear suits and dresses, gave way to the trend of business casual dress, which seeks to allow employees to work comfortably while still appearing professional (Heathfield, S. M., 2012). While most people still dress more formally for job interviews or high-stakes presentations, the day-to-day dress of working professionals varies. Here are some tips for maintaining "business casual" dress and appearance:

- **Things to generally avoid.** Jeans, hats, flip-flops, exposed underwear, exposed stomachs, athletic wear, heavy cologne/perfume, and chewing gum.
- **General dress guidelines for men.** Dress pants or khaki pants, button-up shirt or collared polo/golf shirt tucked in with belt, and dress shoes; jacket and/or tie are optional.
- **General dress guidelines for women.** Dress pants or skirt, blouse or dress shirt, dress, and closed-toe dress shoes; jacket is optional.
- **Finishing touches.** Make sure shoes are neat and polished, not scuffed or dirty; clothes should be pressed, not wrinkled; make sure fingernails are clean and trimmed/groomed; and remove any lint, dog hair, and so on from clothing.

Obviously, these are general guidelines and there may be exceptions. It's always a good idea to see if your place of business has a dress code, or at least guidelines. If you are uncertain whether or not something is appropriate, most people recommend to air on the side of caution and choose something else. While consultants and professionals usually recommend sticking to dark colors such as black, navy, and charcoal and/or light colors such as white, khaki, and tan, it is OK to add something that expresses your identity and makes you stand out, like a splash of color or a nice accessory like a watch, eyeglasses, or a briefcase. In fact, in the current competitive job market, employers want to see that you are serious about the position, can fit in with the culture of the organization, and are confident in who you are (Verner, 2008).

1. What do you think is the best practice to follow when dressing for a job interview?
2. In what professional presentations would you want to dress formally? Business casual? Casual?
3. Aside from the examples listed previously, what are some other things to generally avoid, in terms of dress and appearance, when trying to present yourself as a credible and competent communicator/speaker?
4. In what ways do you think you can conform to business-casual expectations while still preserving your individuality?

Visual Aids and Delivery

Visual aids play an important role in conveying supporting material to your audience. They also tie to delivery, since using visual aids during a speech usually requires some physical movements. It is important not to let your use of visual aids detract from your credibility. I've seen many good speeches derailed by posters that fall over, videos with no sound, and uncooperative PowerPoint presentations.

The following tips can help you ensure that your visual aids enhance, rather than detract, from your message and credibility:

1. Only have your visual aid displayed when it is relevant to what you are saying: insert black slides in PowerPoint, hide a model or object in a box, flip a poster board around, and so on.
2. Make sure to practice with your visual aids so there aren't any surprises on speech day.

3. Don't read from your visual aids. Put key information from your PowerPoint or Prezi on your speaking outline and only briefly glance at the screen to make sure you are on the right slide. You can also write information on the back of a poster or picture that you're going to display so you can reference it while holding the visual aid up, since it's difficult to hold a poster or picture and note cards at the same time.
4. Triple check your technology to make sure it's working: electricity, Internet connection, wireless clicker, sound, and so on.
5. Proofread all your visual aids to find spelling/grammar errors and typos.
6. Bring all the materials you may need to make your visual aid work: tape/tacks for posters and pictures, computer cables/adaptors, and so on. Don't assume these materials will be provided.
7. Have a backup plan in case your visual aid doesn't work properly.

Key Takeaways

- Facial expressions help communicate emotions and enthusiasm while speaking. Make sure that facial expressions are consistent with the content being presented. Record yourself practicing your speech in order to evaluate your use of facial expressions.
- Eye contact helps establish credibility and keep your audience's attention while you're speaking.
- Posture should be comfortable and appropriate for the speaking occasion.
- Emphatic and descriptive gestures enhance the verbal content of our speech. Gestures should appear spontaneous but be purposeful.
- Movements from the waist down should be purposefully used to emphasize a point or as a transition during a speech.
- Audience members will make assumptions about your competence and credibility based on dress and personal appearance. Make sure your outer presentation of self is appropriate for the occasion and for the impression you are trying to project.
- Visual aids can add to your speech but can also interfere with your delivery and negatively affect your credibility if not used effectively.

Exercises

1. Identify three goals related to delivery that you would like to accomplish in this course. What strategies/tips can you use to help achieve these goals?
2. What nonverbal adaptors have you noticed that others use while speaking? Are you aware of any nonverbal adaptors that you have used? If so, what are they?
3. Getting integrated: Identify some steps that speakers can take to ensure that their dress and physical appearance enhance their credibility. How might expectations for dress and physical appearance vary from context to context (academic, professional, personal, and civic)?

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CHAPTER OVERVIEW

9: Informative Speaking

9.1: Informative Speaking

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9.1: Informative Speaking

Learning Objectives

1. Identify common types of informative speeches.
2. Explain basic informative structure.
3. Employ strategies for effective informative speaking, including avoiding persuasion, avoiding information overload, and engaging the audience.

Many people would rather go see an impassioned political speech or a comedic monologue than a lecture. Although informative speaking may not be the most exciting form of public speaking, it is the most common. Reports, lectures, training seminars, and demonstrations are all examples of informative speaking. That means you are more likely to give and listen to informative speeches in a variety of contexts. Some organizations, like consulting firms, and career fields, like training and development, are solely aimed at conveying information. College alumni have reported that out of many different speech skills, informative speaking is most important (Verderber, 1991). Since your exposure to informative speaking is inevitable, why not learn how to be a better producer and consumer of informative messages?

Creating an Informative Speech

As you'll recall from the chapter titled "Preparing a Speech", speaking to inform is one of the three possible general purposes for public speaking. The goal of informative speaking is to teach an audience something using objective factual information. Interestingly, informative speaking is a newcomer in the world of public speaking theorizing and instruction, which began thousands of years ago with the ancient Greeks (Olbricht, 1968). Ancient philosophers and statesmen like Aristotle, Cicero, and Quintilian conceived of public speaking as rhetoric, which is inherently persuasive. During that time, and until the 1800s, almost all speaking was argumentative. Teaching and instruction were performed as debates, and even fields like science and medicine relied on argumentative reasoning instead of factual claims.



Figure: Until the 1800s, even scientific fields and medicine relied on teaching that was based on debate and argument rather than the informative-based instruction that is used today. Monash University – [Surgery Workshop 2012](#) – CC BY-NC 2.0.

While most instruction is now verbal, for most of modern history, people learned by doing rather than listening, as apprenticeships were much more common than classroom-based instruction. So what facilitated the change from argumentative and demonstrative teaching to verbal and informative teaching? One reason for this change was the democratization of information. Technical information used to be jealously protected by individuals, families, or guilds. Now society generally believes that information should be shared and made available to all. The increasing complexity of fields of knowledge and professions also increased the need for informative speaking. Now one must learn a history or backstory before actually engaging with a subject or trade. Finally, much of the information that has built up over time has become commonly accepted; therefore much of the history or background information isn't disputed and can now be shared in an informative rather than argumentative way.

Choosing an Informative Speech Topic

Taking a Communication class, means you have the luxury of choosing your own topic. Start by taking an inventory of your personal hobbies and interests, this may help you discover a good informative topic. Being a successful informative speaker starts with choosing a topic that can engage and educate the audience. Your topic choices may be influenced by the level at which you are speaking. Informative speaking usually happens at one of three levels: formal, vocational, and impromptu (Verderber, 1991). **Formal** informative speeches occur when an audience has assembled specifically to hear what you have to say. Being invited to speak to a group during a professional meeting, a civic gathering, or a celebration gala brings with it high expectations. Only people who have accomplished or achieved much are asked to serve as keynote speakers, and they usually speak about these experiences. Many more people deliver informative speeches at the **vocational level**, as part of their careers. Teachers spend many hours lecturing, which is a common form of informative speaking. In addition, human resources professionals give presentations about changes in policy and provide training for new employees, technicians in factories convey machine specifications and safety procedures, and servers describe how a dish is prepared in their restaurant. Last, we all convey information daily in our regular interactions. When we give a freshman directions to a campus building, summarize the latest episode of *American Idol* for our friend who missed it, or explain a local custom to an international student, we are engaging in impromptu informative speaking.

Whether at the formal, vocational, or impromptu level, informative speeches can emerge from a range of categories, which include objects, people, events, processes, concepts, and issues. An extended speech at the formal level may include subject matter from several of these categories, while a speech at the vocational level may convey detailed information about a process, concept, or issue relevant to a specific career.



Figure: Subjects of informative speaking at the vocational level usually relate to a speaker's professional experience or expertise.
Peter Long – [Business Meeting](#) – CC BY 2.0.

Since we don't have time to research or organize content for impromptu informative speaking, these speeches may provide a less detailed summary of a topic within one of these categories. A broad informative speech topic could be tailored to fit any of these categories. As you draft your specific purpose and thesis statements, think about which category or categories will help you achieve your speech goals, and then use it or them to guide your research. Table 11.1 "Sample Informative Speech Topics by Category" includes an example of how a broad informative subject area like renewable energy can be adapted to each category as well as additional sample topics.

Table 9.1 Sample Informative Speech Topics by Category

Category	Example	Other Examples
Objects	Biomass gasifier	Tarot cards, star-nosed moles, Enterprise 1701-D
People	Al Gore	Jennifer Lopez, Bayard Rustin, the Amish
Concepts	Sustainability	Machismo, intuition, Wa (social harmony)
Events	Earth Day	Pi Day, Take Back the Night, 2012 presidential election
Processes	Converting wind to energy	Scrapbooking, animal hybridization, Academy Awards voting
Issues	Nuclear safety	Cruise ship safety, identity theft, social networking and privacy

Speeches about objects convey information about any nonhuman material things. Mechanical objects, animals, plants, and fictional objects are all suitable topics of investigation. Given that this is such a broad category, strive to pick an object that your audience may not be familiar with or highlight novel relevant and interesting facts about a familiar object.

Speeches about people focus on real or fictional individuals who are living or dead. These speeches require in-depth biographical research; an encyclopedia entry is not sufficient. Introduce a new person to the audience or share little-known or surprising information about a person we already know. Although we may already be familiar with the accomplishments of historical figures and leaders, audiences often enjoy learning the “personal side” of their lives.

Speeches about concepts are less concrete than speeches about objects or people, as they focus on ideas or notions that may be abstract or multifaceted. A concept can be familiar to us, like equality, or could literally be a foreign concept like *qi* (or *chi*), which is the Chinese conception of the energy that flows through our bodies. Use the strategies discussed in this book for making content relevant and proxemic to your audience to help make abstract concepts more concrete.

Speeches about events focus on past occasions or ongoing occurrences. A particular day in history, an annual observation, or a seldom occurring event can each serve as interesting informative topics. As with speeches about people, it’s important to provide a backstory for the event, but avoid rehashing commonly known information.

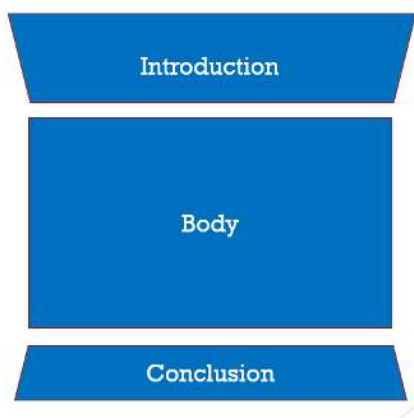
Speeches about processes provide a step-by-step account of a procedure or natural occurrence. Speakers may walk an audience through, or demonstrate, a series of actions that take place to complete a procedure, such as making homemade cheese. Speakers can also present information about naturally occurring processes like cell division or fermentation.



Figure: Informative speeches about processes provide steps of a procedure, such as how to make homemade cheese. Joel Kramer – [curdle](#) – CC BY 2.0.

Speeches about issues provide objective and balanced information about a disputed subject or a matter of concern for society. It is important that speakers view themselves as objective reporters rather than commentators to avoid tipping the balance of the speech from informative to persuasive. Rather than advocating for a particular position, the speaker should seek to teach or raise the awareness of the audience.

