

# Extempore Speech

## Tips for Extempore Speech preparation

**Tip # 1** Set up your extemp to start with a good summation that grabs the attention, then state the theme in one sentence.

**Tip # 2** Develop between three and five main points and make sure each one is a single, clear, self contained idea.

**Tip # 3** Make sure that each one is related to your main thesis statement and that it reminds the audience what your key note point is.

**Tip # 4** Make sure every point leads smoothly and sensibly into the next one – no non sequiturs here. No ‘bridges’ that do not make sense.

**Tip # 5** All your sub points must contain new information or details not stated in the main points. Their job is to describe, explain, or otherwise support your main points. For the conclusion, don’t just summarize. But also analyse and provide a judgement on each conclusion.

**Tip # 6** Come back to the introduction and reinforce your thesis statement, connect the interests and needs of the audience to the theme, then go back over the major points of your speech, finishing up neatly.

**Tip # 7** Stick to using simple words, and don’t try to impress with complex topics for an extemporaneous. There is a bigger chance that you will end up stumbling over them or that your speech will fall flat.

**Tip # 8** It’s all about producing topics for an extemporaneous that get strictly to the point. If you’re feeling nervous, put your hands in your pockets or on front of the table in front of you, and don’t be afraid to let people know.

**Tip # 9** Keep comments about your nervousness short and to the point. They will probably get a chuckle, they will understand, and you’ll feel a little better.

**Tip # 10** Do not go on and on, though, or stop dead. Go right to what you need to say. Conclude, restate, smile and just stick to that!

## How To Deliver

This is about time management, practicing and repeating, and the delivery:

## **EXAMPLE**

### **CULTURAL INFLUENCES ON EATING DISORDERS**

#### **Introduction**

Our society's standards for beauty nowadays have been so distorted by media that ideal beauty has become impossible for normal women to achieve. Yes, the ideal beauty has turned into an impossible combination of made-up standards that many sort to drastic measures just to feel accepted by their peers and be admired by society.

In a survey sponsored by People Magazine, 80% of women respondents said that images of women on television and in the movies make them feel insecure. Furthermore, four out of five US women are dissatisfied with their appearance.

Is it because 80% of American women are unattractive? We know that is not the case. But because our need for belongingness and approval is so great, especially during adolescence, many young people realize they just cannot achieve our standards for beauty, making them feel inadequate and ugly.

#### **Body**

##### **I. What is an eating disorder?**

In our society, you've got to be as skinny as possible to be considered sexy. Nowonder many would starve themselves and feel guilty for consuming the calories their bodies need to function well.

Eating Disorders refer to a range of conditions which involve an obsession with appearance, weight and food to the degree that one's daily activities, interactions and health become adversely affected. Some victims of eating disorders restrict food intake, some binge on food, some purge themselves after binging and abuse laxatives. There are those who compulsively overeat while others exercise excessively. When untreated, eating disorders can cause physical problems, mood swings, and even potential death.

In the US alone, about 10 million women and 1 million men suffer from an eating disorder. Women are especially prone to having eating disorders while the number of men with the condition has also grown considerably in last ten years.

##### **II. What are the factors behind eating disorders?**

Eating Disorders are not just about weight and food issues. These conditions often develop as a way of coping with depression, stress, emotional pain, and low self-esteem.

Many people suffering from eating disorders seem emotionally healthy, enjoy success and seem happy with their lives. According to Eating Disorder Foundation, the condition is an external solution to inner turmoil. One's inner turmoil may be caused by feelings of inadequacy, anxiety, anger and loneliness. Some are caused by problems with personal relationships, being ridiculed or having experienced physical and sexual abuse. In almost all of these psychological factors, low self-esteem can be a cause or an effect of any of them.

Scientists are still trying to find out the biological causes of eating disorders, perhaps some chemical imbalance in the brain that make people lose control over hunger and appetite. But strong evidence is yet to be established.

### III. How do cultural influences affect people's self-image?

People's low self-esteem and all the psychological issues related to the problem are strongly influenced by a person's socio-cultural background. We will see how strongly our pop culture affects people's ideals in a study published in 1999 which exposed people in Fiji to Western television for 38 months. Before they watched television, the participants believed that the ideal body was round, plump and soft. After the experiment, however, interviews reveal that there was a sharp decrease in their self-esteem. Furthermore, an increase in symptoms of eating disorders had been observed among teenage girls.

These teenage girls in Fiji had only been exposed to our culture for 36 months and they already developed lower self-esteem and manifested symptoms of eating disorders. Now, consider what effect our culture has on us who have been wallowing in our thinness-glorifying culture all our lives.

### **Conclusion**

Our cultural norms determine people's worth in terms of physical appearance, while generally ignoring inner qualities and strengths. Because our culture's ideals for beauty are impossible to achieve by any healthy means, those who are emotionally vulnerable, those who seek more attention and acceptance, those who feel insecure only want to give society what it requires.

### **Works Cited**

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### **Extempore Speech Topics**

1. I'm Just A Paperboy Now, Will I Become A Millionaire?
2. Who Is The Laziest Person On The Campus And Why?
3. Who Is The Best Songwriter?
4. Could We Really Say To Our Bosses What's On Our Mind?
5. What Television Program Should Be Banned And Why?

### **Manuscript Speech**

Manuscript speaking is generally employed during official meetings, conferences, and in instances where the subject matter of the speech needs to be recorded. It is used especially when there is time constraint, and the content of the talk is of prime importance. Conveying precise and to the point messages is the natural purpose of this speech. Public officials speaking at conferences, and their speech being telecast, is a significant example.

### **Tips for an Appealing Manuscript Speech**

1. Use a light pastel paper in place of white paper to lessen the glare from lights.
2. Make sure that the printed or written speech is in a bigger font size than normal, so that you can comfortably see what you are reading, which would naturally keep you calm.
3. Mark the pauses in your speech with a slash, and highlight the important points.
4. You can even increase the spacing between words for easier reading (by double or triple spacing the text).

5. Highlight in bold the first word of a new section or first sentence of a paragraph to help you find the correct line faster.
6. Don't try to memorize the text, highlights, or the pauses. Let it come in the flow of things.
7. Practice reading it out aloud several times, or as many times as you can.
8. Try keeping a smile on your face while reading.
9. Keep in mind that a manuscript speech does not mean 'mere reading out'. Maintaining frequent eye contact with the audience helps involving them into the subject matter.

### **Manuscript speech topics**

1. A report read out by a Chief Engineer at an Annual General Meeting.
2. A President's or Prime Minister's address to the Parliament of a foreign nation.
3. A televised news report seen on television.
4. A speech given at a wedding by a best man, or during a funeral.
5. A religious proclamation issued by any religious leader.
6. A speech in honor of a well-known and revered person.

#### Example

Listen to the following speech

<https://www.youtube.com/watch?v=Ip4Sp5aETsE>