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CO210 Course Reflection

In this course we did a lot of discussion how to stand up on front and present a speech. We din exercises that prepare ourselves before going up front. Some are the ABC pronunciations. We tried to correct all our miss pronunciations especially to the English vowels. We learned how to control nervousness by doing these exercises. Every speech I gain confidence throughout the semester. I believed the voicing out my self is my greatest problem now. Because when it comes to confidence I was able to stand there in front and even I am nervous I could manage just to smile. Voicing out makes me uncomfortable, although I really need it to release some of the emotions that I was talking about, it just wash me away. Every time I want my self to speak louder I just forgot all the thoughts, I really wonder if it is because of being introvert or so. In fact that all the ides are in my mind, whenever I try to voice it out, it constantly erases in my mind. It’s a really hard problem. I believe my hand movements are fine because of the feedbacks I received from the past speeches throughout the semester. What had happened in my final speech is an extreme nervous breakdown. I can’t believe that that in all of my speeches why it would have to be the final one. I prepared so much; I keep on practicing; Doing rehearsal till morning, and I still failed to deliver it smoothly. But of course I need to keep on going. I manage to use some of the lectures that we have tackled in class that “nervousness has an outlet,” when my instructor ask me to go out and keep myself comfortable I run really far to take out my un necessary energy and calm my nervousness. Yes it was effective, although I keep on catching my breath while speaking. Still, I did not deliver the monologue as well as I was practicing it. But for me this mistake will make be a better person because like Cameron said in the TED Talk, “making mistake is an option, fear is not,” so this will sink in my mind after taking this semester and this class.