General Informative Speech structure



The above figure represents a general informative structure. The Introduction "funnels" into the Body, and then funnels out in the Conclusion. The funnel shape represents, how you start by capturing the attention of your audience, then you establish your credibility and the importance of your topic, followed by a preview your main points. The body is the largest part of the funnel because you will spend most of your time elaborating on the main points of your topic. In the conclusion, you will re-state your thesis, review your main points and finish with a memorable closing statement (see section 7.1)

Researching an Informative Speech Topic

Having sharp research skills is a fundamental part of being a good informative speaker. Since informative speaking is supposed to convey factual information, speakers should take care to find sources that are objective, balanced, and credible. Periodicals, books, newspapers, and credible websites can all be useful sources for informative speeches, and you can use the guidelines for evaluating supporting materials discussed in the chapter titled "Preparing a Speech" to determine the best information to include in your speech. Aside from finding credible and objective sources, informative speakers also need to take time to find engaging information. This is where sharp research skills are needed to cut through all the typical information that comes up in the research

process to find novel information. Novel information is atypical or unexpected, but it takes more skill and effort to locate. Even seemingly boring informative speech topics like the history of coupons can be brought to life with information that defies the audience's expectations. A student recently delivered an engaging speech about coupons by informing us that coupons have been around for 125 years, are most frequently used by wealthier and more educated households, and that a coupon fraud committed by an Italian American businessman named Charles Ponzi was the basis for the term *Ponzi scheme*, which is still commonly used today.

As a teacher, I can attest to the challenges of keeping an audience engaged during an informative presentation. While it's frustrating to look out at my audience of students and see glazed-over eyes peering back at me, I also know that it is my responsibility to choose interesting information and convey it in a way that's engaging. Even though the core content of what I teach hasn't change dramatically over the years, I constantly challenge myself to bring that core information to life through application and example. As we learned earlier, finding proxemic and relevant information and examples is typically a good way to be engaging. The basic information may not change quickly, but the way people use it and the way it relates to our lives changes. Finding current, relevant examples and finding novel information are both difficult, since you, as the researcher, probably don't know this information exists.

Here is where good research skills become necessary to be a good informative speaker. Using advice from the chapter titled "Preparing a Speech" should help you begin to navigate through the seas of information to find hidden treasure that excites you and will in turn excite your audience.



Figure: To avoid boring an audience, effective informative speakers possess good research skills and the ability to translate information to be engaging and relevant for an audience. Niall Kennedy – [Sleep](#) – CC BY-NC 2.0.

As was mentioned earlier, the goal for informative speaking is to teach your audience. An audience is much more likely to remain engaged when they are actively learning. This is like a balancing act. You want your audience to be challenged enough by the information you are presenting to be interested, but not so challenged that they become overwhelmed and shut down. You should take care to consider how much information your audience already knows about a topic. Be aware that speakers who are very familiar with their speech topic tend to overestimate their audience's knowledge about the topic. It's better to engage your topic at a level slightly below your audience's knowledge level than above. Most people won't be bored by a brief review, but many people become lost and give up listening if they can't connect to the information right away or feel it's over their heads.

A good informative speech leaves the audience thinking long after the speech is done. Try to include some practical "takeaways" in your speech. I've learned many interesting and useful things from the informative speeches my students have done. Some of the takeaways are more like trivia information that is interesting to share—for example, how prohibition led to the creation of NASCAR. Other takeaways are more practical and useful—for example, how to get wine stains out of clothing and carpet or explanations of various types of student financial aid.

Organizing and Supporting an Informative Speech

You can already see that informing isn't as easy as we may initially think. To effectively teach, a speaker must present quality information in an organized and accessible way. Once you have chosen an informative speech topic and put your research skills to the test in order to locate novel and engaging information, it's time to organize and support your speech.

Organizational Patterns

Three organizational patterns that are particularly useful for informative speaking are topical, chronological, and spatial. As you'll recall, to organize a speech topically, you break a larger topic down into logical subdivisions. An informative speech about labor unions could focus on unions in three different areas of employment, three historically significant strikes, or three significant legal/legislative decisions. Speeches organized chronologically trace the development of a topic or overview the steps in a process. An informative speech could trace the rise of the economic crisis in Greece or explain the steps in creating a home compost pile. Speeches organized spatially convey the layout or physical characteristics of a location or concept. An informative speech about the layout of a fire station or an astrology wheel would follow a spatial organization pattern.

Methods of Informing

Types of and strategies for incorporating supporting material into speeches are discussed in the chapter titled "Preparing a Speech", but there are some specific ways to go about developing ideas within informative speeches. Speakers often inform an audience using definitions, descriptions, demonstrations, and explanations. It is likely that a speaker will combine these methods of informing within one speech, but a speech can also be primarily organized using one of these methods.

Informing through Definition

Informing through definition entails defining concepts clearly and concisely and is an important skill for informative speaking. There are several ways a speaker can inform through definition: synonyms and antonyms, use or function, example, and etymology (Verderber, 1991). Defining a concept using a synonym or an antonym is a short and effective way to convey meaning. Synonyms are words that have the same or similar meanings, and antonyms are words that have opposite meanings. In a speech about how to effectively inform an audience, I would claim that using concrete words helps keep an audience engaged. I could enhance your understanding of what *concrete* means by defining it with synonyms like *tangible* and *relatable*. Or I could define *concrete* using antonyms like *abstract* and *theoretical*.

Identifying the use or function of an object, item, or idea is also a short way of defining. We may think we already know the use and function of most of the things we interact with regularly. This is true in obvious cases like cars, elevators, and smartphones. But there are many objects and ideas that we may rely on and interact with but not know the use or function. For example, QR codes (or quick response codes) are popping up in magazines, at airports, and even on t-shirts (Vuong, 2011). Many people may notice them but not know what they do. As a speaker, you could define QR codes by their function by informing the audience that QR codes allow businesses, organizations, and individuals to get information to consumers/receivers through a barcode-like format that can be easily scanned by most smartphones.



Figure: An informative speaker could teach audience members about QR codes by defining them based on their use or function.
Douglas Muth – [My QR Code](#) – CC BY-SA 2.0.

A speaker can also define a topic using examples, which are cited cases that are representative of a larger concept. In an informative speech about anachronisms in movies and literature, a speaker might provide the following examples: the film *Titanic* shows people on lifeboats using flashlights to look for survivors from the sunken ship (such flashlights weren't invented until two years later) (The Past in Pictures, 2012); Shakespeare's play *Julius Caesar* includes a reference to a clock, even though no mechanical clocks existed during Caesar's time (Scholasticus K., 2012). Examples are a good way to repackage information that's already been presented to help an audience retain and understand the content of a speech. Later we'll learn more about how repackaging information enhances informative speaking.

Etymology refers to the history of a word. Defining by etymology entails providing an overview of how a word came to its current meaning. The *Oxford English Dictionary* is the best source for finding etymology and often contains interesting facts that can be presented as novel information to better engage your audience. For example, the word *assassin*, which refers to a person who intentionally murders another, literally means "hashish-eater" and comes from the Arabic word *hashshashin*. The current meaning emerged during the Crusades as a result of the practices of a sect of Muslims who would get high on hashish before killing Christian leaders—in essence, assassinating them (Oxford English Dictionary Online, 2012).

Informing through Description

As the saying goes, "Pictures are worth a thousand words." Informing through description entails creating verbal pictures for your audience. Description is also an important part of informative speeches that use a spatial organizational pattern, since you need to convey the layout of a space or concept. Good descriptions are based on good observations, as they convey what is taken in through the senses and answer these type of questions: What did that look like? Smell like? Sound like? Feel like? Taste like? If descriptions are vivid and well written, they can actually invoke a sensory reaction in your audience. Just as your mouth probably begins to salivate when I suggest that you imagine biting into a fresh, bright yellow, freshly cut, juicy lemon wedge, so can your audience be transported to a setting or situation through your descriptions. I once had a student set up his speech about the history of streaking by using the following description: "Imagine that you are walking across campus to your evening class. You look up to see a parade of hundreds upon hundreds of your naked peers jogging by wearing little more than shoes."

Informing through Demonstration

When informing through demonstration, a speaker gives verbal directions about how to do something while also physically demonstrating the steps. Early morning infomercials are good examples of demonstrative speaking, even though they are also trying to persuade us to buy their “miracle product.” Whether straightforward or complex, it’s crucial that a speaker be familiar with the content of their speech and the physical steps necessary for the demonstration. Speaking while completing a task requires advanced psycho-motor skills that most people can’t wing and therefore need to practice. Tasks suddenly become much more difficult than we expect when we have an audience. Have you ever had to type while people are reading along with you? Even though we type all the time, even one extra set of eyes seems to make our fingers more clumsy than usual.

Television chefs are excellent examples of speakers who frequently inform through demonstration. While many of them make the process of speaking while cooking look effortless, it took much practice over many years to make viewers think it is effortless.



Figure: Television chefs inform through demonstration. Although they make it seem easy, it is complex and difficult.
Gordonramsaysubmissions – [gordon ramsay 7](#) – CC BY 2.0.

Part of this practice also involves meeting time limits. Since television segments are limited and chefs may be demonstrating and speaking live, they have to be able to adapt as needed. Demonstration speeches are notorious for going over time, especially if speakers haven’t practiced with their visual aids / props. Be prepared to condense or edit as needed to meet your time limit. The reality competition show *The Next Food Network Star* captures these difficulties, as many experienced cooks who have the content knowledge and know how to physically complete their tasks fall apart when faced with a camera challenge because they just assumed they could speak and cook at the same time.

Tips for Demonstration Speeches

1. Include personal stories and connections to the topic, in addition to the “how-to” information, to help engage your audience.
2. Ask for audience volunteers (if appropriate) to make the demonstration more interactive.
3. Include a question-and-answer period at the end (if possible) so audience members can ask questions and seek clarification.
4. Follow an orderly progression. Do not skip around or backtrack when reviewing the steps.
5. Use clear signposts like *first*, *second*, and *third*.
6. Use orienting material like internal previews and reviews, and transitions.
7. Group steps together in categories, if needed, to help make the information more digestible.
8. Assess the nonverbal feedback of your audience. Review or slow down if audience members look lost or confused.
9. Practice with your visual aids / props many times. Things suddenly become more difficult and complicated than you expect when an audience is present.
10. Practice for time and have contingency plans if you need to edit some information out to avoid going over your time limit.

Informing through Explanation

Informing through explanation entails sharing how something works, how something came to be, or why something happened. This method of informing may be useful when a topic is too complex or abstract to demonstrate. When presenting complex information make sure to break the topic up into manageable units, avoid information overload, and include examples that make the content relevant to the audience. Informing through explanation works well with speeches about processes, events, and issues. For

example, a speaker could explain the context surrounding the Lincoln-Douglas debates or the process that takes place during presidential primaries.

“Getting Plugged In”

TED Talks as a Model of Effective Informative Speaking

Over the past few years, I have heard more and more public speaking teachers mention their use of TED speeches in their classes. What started in 1984 as a conference to gather people involved in Technology, Entertainment, and Design has now turned into a worldwide phenomenon that is known for its excellent speeches and presentations, many of which are informative in nature.^[1] The motto of TED is “Ideas worth spreading,” which is in keeping with the role that we should occupy as informative speakers. We should choose topics that are worth speaking about and then work to present them in such a way that audience members leave with “take-away” information that is informative and useful. TED fits in with the purpose of the “Getting Plugged In” feature in this book because it has been technology focused from the start. For example, Andrew Blum’s speech focuses on the infrastructure of the Internet, and Pranav Mistry’s speech focuses on a new technology he developed that allows for more interaction between the physical world and the world of data. Even speakers who don’t focus on technology still skillfully use technology in their presentations, as is the case with David Gallo’s speech about exotic underwater life. Here are links to all these speeches:

- Andrew Blum’s speech: What Is the Internet, Really?
http://www.ted.com/talks/andrew_blum_what_is_the_internet_really.html
- Pranav Mistry’s speech: The Thrilling Potential of Sixth Sense Technology.
http://www.ted.com/talks/pranav_mistry_the_thrilling_potential_of_sixthsense_technology.html
- David Gallo’s speech: Underwater Astonishments.
http://www.ted.com/talks/david_gallo_shows_underwater_astonishments.html

1. What can you learn from the TED model and/or TED speakers that will help you be a better informative speaker?
2. In what innovative and/or informative ways do the speakers reference or incorporate technology in their speeches?

Effective Informative Speaking

There are several challenges to overcome to be an effective informative speaker. They include avoiding persuasion, avoiding information overload, and engaging your audience.

Avoiding Persuasion

We should avoid thinking of informing and persuading as dichotomous, meaning that it’s either one or the other. It’s more accurate to think of informing and persuading as two poles on a continuum, as in Figure 11.1 “Continuum of Informing and Persuading” (Olbricht, 1968). Most persuasive speeches rely on some degree of informing to substantiate the reasoning. And informative speeches, although meant to secure the understanding of an audience, may influence audience members’ beliefs, attitudes, values, or behaviors.

Figure 11.1 Continuum of Informing and Persuading



Speakers can look to three areas to help determine if their speech is more informative or persuasive: speaker purpose, function of information, and audience perception (Verderber, 1991). First, for informative speaking, a speaker’s purpose should be to create understanding by sharing objective, factual information. Specific purpose and thesis statements help establish a speaker’s goal and purpose and can serve as useful reference points to keep a speech on track. When reviewing your specific purpose and thesis statement, look for words like *should/shouldn’t*, *good/bad*, and *right/wrong*, as these often indicate a persuasive slant in the speech.

Second, information should function to clarify and explain in an informative speech. Supporting materials shouldn’t function to prove a thesis or to provide reasons for an audience to accept the thesis, as they do in persuasive speeches. Although informative

messages can end up influencing the thoughts or behaviors of audience members, that shouldn't be the goal.

Third, an audience's perception of the information and the speaker helps determine whether a speech is classified as informative or persuasive. The audience must perceive that the information being presented is not controversial or disputed, which will lead audience members to view the information as factual. The audience must also accept the speaker as a credible source of information. Being prepared, citing credible sources, and engaging the audience help establish a speaker's credibility. Last, an audience must perceive the speaker to be trustworthy and not have a hidden agenda. Avoiding persuasion is a common challenge for informative speakers, but it is something to consider, as violating the speaking occasion may be perceived as unethical by the audience. Be aware of the overall tone of your speech by reviewing your specific purpose and thesis to make sure your speech isn't tipping from informative to persuasive.



Words like *should/shouldn't*, *good/bad*, and *right/wrong* in a specific purpose and/or thesis statement often indicate that the speaker's purpose is tipping from informative to persuasive.

Hans Splinter – [balance](#) – CC BY-ND 2.0.

Avoiding Information Overload

Many informative speakers have a tendency to try pack ten minutes of content into a three to four-minute speech which is not possible. This can result in information overload, which is a barrier to effective listening that occurs when a speech contains more information than an audience can process. Editing can be a difficult task, but it's an important skill to hone, because you will be editing more than you think. Whether it's reading through an e-mail before you send it, condensing a report down to an executive summary, or figuring out how to fit a client's message on the front page of a brochure, you will have to learn how to discern what information is best to keep and what can be thrown out. Audience members cannot conduct their own review while listening to a speaker live. Unlike readers, audience members can't review words over and over (Verderber, 1991). Therefore competent speakers, especially informative speakers who are trying to teach their audience something, should adapt their message to a listening audience.

Avoiding information overload requires a speaker to be a good translator of information. To be a good translator, you can compare an unfamiliar concept with something familiar, give examples from real life, connect your information to current events or popular culture, or supplement supporting material like statistics with related translations of that information. These are just some of the strategies a good speaker can use. While translating information is important for any oral presentation, it is especially important when conveying technical information. Being able to translate complex or technical information for a lay audience leads to more effective informing, because the audience feels like they are being addressed on their level and don't feel lost or "talked down to." The History Channel show *The Universe* provides excellent examples of informative speakers who act as good translators. The scientists and experts featured on the show are masters of translating technical information, like physics, into concrete examples that most people can relate to based on their everyday experiences.



Figure: Comparing the turbulent formation of the solar system to the collisions of bumper bars and spinning rides at an amusement park makes the content more concrete. Alexander Svensson – [Ferris Wheel](#) – CC BY 2.0.

Following the guidelines established in the chapter titled “Preparing a Speech” for organizing a speech can also help a speaker avoid information overload. Good speakers build in repetition and redundancy to make their content more memorable and their speech more consumable. Preview statements, section transitions, and review statements are some examples of orienting material that helps focus an audience’s attention and facilitates the process of informing (Verderber, 1991).

Engaging Your Audience

As a speaker, you are competing for the attention of your audience against other internal and external stimuli. Getting an audience engaged and then keeping their attention is a challenge for any speaker, but it can be especially difficult when speaking to inform. As was discussed earlier, once you are in the professional world, you will most likely be speaking informatively about topics related to your experience and expertise. Some speakers fall into the trap of thinking that their content knowledge is enough to sustain them through an informative speech or that their position in an organization means that an audience will listen to them and appreciate their information despite their delivery. Content expertise is not enough to be an effective speaker. A person must also have speaking expertise (Verderber, 1991). Effective speakers, even renowned experts, must still translate their wealth of content knowledge into information that is suited for oral transmission, audience centered, and well organized. I’m sure we’re all familiar with the stereotype of the absentminded professor or the genius who thinks elegantly in his or her head but can’t convey that same elegance verbally. Having well-researched and organized supporting material is an important part of effective informative speaking, but having good content is not enough.

Audience members are more likely to stay engaged with a speaker they view as credible. So complementing good supporting material with a practiced and fluent delivery increases credibility and audience engagement. In addition, as we discussed earlier, good informative speakers act as translators of information. Repackaging information into concrete familiar examples is also a strategy for making your speech more engaging. Understanding relies on being able to apply incoming information to life experiences.

Example: Informative Outline and Speech - History of the Trumpet

COMM-1010 Informative Speech on the Trumpet

Coach Henry



Watch on  YouTube



Informative Outline - History of the Trumpet

Attention: Start by playing the trumpet

Preview: origin, components, varieties of trumpet

Main point 1: Origin of the Trumpet

According to (1) Originally, the trumpet was designed for war purposed and religious ceremonies.

Subpoint 1: In King Tut's tomb there are two trumpets, one made of sterling silver and one made of bronze.

Subpoint 2: The Shofar was used for Jewish religious purposes.

Subpoint 3: The Carmyx was made of bronze and used to insight troops to cause confusion for the opposition. It was very tall and the height made it very easy to project the sound over the head of the troops.

Main point 2: Parts of the Trumpet

Subpoint 1: At the beginning, you have the mouth piece they vary in width, the depth of cup which allows for different tones to be played. If you want a warmer tone, softer tone, a more clear distinct tone, you can change that with mouth piece.

Subpoint 2: You have the slide, used to tune the trumpet. There is a slide for the first valve, second valve and third valve. There is also a spit valve, where spit can get trapped altering the sound of the trumpet.

Subpoint 3: The valves help to change the notes of the trumpet.

Subpoint 4: For the bell, you can wider bells or smaller bells, and this helps the project of the music coming out of the horn.

Main point 3: Varieties of Trumpet

According, musicalinstrumentguide.com, there are nine different types of trumpet.

Subpoint 1: The B Flat trumpet is the most common trumpet.

Subpoint 2: For the Piccolo trumpet all of the piping is smaller, the bell is small and has an extra valve for different notes.

Subpoint 3: Bass and Contrabass Trumpet – everything is wider with more tubing that allows for a lower, warmer tone similar to trombone.

Summary: The origin of the trumpet, how it was used in war and religious ceremonies. We discussed King Tut's trumpet, the shofar and the Carmyx, and how early trumpets were made of bronze, sterling silver or ram's horn and others made from ceramic and bone. We talked about the various components of the trumpet – the mouthpiece, the spit valve, the bell. Lastly, we talked about the various varieties of the trumpet. The most common B-Flat trumpet, Piccolo trumpet, Bass and Contrabass trumpet.

Closing: A recording of King Tut's Trumpet

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- 1) "A Short History On the Trumpet" wwbw.com, June 25, 2019.
- 2) Musicalinstrumentguide.com

Key Takeaways

- Getting integrated: Informative speaking is likely the type of public speaking we will most often deliver and be audience to in our lives. Informative speaking is an important part of academic, professional, personal, and civic contexts.
- Informative speeches teach an audience through objective factual information and can emerge from one or more of the following categories: objects, people, concepts, events, processes, and issues.
- Effective informative speaking requires good research skills, as speakers must include novel information, relevant and proxemic examples, and "take-away" information that audience members will find engaging and useful.
- The four primary methods of informing are through definition, description, demonstration, or explanation.
 - Informing through definition entails defining concepts clearly and concisely using synonyms and antonyms, use or function, example, or etymology.
 - Informing through description entails creating detailed verbal pictures for your audience.
 - Informing through demonstration entails sharing verbal directions about how to do something while also physically demonstrating the steps.
 - Informing through explanation entails sharing how something works, how something came to be, or why something happened.
- An effective informative speaker should avoid persuasion by reviewing the language used in the specific purpose and thesis statements, using objective supporting material, and appearing trustworthy to the audience.
- An effective informative speaker should avoid information overload by repackaging information and building in repetition and orienting material like reviews and previews.
- An effective informative speaker engages the audience by translating information into relevant and concrete examples that appeal to different learning styles.

Exercises

1. Getting integrated: How might you use informative speaking in each of the following contexts: academic, professional, personal, and civic?
2. Brainstorm potential topics for your informative speech and identify which topic category each idea falls into. Are there any risks of persuading for the topics you listed? If so, how can you avoid persuasion if you choose that topic?
3. Of the four methods of informing (through definition, description, demonstration, or explanation), which do you think is most effective for you? Why?

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10: Persuasive Speaking

Learning Objectives

1. Understand principles of persuasion.
2. Distinguish among propositions of fact, value, and policy.
3. Identify strategies for adapting a persuasive speech based on an audience's orientation to the proposition.
4. Common persuasive organizational speech structures.

We produce and receive persuasive messages daily, but we don't often stop to think about how we make the arguments we do or the quality of the arguments that we receive. In this section, we'll learn the components of an argument, how to choose a good persuasive speech topic, and how to adapt and organize a persuasive message.

Principles of Persuasion

Persuasive speaking seeks to influence the beliefs, attitudes, values, or behaviors of audience members. In order to persuade, a speaker has to construct arguments that appeal to audience members. Arguments form around three components: claim, evidence, and warrant. The claim is the statement that will be supported by evidence. Your thesis statement is the overarching claim for your speech, but you will make other claims within the speech to support the larger thesis. Evidence, also called grounds, supports the claim. The main points of your persuasive speech and the supporting material you include serve as evidence. For example, a speaker may make the following claim: "There should be a national law against texting while driving." The speaker could then support the claim by providing the following evidence: "Research from the US Department of Transportation has found that texting while driving creates a crash risk that is twenty-three times worse than driving while not distracted." The warrant is the underlying justification that connects the claim and the evidence. One warrant for the claim and evidence cited in this example is that the US Department of Transportation is an institution that funds research conducted by credible experts. An additional and more implicit warrant is that people shouldn't do things they know are unsafe.



Figure 11.2 Components of an Argument

The quality of your evidence often impacts the strength of your warrant, and some warrants are stronger than others. A speaker could also provide evidence to support their claim advocating for a national ban on texting and driving by saying, "I have personally seen people almost wreck while trying to text." While this type of evidence can also be persuasive, it provides a different type and strength of warrant since it is based on personal experience. In general, the anecdotal evidence from personal experience would be given a weaker warrant than the evidence from the national research report. The same process works in our legal system when a judge evaluates the connection between a claim and evidence. If someone steals my car, I could say to the police, "I'm pretty sure Mario did it because when I said hi to him on campus the other day, he didn't say hi back, which proves he's mad at me." A judge faced with that evidence is unlikely to issue a warrant for Mario's arrest. Fingerprint evidence from the steering wheel that has been matched with a suspect is much more likely to warrant arrest.

As you put together a persuasive argument, you act as the judge. You can evaluate arguments that you come across in your research by analyzing the connection (the warrant) between the claim and the evidence. If the warrant is strong, you may want to highlight that argument in your speech. You may also be able to point out a weak warrant in an argument that goes against your position, which you could then include in your speech. Every argument starts by putting together a claim and evidence, but arguments grow to include many interrelated units.

Choosing a Persuasive Speech Topic

As with any speech, topic selection is important and is influenced by many factors. Good persuasive speech topics are current, controversial, and have important implications for society. If your topic is currently being discussed on television, in newspapers, in the lounges in your dorm, or around your family's dinner table, then it's a current topic. A persuasive speech aimed at getting audience members to wear seat belts in cars wouldn't have much current relevance, given that statistics consistently show that most people wear seat belts. Giving the same speech would have been much more timely in the 1970s when there was a huge movement to increase seat-belt use.

Many topics that are current are also controversial, which is what gets them attention by the media and citizens. Current and controversial topics will be more engaging for your audience. A persuasive speech to encourage audience members to donate blood or recycle wouldn't be very controversial, since the benefits of both practices are widely agreed on. However, arguing that the restrictions on blood donation by men who have had sexual relations with men be lifted would be controversial. I must caution here that controversial is not the same as inflammatory. An inflammatory topic is one that evokes strong reactions from an audience for the sake of provoking a reaction. Being provocative for no good reason or choosing a topic that is extremist will damage your credibility and prevent you from achieving your speech goals.

You should also choose a topic that is important to you and to society as a whole. As we have already discussed in this book, our voices are powerful, as it is through communication that we participate and make change in society. Therefore we should take seriously opportunities to use our voices to speak publicly. Choosing a speech topic that has implications for society is probably a better application of your public speaking skills than choosing to persuade the audience that LeBron James is the best basketball player in the world or that Superman is a better hero than Spiderman. Although those topics may be very important to you, they don't carry the same social weight as many other topics you could choose to discuss. Remember that speakers have ethical obligations to the audience and should take the opportunity to speak seriously.

You will also want to choose a topic that connects to your own interests and passions. If you are an education major, it might make more sense to do a persuasive speech about funding for public education than the death penalty. If there are hot-button issues for you that make you get fired up and veins bulge out in your neck, then it may be a good idea to avoid those when speaking in an academic or professional context.



Figure: Choose a persuasive speech topic that you're passionate about but still able to approach and deliver in an ethical manner.
Michael Vadon – [Nigel Farage](#) – CC BY-SA 2.0.

Choosing such topics may interfere with your ability to deliver a speech in a competent and ethical manner. You want to care about your topic, but you also want to be able to approach it in a way that's going to make people want to listen to you. Most people tune out speakers they perceive to be too ideologically entrenched and write them off as extremists or zealots.

You also want to ensure that your topic is actually persuasive. Draft your thesis statement as an "I believe" statement so your stance on an issue is clear. Also, think of your main points as reasons to support your thesis. Students end up with speeches that aren't very persuasive in nature if they don't think of their main points as reasons. Identifying arguments that counter your thesis is also a good exercise to help ensure your topic is persuasive. If you can clearly and easily identify a competing thesis statement and supporting reasons, then your topic and approach are arguable.

Review of Tips for Choosing a Persuasive Speech Topic

1. Choose a topic that is current.
 - **Not current.** People should use seat belts.
 - **Current.** People should not text while driving.

2. Choose a topic that is controversial.
 - **Not controversial.** People should recycle.
 - **Controversial.** Recycling should be mandatory by law.
3. Choose a topic that meaningfully impacts society.
 - **Not as impactful.** Superman is the best superhero.
 - **Impactful.** Colleges and universities should adopt zero-tolerance bullying policies.
4. Write a thesis statement that is clearly argumentative and states your stance.
 - **Unclear thesis.** Homeschooling is common in the United States.
 - **Clear, argumentative thesis with stance.** Homeschooling does not provide the same benefits of traditional education and should be strictly monitored and limited.

Adapting Persuasive Messages

Competent speakers should consider their audience throughout the speech-making process. Given that persuasive messages seek to directly influence the audience in some way, audience adaptation becomes even more important. If possible, poll your audience to find out their orientation toward your thesis. I read my students' thesis statements aloud and have the class indicate whether they agree with, disagree with, or are neutral in regards to the proposition. It is unlikely that you will have a homogenous audience, meaning that there will probably be some who agree, some who disagree, and some who are neutral. So you may employ all of the following strategies, in varying degrees, in your persuasive speech.

When you have audience members who already agree with your proposition, you should focus on intensifying their agreement. You can also assume that they have foundational background knowledge of the topic, which means you can take the time to inform them about lesser-known aspects of a topic or cause to further reinforce their agreement. Rather than move these audience members from disagreement to agreement, you can focus on moving them from agreement to action. Remember, calls to action should be as specific as possible to help you capitalize on audience members' motivation in the moment so they are more likely to follow through on the action.

There are two main reasons audience members may be neutral in regards to your topic: (1) they are uninformed about the topic or (2) they do not think the topic affects them. In this case, you should focus on instilling a concern for the topic. Uninformed audiences may need background information before they can decide if they agree or disagree with your proposition. If the issue is familiar but audience members are neutral because they don't see how the topic affects them, focus on getting the audience's attention and demonstrating relevance. Remember that concrete and proxemic supporting materials will help an audience find relevance in a topic. Students who pick narrow or unfamiliar topics will have to work harder to persuade their audience, but neutral audiences often provide the most chance of achieving your speech goal since even a small change may move them into agreement.

When audience members disagree with your proposition, you should focus on changing their minds. To effectively persuade, you must be seen as a credible speaker. When an audience is hostile to your proposition, establishing credibility is even more important, as audience members may be quick to discount or discredit someone who doesn't appear prepared or doesn't present well-researched and supported information. Don't give an audience a chance to write you off before you even get to share your best evidence. When facing a disagreeable audience, the goal should also be small change. You may not be able to switch someone's position completely, but influencing him or her is still a success. Aside from establishing your credibility, you should also establish common ground with an audience.



Figure: Build common ground with disagreeable audiences and acknowledge areas of disagreement. Chris-Havard Berge – [Shaking Hands](#) – CC BY-NC 2.0.

Acknowledging areas of disagreement and logically refuting counterarguments in your speech is also a way to approach persuading an audience in disagreement, as it shows that you are open-minded enough to engage with other perspectives.

Determining Your Proposition

The proposition of your speech is the overall direction of the content and how that relates to the speech goal. A persuasive speech will fall primarily into one of three categories: propositions of fact, value, or policy. A speech may have elements of any of the three propositions, but you can usually determine the overall proposition of a speech from the specific purpose and thesis statements.

Propositions of fact focus on beliefs and try to establish that something “is or isn’t.” Propositions of value focus on persuading audience members that something is “good or bad,” “right or wrong,” or “desirable or undesirable.” Propositions of policy advocate that something “should or shouldn’t” be done. Since most persuasive speech topics can be approached as propositions of fact, value, or policy, it is a good idea to start thinking about what kind of proposition you want to make, as it will influence how you go about your research and writing. As you can see in the following example using the topic of global warming, the type of proposition changes the types of supporting materials you would need:

- **Proposition of fact.** Global warming **is caused** by increased greenhouse gases related to human activity.
- **Proposition of value.** America’s disproportionately large amount of pollution relative to other countries is **wrong**.
- **Proposition of policy.** There **should** be stricter emission restrictions on individual cars.

To support propositions of fact, you would want to present a logical argument based on objective facts that can then be used to build persuasive arguments. Propositions of value may require you to appeal more to your audience’s emotions and cite expert and lay testimony. Persuasive speeches about policy usually require you to research existing and previous laws or procedures and determine if any relevant legislation or propositions are currently being considered.

“Getting Critical”

Persuasion and Masculinity

The traditional view of rhetoric that started in ancient Greece and still informs much of our views on persuasion today has been critiqued for containing Western and masculine biases. Traditional persuasion has been linked to Western and masculine values of domination, competition, and change, which have been critiqued as coercive and violent (Gearhart, 1979).

Communication scholars proposed an alternative to traditional persuasive rhetoric in the form of invitational rhetoric. Invitational rhetoric differs from a traditional view of persuasive rhetoric that “attempts to win over an opponent, or to advocate the correctness of a single position in a very complex issue” (Bone et al., 2008). Instead, invitational rhetoric

proposes a model of reaching consensus through dialogue. The goal is to create a climate in which growth and change can occur but isn't required for one person to "win" an argument over another. Each person in a communication situation is acknowledged to have a standpoint that is valid but can still be influenced through the offering of alternative perspectives and the invitation to engage with and discuss these standpoints (Ryan & Natalie, 2001). Safety, value, and freedom are three important parts of invitational rhetoric. Safety involves a feeling of security in which audience members and speakers feel like their ideas and contributions will not be denigrated. Value refers to the notion that each person in a communication encounter is worthy of recognition and that people are willing to step outside their own perspectives to better understand others. Last, freedom is present in communication when communicators do not limit the thinking or decisions of others, allowing all participants to speak up (Bone et al., 2008).

Invitational rhetoric doesn't claim that all persuasive rhetoric is violent. Instead, it acknowledges that some persuasion is violent and that the connection between persuasion and violence is worth exploring. Invitational rhetoric has the potential to contribute to the civility of communication in our society. When we are civil, we are capable of engaging with and appreciating different perspectives while still understanding our own. People aren't attacked or reviled because their views diverge from ours. Rather than reducing the world to "us against them, black or white, and right or wrong," invitational rhetoric encourages us to acknowledge human perspectives in all their complexity (Bone et al., 2008).

1. What is your reaction to the claim that persuasion includes Western and masculine biases?
2. What are some strengths and weaknesses of the proposed alternatives to traditional persuasion?
3. In what situations might an invitational approach to persuasion be useful? In what situations might you want to rely on traditional models of persuasion?

Organizing a Persuasive Speech

We have already discussed several patterns for organizing your speech, but some organization strategies are specific to persuasive speaking. Some persuasive speech topics lend themselves to a topical organization pattern, which breaks the larger topic up into logical divisions. Earlier, in the chapter titled "Preparing a Speech", we discussed recency and primacy, and in this chapter we discussed adapting a persuasive speech based on the audience's orientation toward the proposition. These concepts can be connected when organizing a persuasive speech topically. Primacy means putting your strongest information first and is based on the idea that audience members put more weight on what they hear first. This strategy can be especially useful when addressing an audience that disagrees with your proposition, as you can try to win them over early. Recency means putting your strongest information last to leave a powerful impression. This can be useful when you are building to a climax in your speech, specifically if you include a call to action.

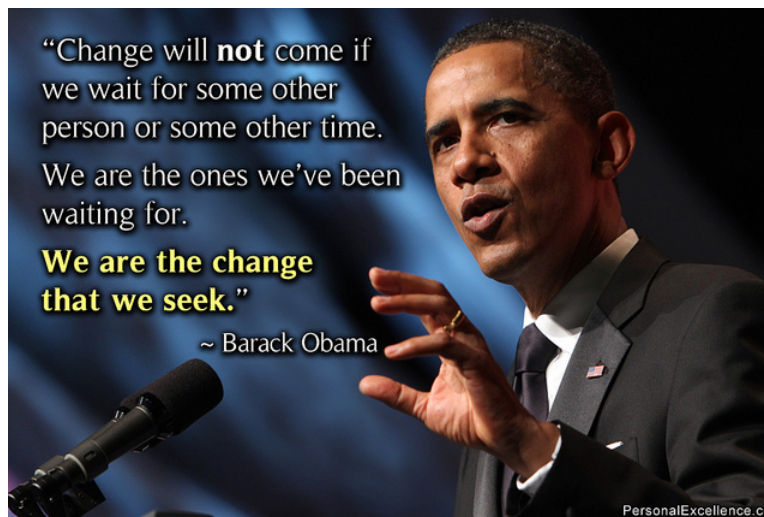


Figure: Putting your strongest argument last can help motivate an audience to action. Celestine Chua – The Change – CC BY 2.0.

The problem-solution pattern is an organizational pattern that advocates for a particular approach to solve a problem. You would provide evidence to show that a problem exists and then propose a solution with additional evidence or reasoning to justify the course of action. One main point addressing the problem and one main point addressing the solution may be sufficient, but you are

not limited to two. You could add a main point between the problem and solution that outlines other solutions that have failed. You can also combine the problem-solution pattern with the cause-effect pattern or expand the speech to fit with Monroe's Motivated Sequence.

As was mentioned in the chapter titled "Preparing a Speech", the cause-effect pattern can be used for informative speaking when the relationship between the cause and effect is not contested. The pattern is more fitting for persuasive speeches when the relationship between the cause and effect is controversial or unclear. There are several ways to use causes and effects to structure a speech. You could have a two-point speech that argues from cause to effect or from effect to cause. You could also have more than one cause that lead to the same effect or a single cause that leads to multiple effects. The following are some examples of thesis statements that correspond to various organizational patterns. As you can see, the same general topic area, prison overcrowding, is used for each example. This illustrates the importance of considering your organizational options early in the speech-making process, since the pattern you choose will influence your researching and writing.

Persuasive Speech Thesis Statements by Organizational Pattern

- **Problem-solution.** Prison overcrowding is a serious problem that we can solve by finding alternative rehabilitation for nonviolent offenders.
- **Problem-failed solution-proposed solution.** Prison overcrowding is a serious problem that shouldn't be solved by building more prisons; instead, we should support alternative rehabilitation for nonviolent offenders.
- **Cause-effect.** Prisons are overcrowded with nonviolent offenders, which leads to lesser sentences for violent criminals.
- **Cause-cause-effect.** State budgets are being slashed and prisons are overcrowded with nonviolent offenders, which leads to lesser sentences for violent criminals.
- **Cause-effect-effect.** Prisons are overcrowded with nonviolent offenders, which leads to increased behavioral problems among inmates and lesser sentences for violent criminals.
- **Cause-effect-solution.** Prisons are overcrowded with nonviolent offenders, which leads to lesser sentences for violent criminals; therefore we need to find alternative rehabilitation for nonviolent offenders.

Monroe's Motivated Sequence is an organizational pattern designed for persuasive speaking that appeals to audience members' needs and motivates them to action. If your persuasive speaking goals include a call to action, you may want to consider this organizational pattern. We already learned about the five steps of Monroe's Motivated Sequence in the chapter titled "Preparing a Speech", but we will review them here with an example:

1. Step 1: Attention

- Hook the audience by making the topic relevant to them.
- Imagine living a full life, retiring, and slipping into your golden years. As you get older you become more dependent on others and move into an assisted-living facility. Although you think life will be easier, things get worse as you experience abuse and mistreatment from the staff. You report the abuse to a nurse and wait, but nothing happens and the abuse continues. Elder abuse is a common occurrence, and unlike child abuse, there are no laws in our state that mandate complaints of elder abuse be reported or investigated.

2. Step 2: Need

- Cite evidence to support the fact that the issue needs to be addressed.
- According to the American Psychological Association, one to two million elderly US Americans have been abused by their caretakers. In our state, those in the medical, psychiatric, and social work field are required to report suspicion of child abuse but are not mandated to report suspicions of elder abuse.

3. Step 3: Satisfaction

- Offer a solution and persuade the audience that it is feasible and well thought out.
- There should be a federal law mandating that suspicion of elder abuse be reported and that all claims of elder abuse be investigated.

4. Step 4: Visualization

- Take the audience beyond your solution and help them visualize the positive results of implementing it or the negative consequences of not.

- Elderly people should not have to live in fear during their golden years. A mandatory reporting law for elderly abuse will help ensure that the voices of our elderly loved ones will be heard.

5. Step 5: Action

- Call your audience to action by giving them concrete steps to follow to engage in a particular action or to change a thought or behavior.
- I urge you to take action in two ways. First, raise awareness about this issue by talking to your own friends and family. Second, contact your representatives at the state and national level to let them know that elder abuse should be taken seriously and given the same level of importance as other forms of abuse. I brought cards with the contact information for our state and national representatives for this area. Please take one at the end of my speech. A short e-mail or phone call can help end the silence surrounding elder abuse.

Example of Monroe's Motivated Sequence in Advertising:

Monroe's Motivated Sequence
(in advertising)

1. **Attention** – a stain on your white shirt



Monroe's Motivated Sequence

2. **Need** – a detergent that will get that stain out

?

Monroe's Motivated Sequence

3. **Satisfaction** – Tide will get the stain out



Monroe's Motivated Sequence

4. **Visualization** – see how effectively Tide cleaned the stain



Monroe's Motivated Sequence

5. **Action** – buy Tide



Key Takeaways

- Arguments are formed by making claims that are supported by evidence. The underlying justification that connects the claim and evidence is the warrant. Arguments can have strong or weak warrants, which will make them more or less persuasive.
- Good persuasive speech topics are current, controversial (but not inflammatory), and important to the speaker and society.
- Speakers should adapt their persuasive approach based on audience members' orientation toward the proposal.
 - When audience members agree with the proposal, focus on intensifying their agreement and moving them to action.
 - When audience members are neutral in regards to the proposition, provide background information to better inform them about the issue and present information that demonstrates the relevance of the topic to the audience.
 - When audience members disagree with the proposal, focus on establishing your credibility, build common ground with the audience, and incorporate counterarguments and refute them.
- Persuasive speeches include the following propositions: fact, value, and policy.
 - Propositions of fact focus on establishing that something “is or isn’t” or is “true or false.”
 - Propositions of value focus on persuading an audience that something is “good or bad,” “right or wrong,” or “desirable or undesirable.”
 - Propositions of policy advocate that something “should or shouldn’t” be done.
- Persuasive speeches can be organized using the following patterns: problem-solution, cause-effect, cause-effect-solution, or Monroe’s Motivated Sequence.

Exercises

1. Getting integrated: Give an example of persuasive messages that you might need to create in each of the following contexts: academic, professional, personal, and civic. Then do the same thing for persuasive messages you may receive.
2. To help ensure that your persuasive speech topic is persuasive and not informative, identify the claims, evidence, and warrants you may use in your argument. In addition, write a thesis statement that refutes your topic idea and identify evidence and warrants that could support that counterargument.
3. Determine if your speech is primarily a proposition of fact, value, or policy. How can you tell? Identify an organizational pattern that you think will work well for your speech topic, draft one sentence for each of your main points, and arrange them according to the pattern you chose.

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10.1: Persuasive Reasoning and Fallacies

Learning Objectives

1. Define inductive, deductive, and causal reasoning.
2. Evaluate the quality of inductive, deductive, and causal reasoning.
3. Identify common fallacies of reasoning.

Iphone or Android? Two-year college or Four-year college? Whenever we need to make a decision, we are persuaded by reasons (or arguments) to make a choice. You probably choose your mobile phone based on features, cost or popularity - these were the reasons for your decision. Persuasive speakers should be concerned with making strong arguments or giving strong reasons that support a persuasive claim. Knowing different types of reasoning can help you put claims and evidence together in persuasive ways and help you evaluate the effectiveness of arguments that you encounter. Also, being able to recognize when arguments are faulty and identify common fallacies of reasoning can help you be a more critical consumer of persuasive messages.

Reasoning

Reasoning refers to the process of making sense of things around us. In order to understand our experiences, draw conclusions from information, make decisions and present new ideas, we must use reasoning. We often reason without being aware of it, but becoming more aware of how we think can empower us to be better producers and consumers of communicative messages. The three types of reasoning we will explore are inductive, deductive, and causal.

Inductive Reasoning

Inductive reasoning reaches conclusions through the citation of examples and is the most frequently used form of logical reasoning (Walter, 1966). While introductory speakers are initially attracted to inductive reasoning because it seems easy, it can be difficult to employ well. Inductive reasoning, unlike deductive reasoning, doesn't result in true or false conclusions. Instead, since conclusions are generalized based on observations or examples, conclusions are "more likely" or "less likely." Despite the fact that this type of reasoning isn't definitive, it can still be valid and persuasive.

Some arguments based on inductive reasoning will be more cogent, or convincing and relevant, than others. For example, inductive reasoning can be weak when claims are made too generally. An argument that fraternities should be abolished from campus because they contribute to underage drinking and do not uphold high academic standards could be countered by providing examples of fraternities that sponsor alcohol education programming for the campus and have members that have excelled academically (Walter, 1966). In this case, one overly general claim is countered by another general claim, and both of them have some merit. It would be more effective to present a series of facts and reasons and then share the conclusion or generalization that you have reached from them.

You can see inductive reasoning used in the following speech excerpt from President George W. Bush's address to the nation on the evening of September 11, 2001. Notice how he lists a series of events from the day, which builds to his conclusion that the terrorist attacks failed in their attempt to shake the foundation of America.

Today, our fellow citizens, our way of life, our very freedom came under attack in a series of deliberate and deadly terrorist acts. The victims were in airplanes or in their offices: secretaries, business men and women, military and federal workers, moms and dads, friends and neighbors. Thousands of lives were suddenly ended by evil, despicable acts of terror. The pictures of airplanes flying into buildings, fires burning, huge—huge structures collapsing have filled us with disbelief, terrible sadness, and a quiet, unyielding anger. These acts of mass murder were intended to frighten our nation into chaos and retreat. But they have failed. Our country is strong.

A great people has been moved to defend a great nation. Terrorist attacks can shake the foundations of our biggest buildings, but they cannot touch the foundation of America.



Using inductive reasoning, speakers reach conclusions through the citation of examples.

Claire Sambrook – [UM...](#) – CC BY-NC 2.0.

If a speaker is able to provide examples that are concrete, proxemic, and relevant to the audience, as Bush did in this example, audience members are prompted to think of additional examples that connect to their own lives. Inductive reasoning can be useful when an audience disagrees with your proposition. As you present logically connected examples as evidence that build to a conclusion, the audience may be persuaded by your evidence before they realize that the coming conclusion will counter what they previously thought. This also sets up cognitive dissonance, which is a persuasive strategy we will discuss later.

Reasoning by analogy is a type of inductive reasoning that argues that what is true in one set of circumstances will be true in another (Walter, 1966). Reasoning by analogy has been criticized and questioned by logicians, since two sets of circumstances are never exactly the same. While this is true, our goal when using reasoning by analogy in persuasive speaking is not to create absolutely certain conclusions but to cite cases and supporting evidence that can influence an audience. For example, let's say you are trying to persuade a university to adopt an alcohol education program by citing the program's success at other institutions. Since two universities are never exactly the same, the argument can't be airtight. To better support this argument, you could first show that the program was actually successful using various types of supporting material such as statistics from campus offices and testimony from students and staff. Second, you could show how the cases relate by highlighting similarities in the campus setting, culture, demographics, and previous mission. Since you can't argue that the schools are similar in all ways, choose to highlight significant similarities. Also, it's better to acknowledge significant limitations of the analogy and provide additional supporting material to address them than it is to ignore or hide such limitations.

So how do we evaluate inductive reasoning? When inductive reasoning is used to test scientific arguments, there is rigorous testing and high standards that must be met for a conclusion to be considered valid. Inductive reasoning in persuasive speaking is employed differently. A speaker cannot cite every example that exists to build to a conclusion, so to evaluate inductive reasoning you must examine the examples that are cited in ways other than quantity. First, the examples should be sufficient, meaning that

enough are cited to support the conclusion. If not, you risk committing the hasty generalization fallacy. A speaker can expect that the audience will be able to think of some examples as well, so there is no set number on how many examples is sufficient. If the audience is familiar with the topic, then fewer examples are probably sufficient, while more may be needed for unfamiliar topics. A speaker can make his or her use of reasoning by example more powerful by showing that the examples correspond to the average case, which may require additional supporting evidence in the form of statistics. Arguing that teacher salaries should be increased by providing an example of a teacher who works side jobs and pays for his or her own school supplies could be effectively supported by showing that this teacher's salary corresponds to the national average (Walter, 1966).

Second, the examples should be typical, meaning they weren't cherry-picked to match the point being argued. A speaker who argues to defund the National Endowment for the Arts (NEA) because the organization supports art that is "pornographic and offensive" may cite five examples of grants given for projects that caused such controversy. Failing to mention that these examples were pulled from the more than 128,000 grants issued by the NEA would be an inappropriate use of inductive reasoning since the examples aren't sufficient or typical enough to warrant the argument. Another way to support inductive arguments is to show that the examples are a fair sample, meaning they are representative of the larger whole. Arguing that college athletes shouldn't receive scholarships because they do not have the scholastic merit of other students and have less academic achievement could be supported by sharing several examples. But if those examples were not representative, then they are biased, and the reasoning faulty. A speaker would need to show that the athletes used in the example are representative, in terms of their race, gender, sport, and background, of the population of athletes at the university.

Deductive Reasoning

Deductive reasoning derives specifics from what is already known. It was the preferred form of reasoning used by ancient rhetoricians like Aristotle to make logical arguments (Cooper & Nothstine, 1996). A syllogism is an example of deductive reasoning that is commonly used when teaching logic. A syllogism is an example of deductive reasoning in which a conclusion is supported by major and minor premises. The conclusion of a valid argument can be deduced from the major and minor premises. A commonly used example of a syllogism is "All humans are mortal. Socrates is a human. Socrates is mortal." In this case, the conclusion, "Socrates is mortal," is derived from the major premise, "All humans are mortal," and the minor premise, "Socrates is a human." In some cases, the major and minor premises of a syllogism may be taken for granted as true. In the previous example, the major premise is presumed true because we have no knowledge of an immortal person to disprove the statement. The minor premise is presumed true because Socrates looks and acts like other individuals we know to be human. Detectives or scientists using such logic would want to test their conclusion. We could test our conclusion by stabbing Socrates to see if he dies, but since the logic of the syllogism is sound, it may be better to cut Socrates a break and deem the argument valid. Since most arguments are more sophisticated than the previous example, speakers need to support their premises with research and evidence to establish their validity before deducing their conclusion.

A syllogism can lead to incorrect conclusions if one of the premises isn't true, as in the following example:

- All presidents have lived in the White House. (Major premise)
- George Washington was president. (Minor premise)
- George Washington lived in the White House. (Conclusion)

In the previous example, the major premise was untrue, since John Adams, our second president, was the first president to live in the White House. This causes the conclusion to be false. A syllogism can also exhibit faulty logic even if the premises are both true but are unrelated, as in the following example:

- Penguins are black and white. (Major premise)
- Some old television shows are black and white. (Minor premise)
- Some penguins are old television shows. (Conclusion)



Like in the game of Clue, real-life detectives use deductive reasoning to draw a conclusion about who committed a crime based on the known evidence.

Sleepmyf – [Lego detective](#) – CC BY-NC-ND 2.0.

Causal Reasoning

Causal reasoning argues to establish a relationship between a cause and an effect. When speakers attempt to argue for a particular course of action based on potential positive or negative consequences that may result, they are using causal reasoning. Such reasoning is evident in the following example: Eating more local foods will boost the local economy and make you healthier. The “if/then” relationship that is set up in causal reasoning can be persuasive, but the reasoning isn’t always sound. Rather than establishing a true cause-effect relationship, speakers more often set up a correlation, which means there is a relationship between two things but there are other contextual influences.

To use causal reasoning effectively and ethically, speakers should avoid claiming a direct relationship between a cause and an effect when such a connection cannot be proven. Instead of arguing that “x caused y,” it is more accurate for a speaker to say “x influenced y.” Causal thinking is often used when looking to blame something or someone, as can be seen in the following example: It’s the president’s fault that the economy hasn’t recovered more. While such a statement may garner a speaker some political capital, it is not based on solid reasoning. Economic and political processes are too complex to distill to such a simple cause-effect relationship. A speaker would need to use more solid reasoning, perhaps inductive reasoning through examples, to build up enough evidence to support that a correlation exists and a causal relationship is likely. When using causal reasoning, present evidence that shows the following: (1) the cause occurred before the effect, (2) the cause led to the effect, and (3) it is unlikely that other causes produced the effect.

Review of Types of Reasoning

- **Inductive.** Arguing from examples to support a conclusion; includes reasoning by analogy. Examples should be sufficient, typical, and representative to warrant a strong argument.
- **Deductive.** Deriving specifics from what is already known; includes syllogisms. Premises that lead to a conclusion must be true, relevant, and related for the argument to be valid.
- **Causal.** Argues to establish a relationship between a cause and an effect. Usually involves a correlation rather than a true causal relationship.

Fallacies of Reasoning

Fallacies are flaws within the logic or reasoning of an argument. Although we will discuss 10 common fallacies, more than 125 have been identified and named. It's important to note that the presence of a fallacy in an argument doesn't mean that it can't be persuasive. In fact, many people are persuaded by fallacious arguments because they do not identify the fallacy within the argument. Fallacies are often the last effort of uninformed or ill-prepared speakers who find that they have nothing better to say. Being aware of the forms of reasoning and fallacies makes us more critical consumers of persuasive messages, which is a substantial benefit of studying persuasive speaking that affects personal, political, and professional aspects of our lives.

Hasty Generalization

The hasty generalization fallacy relates to inductive reasoning and is the result of too few examples being cited to warrant the generalization. Jumping to conclusions is tempting, especially when pressed for time, but making well-researched and supported arguments is key to being an effective and ethical speaker. Making a claim that train travel is not safe and citing two recent derailments that resulted in injury doesn't produce a strong warrant when viewed in relation to the number of train passengers who travel safely every day.

False Analogy

The false analogy fallacy also relates to inductive reasoning and results when the situations or circumstances being compared are not similar enough. A common false analogy that people make is comparing something to putting a person on the moon: "If we can put a person on the moon, why can't we figure out a way to make the tax code easier to understand?" This question doesn't acknowledge the different skill sets and motivations involved in the two examples being compared.

False Cause

The false cause fallacy relates to causal reasoning and occurs when a speaker argues, with insufficient evidence, that one thing caused or causes another. When I was in high school, teachers used to say that wearing baseball caps would make us go bald when we got older. In an attempt to persuade us to not wear hats in the classroom, they were arguing, fallaciously, that wearing baseball caps is what causes baldness. When a false cause argument is made after the "effect," it is referred to in Latin as *post hoc ergo propter hoc*, which means "after this, therefore because of this." Blaming bad fortune on superstitions is a good example of faulty reasoning that tries to argue for a connection between an "effect" that has already occurred and its preceding "cause." My bad luck is more likely attributable to poor decisions I have made or random interference than the mirror I broke while moving two years ago.

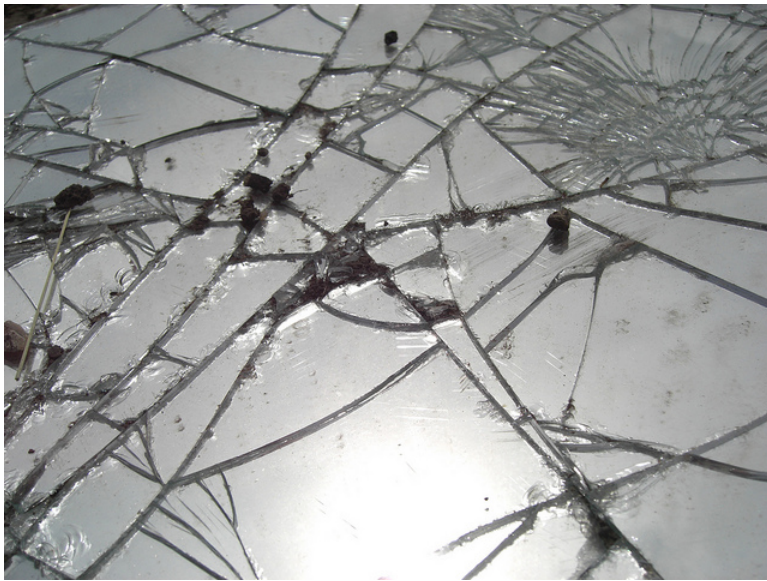


Figure: Superstitious beliefs often exemplify the false cause fallacy. Is the broken mirror really the cause of your bad luck?. Tim Sheerman-Chase – [Seven Years Bad Luck](#) – CC BY 2.0.

False Authority

The false authority fallacy results when the person making an argument doesn't actually have the qualifications to be credible but is perceived as credible because they are respected or admired. Despite the fact that this form of argument is fallacious, it is obviously quite effective. Advertisers spend millions of dollars to get celebrities and athletes to sell us their products because of the persuasive potential these stars carry in their persona, not in their ability to argue a point. Voters might be persuaded to support a candidate because of a famous musician's endorsement without questioning the political beliefs of either the musician or the politician to see if they match up with their own.

Bandwagon

Parents and other sources of guidance in our lives have tried to keep us from falling for the bandwagon fallacy. When your mom responds to your argument that you should get to go to the party because everyone else is by asking, "If everyone else jumped off a bridge, would you?" she is rightfully pointing out the fallacy in your argument. In a public-speaking-related example, I have had students try to persuade their audience to buy and eat more organic foods based on their increasing popularity. In short, popular appeal and frequency of use are not strong warrants to support an argument. Just because something is popular, doesn't mean it's good.

False Dilemma

The false dilemma fallacy occurs when a speaker rhetorically backs his or her audience into a corner, presenting them with only two options and arguing that they must choose either one or the other. This is also known as the "either/or" fallacy. Critical thinkers know that the world can't be simplified to black and white, good and bad, or right and wrong. Yet many people rely on such oversimplifications when making arguments. A speaker who argues that immigrants to the United States should learn English or go back to their own country doesn't acknowledge that there are many successful immigrants who have successful lives and contribute to society without speaking English fluently. The speaker also ignores the fact that many immigrants do not have access to English language instruction or the time to take such classes because they are busy with their own jobs and families. Granted, such a rhetorical strategy does make it easier to discuss complex issues and try to force people into a decision, but it also removes gray area in the form of context that can be really important for making a decision. Be critical of speakers and messages that claim there are only two options from which to choose.

Ad Hominem

Ad hominem means “to the person” in Latin and refers to a common fallacy of attacking a person rather than an argument. Elementary school playgrounds and middle school hallways are often sites of ad hominem attacks. When one person runs out of good reasons to support their argument and retorts to the other, “Well you’re ugly!” they have resorted to a fallacious ad hominem argument. You probably aren’t surprised to know that politicians frequently rely on personal attacks, especially when they are sponsored by political action committees (PACs). The proliferation of these organizations resulted in an increase in “attack ads” during the 2012 presidential race. While all fallacious arguments detract from the quality of public communication, ad hominem arguments in particular diminish the civility of our society.

Slippery Slope

The slippery slope fallacy occurs when a person argues that one action will inevitably lead to a series of other actions. If we take one step down an icy hill it becomes difficult to get back up and you slide all the way down even though you only wanted to take one step. A slippery slope fallacy in a speech about US foreign policy might take the form of the following argument: If the United States goes to help this country in need, then we will be expected to intervene any time there’s a conflict in the world.

Red Herring

The red herring fallacy is my favorite because it has an interesting origin—and it was used in *Scooby Doo*! The origin of the name of this fallacy comes from old foxhunting practices in England. When the hunters were training their dogs to stay on the trail of a fox, they would mark a trail with fox scent so the dog could practice following the scent. As a further test, they would take the smell of fish (like a red herring) and create a second trail leading in another direction. If a dog left the scent of the fox trail to follow the stronger and more noticeable scent trail left by the red herring, then the dog failed the test. The smartest and best-trained dogs weren’t distracted by the fishy trail and stayed on the path. Basically every episode of *Scooby Doo* involves a red herring trick—for example, when the ghost at the amusement park turns out to be a distraction created by the owner to cover up his financial problems and shady business practices. A speaker who uses the red herring fallacy makes an argument that distracts from the discussion at hand. Bringing up socialism during an argument about nationalized health care is an example of a red herring fallacy.

Appeal to Tradition

The appeal to tradition fallacy argues that something should continue because “it’s the way things have been done before.” Someone may use this type of argument when they feel threatened by a potential change. People who oppose marriage rights for gay and lesbian people often argue that the definition of marriage shouldn’t change because of its traditional meaning of a “union between one man and one woman.” Such appeals often overstate the history and prevalence of the “tradition.” Within the United States, many departures from traditional views of marriage have led to changes that we accept as normal today. Within the past one hundred years we have seen law changes that took away men’s rights to beat their wives and make decisions for them. And it wasn’t until 1993 that every state made marital rape a crime, which changed the millennia-old “tradition” that women were obligated to have sex with their husbands (Coontz, 2006). Many people are resistant to or anxious about change, which is understandable, but this doesn’t form the basis of a good argument.

Review of Fallacies

- **Hasty generalization.** Inductive reasoning fallacy that occurs when too few examples are cited to warrant a conclusion.
- **False analogy.** Inductive reasoning fallacy that occurs when situations or circumstances being compared are not similar enough.
- **False cause.** Causal reasoning fallacy that occurs when a speaker argues with insufficient evidence that one thing caused/causes another.
- **False authority.** Fallacy that occurs when a person making an argument doesn’t have the knowledge or qualifications to be credible but is perceived as credible because they are respected or admired.
- **Bandwagon.** Fallacy that relies on arguing for a course of action or belief because it is commonly done or held.
- **False dilemma.** Fallacy that occurs when a speaker presents an audience only two options and argues they must choose one or the other.
- **Ad hominem.** Fallacy that occurs when a speaker attacks another person rather than his or her argument.

- **Slippery slope.** Fallacy that occurs when a person argues that one action will inevitably lead to a series of other actions.
- **Red herring.** Fallacy that occurs when a speaker poses an argument that is meant to distract from the argument at hand.
- **Appeal to tradition.** Fallacy that results when a speaker argues that something should continue because “it’s the way things have been done before.”

Key Takeaways

- We use reasoning to make sense of the world around us and draw conclusions. Three types of reasoning are inductive, deductive, and causal.
 - Inductive reasoning refers to arguments that persuade by citing examples that build to a conclusion. Examples should be sufficient, typical, and representative to warrant a strong argument. Reasoning by analogy argues that what is true in one set of circumstances will be true in another, and is an example of inductive reasoning.
 - Deductive reasoning refers to arguments that derive specifics from what is already known and includes syllogisms. Premises that lead to the conclusion must be true and relevant for the argument to be valid.
 - Causal reasoning refers to arguments that establish a relationship between a cause and an effect and usually involves a correlation rather than a true causal relationship.
- Fallacies refer to flaws within the logic or reasoning of an argument. Ten fallacies of reasoning discussed in this chapter are hasty generalization, false analogy, false cause, false authority, false dilemma, ad hominem, slippery slope, red herring, and appeal to tradition.

Exercises

1. Identify examples of inductive, deductive, and causal reasoning in the sample persuasive speech on education in prisons included in Section 4.3 “Nonverbal Communication Competence”.
2. People often use fallacies in arguments, usually without knowing it. Being able to identify fallacies is an important critical thinking skill. Find a letter to the editor in a paper or online and see if you can identify any of the ten fallacies discussed in this chapter.
3. Of the ten fallacies discussed in the chapter, which do you think is the most unethical and why?

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10.2: Persuasive Speech Strategies

Learning Objectives

1. Identify common persuasive strategies.
2. Explain how speakers develop ethos.
3. Explain how speakers appeal to logos and pathos.
4. Explain how cognitive dissonance works as a persuasive strategy.
5. Explain the relationship between motivation and appeals to needs as persuasive strategies.

Do you think you are easily persuaded? If you are like most people, you aren't swayed easily to change your mind about something. Persuasion is difficult because changing views often makes people feel like they were either not informed or ill informed, which also means they have to admit they were wrong about something. We will learn about nine persuasive strategies that you can use to more effectively influence audience members' beliefs, attitudes, and values. They are ethos, logos, pathos, positive motivation, negative motivation, cognitive dissonance, appeal to safety needs, appeal to social needs, and appeal to self-esteem needs.

Ethos, Logos, and Pathos

Ethos, logos, and pathos were Aristotle's three forms of rhetorical proof, meaning they were primary to his theories of persuasion. Ethos refers to the credibility of a speaker and includes three dimensions: competence, trustworthiness, and dynamism. The two most researched dimensions of credibility are competence and trustworthiness (Stiff & Mongeau, 2003).

Competence refers to the perception of a speaker's expertise in relation to the topic being discussed. A speaker can enhance their perceived competence by presenting a speech based in solid research and that is well organized and practiced. Competent speakers must know the content of their speech and be able to effectively deliver that content. Trustworthiness refers to the degree that audience members perceive a speaker to be presenting accurate, credible information in a nonmanipulative way. Perceptions of trustworthiness come from the content of the speech and the personality of the speaker. In terms of content, trustworthy speakers consider the audience throughout the speech-making process, present information in a balanced way, do not coerce the audience, cite credible sources, and follow the general principles of communication ethics. In terms of personality, trustworthy speakers are also friendly and warm (Stiff & Mongeau, 2003).

Dynamism refers to the degree to which audience members perceive a speaker to be outgoing and animated (Stiff & Mongeau, 2003). Two components of dynamism are charisma and energy. Charisma refers to a mixture of abstract and concrete qualities that make a speaker attractive to an audience. Charismatic people usually know they are charismatic because they've been told that in their lives, and people have been attracted to them.



Dynamic speakers develop credibility through their delivery skills.

City Temple SDA Church, Dallas, Texas – February 2, 2013, Oakwood University, Dynamic Priase – CC BY-SA 2.0.

Unfortunately, charisma is difficult to intentionally develop, and some people seem to have a naturally charismatic personality, while others do not. Even though everyone can't embody the charismatic aspect of dynamism, the other component of dynamism, energy, is something that everyone can tap into. Communicating enthusiasm for your topic and audience by presenting relevant content and using engaging delivery strategies such as vocal variety and eye contact can increase your dynamism.

Logos refers to the reasoning or logic of an argument. The presence of fallacies would obviously undermine a speaker's appeal to logos. Speakers employ logos by presenting credible information as supporting material and verbally citing their sources during their speech. Using the guidelines from our earlier discussion of reasoning will also help a speaker create a rational appeal. Research shows that messages are more persuasive when arguments and their warrants are made explicit (Stiff & Mongeau, 2003). Carefully choosing supporting material that is verifiable, specific, and unbiased can help a speaker appeal to logos. Speakers can also appeal to logos by citing personal experience and providing the credentials and/or qualifications of sources of information (Cooper & Nothstine, 1996). Presenting a rational and logical argument is important, but speakers can be more effective persuaders if they bring in and refute counterarguments. The most effective persuasive messages are those that present two sides of an argument and refute the opposing side, followed by single argument messages, followed by messages that present counterarguments but do not refute them (Stiff & Mongeau, 2003). In short, by clearly showing an audience why one position is superior to another, speakers do not leave an audience to fill in the blanks of an argument, which could diminish the persuasive opportunity.

Pathos refers to emotional appeals. Aristotle was suspicious of too much emotional appeal, yet this appears to have become more acceptable in public speaking. Stirring emotions in an audience is a way to get them involved in the speech, and involvement can create more opportunities for persuasion and action. Reading in the paper that a house was burglarized may get your attention, but think about how different your reaction would be if you found out it was your own home. Intentionally stirring someone's emotions to get them involved in a message that has little substance would be unethical. Yet such spellbinding speakers have taken advantage of people's emotions to get them to support causes, buy products, or engage in behaviors that they might not otherwise, if given the chance to see the faulty logic of a message.

Effective speakers should use emotional appeals that are also logically convincing, since audiences may be suspicious of a speech that is solely based on emotion. Emotional appeals are effective when you are trying to influence a behavior or you want your audience to take immediate action (Stiff & Mongeau, 2003). Emotions lose their persuasive effect more quickly than other types of persuasive appeals. Since emotions are often reactionary, they fade relatively quickly when a person is removed from the provoking situation (Fletcher, 2001).

Emotional appeals are also difficult for some because they require honed delivery skills and the ability to use words powerfully and dramatically. The ability to use vocal variety, cadence, and repetition to rouse an audience's emotion is not easily attained. Think of how stirring Martin Luther King Jr.'s "I Have a Dream" speech was due to his ability to evoke the emotions of the audience. Dr. King used powerful and creative language in conjunction with his vocalics to deliver one of the most famous speeches in our history. Using concrete and descriptive examples can paint a picture in your audience member's minds. Speakers can also use literal images, displayed using visual aids, to appeal to pathos.

Speakers should strive to appeal to ethos, logos, and pathos within a speech. A speech built primarily on ethos might lead an audience to think that a speaker is full of himself or herself. A speech full of facts and statistics appealing to logos would result in information overload. Speakers who rely primarily on appeals to pathos may be seen as overly passionate, biased, or unable to see other viewpoints.

Review of Ethos, Logos, and Pathos

1. Ethos relates to the credibility of a speaker. Speakers develop ethos by
 - appearing competent, trustworthy, and dynamic;
 - sharing their credentials and/or relevant personal experience;
 - presenting a balanced and noncoercive argument;
 - citing credible sources;
 - using appropriate language and grammar;
 - being perceived as likable; and

- appearing engaged with the topic and audience through effective delivery.
2. Logos relates to the reasoning and logic of an argument. Speakers appeal to logos by
- presenting factual, objective information that serves as reasons to support the argument;
 - presenting a sufficient amount of relevant examples to support a proposition;
 - deriving conclusions from known information; and
 - using credible supporting material like expert testimony, definitions, statistics, and literal or historical analogies.
3. Pathos relates to the arousal of emotion through speech. Speakers appeal to pathos by
- using vivid language to paint word pictures for audience members;
 - providing lay testimony (personal stories from self or others);
 - using figurative language such as metaphor, similes, and personification; and
 - using vocal variety, cadence, and repetition.

Dissonance, Motivation, and Needs

Aristotle's three rhetorical proofs—ethos, logos, and pathos—have been employed as persuasive strategies for thousands of years. More recently, persuasive strategies have been identified based on theories and evidence related to human psychology. Although based in psychology, such persuasive strategies are regularly employed and researched in communication due to their role in advertising, marketing, politics, and interpersonal relationships. The psychologically based persuasive appeals we will discuss are cognitive dissonance, positive and negative motivation, and appeals to needs.

Cognitive Dissonance

If you've studied music, you probably know what dissonance is. Some notes, when played together on a piano, produce a sound that's pleasing to our ears. When dissonant combinations of notes are played, we react by wincing or cringing because the sound is unpleasant to our ears. So dissonance is that unpleasant feeling we get when two sounds clash. The same principle applies to cognitive dissonance, which refers to the mental discomfort that results when new information clashes with or contradicts currently held beliefs, attitudes, or values. Using cognitive dissonance as a persuasive strategy relies on three assumptions: (1) people have a need for consistency in their thinking; (2) when inconsistency exists, people experience psychological discomfort; and (3) this discomfort motivates people to address the inconsistency to restore balance (Stiff & Mongeau, 2003). In short, when new information clashes with previously held information, there is an unpleasantness that results, as we have to try to reconcile the difference.

Cognitive dissonance isn't a single-shot persuasive strategy. As we have learned, people are resistant to change and not easy to persuade. While we might think that exposure to conflicting information would lead a rational person to change his or her mind, humans aren't as rational as we think.



Figure: New, larger, and more graphic warning labels on cigarette packaging are meant to induce cognitive dissonance. Mettamatt – Smoking ad campaign – CC BY-SA 2.0.

There are many different mental and logical acrobatics that people do to get themselves out of dissonance. Some frequently used strategies to resolve cognitive dissonance include discrediting the speaker or source of information, viewing yourself as an exception, seeking selective information that supports your originally held belief, or intentionally avoiding or ignoring sources of cognitive dissonance (Cooper & Nothstine, 1996). As you can see, none of those actually results in a person modifying their thinking, which means persuasive speech goals are not met. Of course, people can't avoid dissonant information forever, so multiple attempts at creating cognitive dissonance can actually result in thought or behavior modification.

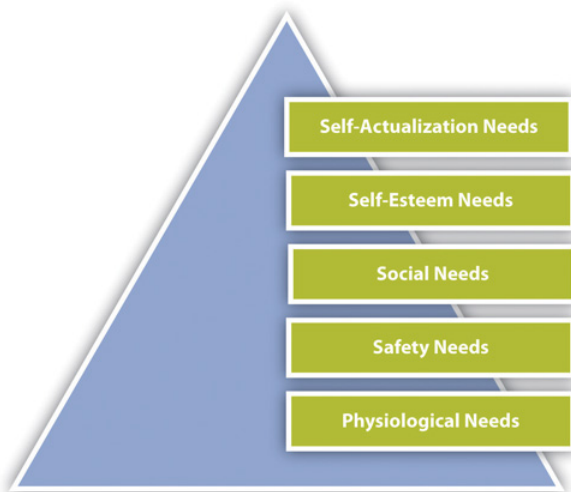
Positive and Negative Motivation

Positive and negative motivation are common persuasive strategies used by teachers, parents, and public speakers. Rewards can be used for positive motivation, and the threat of punishment or negative consequences can be used for negative motivation. We've already learned the importance of motivating an audience to listen to your message by making your content relevant and showing how it relates to their lives. We also learned an organizational pattern based on theories of motivation: Monroe's Motivated Sequence. When using positive motivation, speakers implicitly or explicitly convey to the audience that listening to their message or following their advice will lead to positive results. Conversely, negative motivation implies or states that failure to follow a speaker's advice will result in negative consequences. Positive and negative motivation as persuasive strategies match well with appeals to needs and will be discussed more next.

Appeals to Needs

Maslow's hierarchy of needs states that there are several layers of needs that human beings pursue. They include physiological, safety, social, self-esteem, and self-actualization needs (Maslow, 1943). Since these needs are fundamental to human survival and happiness, tapping into needs is a common persuasive strategy. Appeals to needs are often paired with positive or negative motivation, which can increase the persuasiveness of the message.

Figure 11.3 Maslow's Hierarchy of Needs



Physiological needs form the base of the hierarchy of needs. The closer the needs are to the base, the more important they are for human survival. Speakers do not appeal to physiological needs. After all, a person who doesn't have food, air, or water isn't very likely to want to engage in persuasion, and it wouldn't be ethical to deny or promise these things to someone for persuasive gain. Some speakers attempt to appeal to self-actualization needs, but I argue that this is difficult to do ethically. Self-actualization refers to our need to achieve our highest potential, and these needs are much more intrapersonal than the others. We achieve our highest potential through things that are individual to us, and these are often things that we protect from outsiders. Some examples include pursuing higher education and intellectual fulfillment, pursuing art or music, or pursuing religious or spiritual fulfillment. These are often things we do by ourselves and for ourselves, so I like to think of this as sacred ground that should be left alone. Speakers are more likely to be successful at focusing on safety, social, and self-esteem needs.

We satisfy our safety needs when we work to preserve our safety and the safety of our loved ones. Speakers can combine appeals to safety with positive motivation by presenting information that will result in increased safety and security. Combining safety needs and negative motivation, a speaker may convey that audience members' safety and security will be put at risk if the speaker's message isn't followed. Combining negative motivation and safety needs depends on using some degree of fear as a motivator. Think of how the insurance industry relies on appeals to safety needs for their business. While this is not necessarily a bad strategy, it can be done more or less ethically.

Ethics of Using Fear Appeals

- Do not overuse fear appeals.
- The threat must be credible and supported by evidence.
- Empower the audience to address the threat.

I saw a perfect example of a persuasive appeal to safety while waiting at the shop for my car to be fixed. A pamphlet cover with a yellow and black message reading, "Warning," and a stark black and white picture of a little boy picking up a ball with the back fender of a car a few feet from his head beckoned to me from across the room. The brochure was produced by an organization called Kids and Cars, whose tagline is "Love them, protect them." While the cover of the brochure was designed to provoke the receiver and compel them to open the brochure, the information inside met the ethical guidelines for using fear appeals. The first statistic noted that at least two children a week are killed when they are backed over in a driveway or parking lot. The statistic is followed by safety tips to empower the audience to address the threat. You can see a video example of how this organization effectively uses fear appeals in Video 11.1.

Video Clip 11.1





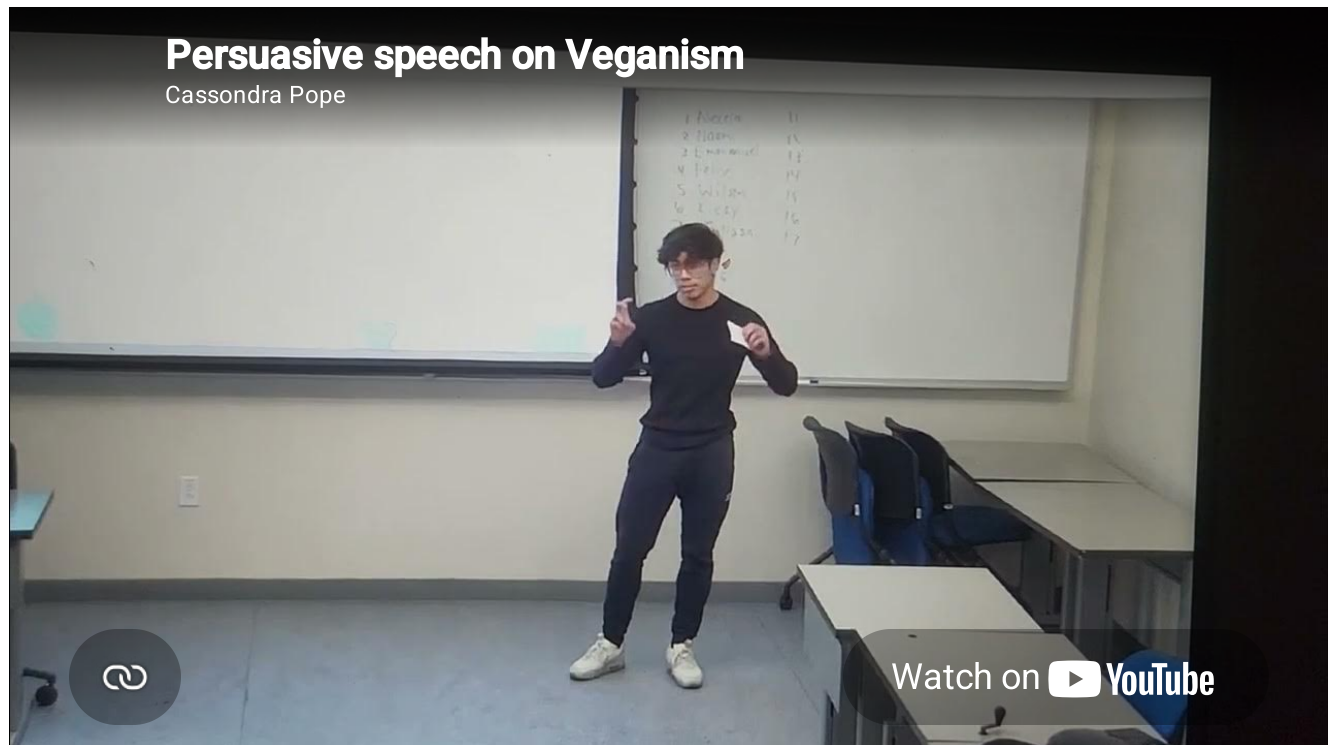
This video illustrates how a fear appeal aimed at safety needs can be persuasive. The goal is to get the attention of audience members and compel them to check out the information the organization provides. Since the information provided by the organization supports the credibility of the threat, empowers the audience to address the threat, and is free, this is an example of an ethical fear appeal.

Our social needs relate to our desire to belong to supportive and caring groups. We meet social needs through interpersonal relationships ranging from acquaintances to intimate partnerships. We also become part of interest groups or social or political groups that help create our sense of identity. The existence and power of peer pressure is a testament to the motivating power of social needs. People go to great lengths and sometimes make poor decisions they later regret to be a part of the “in-group.” Advertisers often rely on creating a sense of exclusivity to appeal to people’s social needs. Positive and negative motivation can be combined with social appeals. Positive motivation is present in messages that promise the receiver “in-group” status or belonging, and negative motivation can be seen in messages that persuade by saying, “Don’t be left out.” Although these arguments may rely on the bandwagon fallacy to varying degrees, they draw out insecurities people have about being in the “out-group.”

We all have a need to think well of ourselves and have others think well of us, which ties to our self-esteem needs. Messages that combine appeals to self-esteem needs and positive motivation often promise increases in respect and status. A financial planner may persuade by inviting a receiver to imagine prosperity that will result from accepting his or her message. A publicly supported radio station may persuade listeners to donate money to the station by highlighting a potential contribution to society. The health and beauty industries may persuade consumers to buy their products by promising increased attractiveness. While it may seem shallow to entertain such ego needs, they are an important part of our psychological makeup. Unfortunately, some sources of persuasive messages are more concerned with their own gain than the well-being of others and may take advantage of people’s insecurities in order to advance their persuasive message. Instead, ethical speakers should use appeals to self-esteem that focus on prosperity, contribution, and attractiveness in ways that empower listeners.

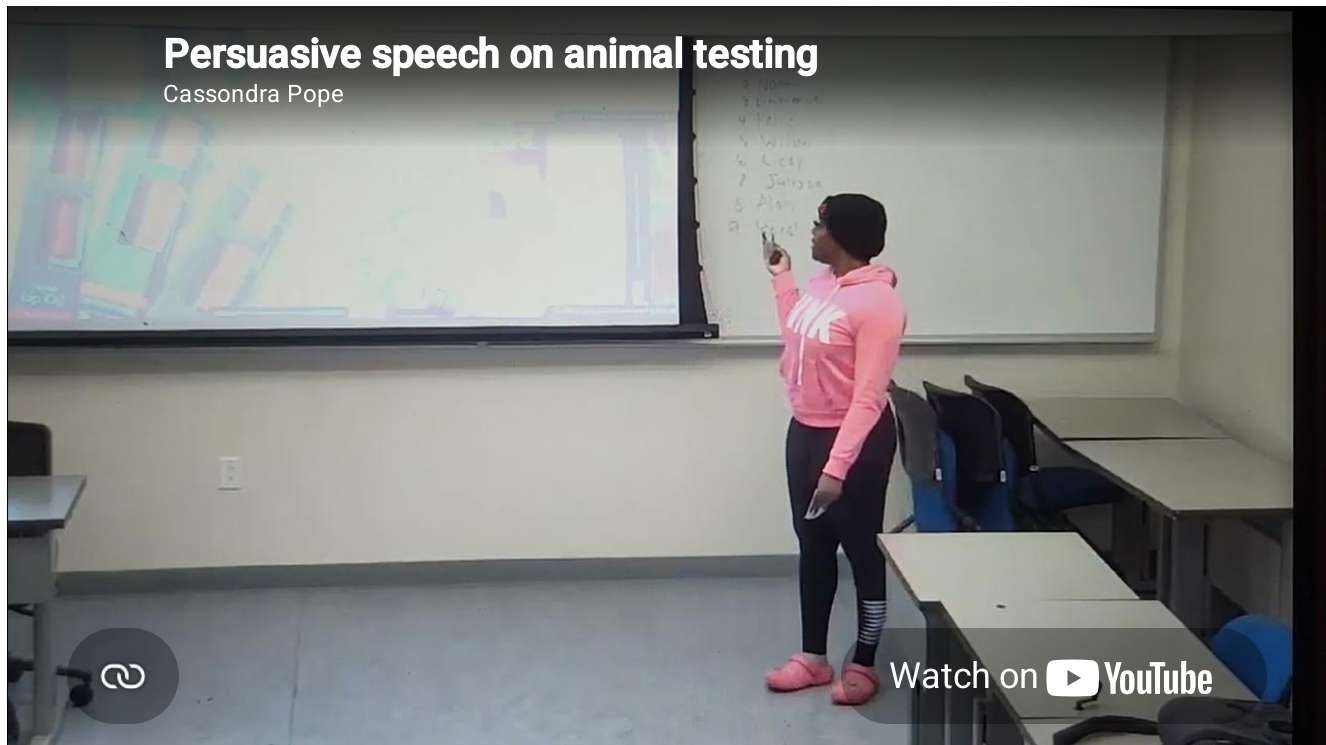
Review of Persuasive Strategies

- **Ethos.** Develops a speaker’s credibility.
- **Logos.** Evokes a rational, cognitive response from the audience.
- **Pathos.** Evokes an emotional response from the audience.
- **Cognitive dissonance.** Moves an audience by pointing out inconsistencies between new information and their currently held beliefs, attitudes, and values.
- **Positive motivation.** Promises rewards if the speaker’s message is accepted.
- **Negative motivation.** Promises negative consequences if a speaker’s message is rejected.
- **Appeals to safety needs.** Evokes an audience’s concern for their safety and the safety of their loved ones.
- **Appeals to social needs.** Evokes an audience’s need for belonging and inclusion.
- **Appeals to self-esteem needs.** Evokes an audience’s need to think well of themselves and have others think well of them, too.

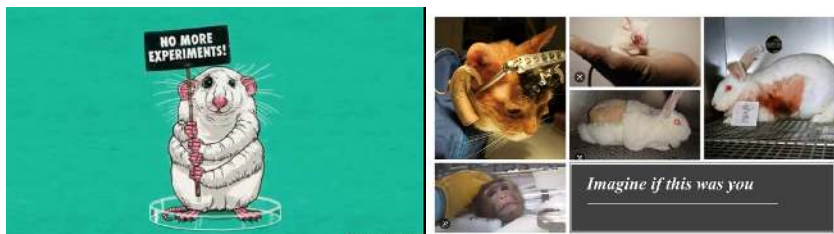


Images from his slide show:





Images from her slide show:



“Getting Competent”

Identifying Persuasive Strategies in Mary Fisher’s “Whisper of AIDS” Speech

Mary Fisher’s speech at the 1992 Republican National Convention, “A Whisper of AIDS,” is one of the most moving and powerful speeches of the past few decades. She uses, more than once, all the persuasive strategies discussed in this chapter. The video and transcript of her speech can be found at the following link: <http://www.americanrhetoric.com/speeches/maryfisher1992rnc.html>. As you watch the speech, answer the following questions:

1. **Ethos.** List specific examples of how the speaker develops the following dimensions of credibility: competence, trustworthiness, and dynamism.
2. **Logos.** List specific examples of how the speaker uses logic to persuade her audience.
3. **Pathos.** How did the speaker appeal to emotion? What metaphors did she use? What other communicative strategies (wording, imagery, etc.) appealed to your emotions?
4. List at least one example of how the speaker uses positive motivation.
5. List at least one example of how the speaker uses negative motivation.
6. List at least one example of how the speaker appeals to safety needs.
7. List at least one example of how the speaker appeals to social needs.
8. List at least one example of how the speaker utilizes cognitive dissonance.

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Key Takeaways

- Ethos refers to the credibility of a speaker and is composed of three dimensions: competence, trustworthiness, and dynamism. Speakers develop ethos by being prepared, citing credible research, presenting information in a nonmanipulative way, and using engaging delivery techniques.
- Logos refers to the reasoning or logic of an argument. Speakers appeal to logos by presenting factual objective information, using sound reasoning, and avoiding logical fallacies.
- Pathos refers to emotional appeals. Speakers appeal to pathos by using vivid language, including personal stories, and using figurative language.
- Cognitive dissonance refers to the mental discomfort that results from new information clashing with currently held beliefs, attitudes, or values. Cognitive dissonance may lead a person to be persuaded, but there are other ways that people may cope with dissonance, such as by discrediting the speaker, seeking out alternative information, avoiding sources of dissonance, or reinterpreting the information.
- Speakers can combine positive and negative motivation with appeals to safety, social, or self-esteem needs in order to persuade.

Exercises

1. Ethos, or credibility, is composed of three dimensions: competence, trustworthiness, and dynamism. Of those dimensions, which is most important for you when judging someone’s credibility and why?

2. Recount a time when you experienced cognitive dissonance. What was the new information and what did it clash with? What coping strategies, of the ones discussed in the chapter, did you use to try to restore cognitive balance?
3. How ethical do you think it is for a speaker to rely on fear appeals? When do fear appeals cross the line?
4. Imagine that you will be delivering a persuasive speech to a group of prospective students considering attending your school. What could you say that would appeal to their safety needs? Their social needs? Their self-esteem needs?

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