Practically Speaking Seminar
Practically Speaking is a limited seven-week group experience for 14 SJSU graduate students to enhance their impromptu public speaking skills and develop lifelong communication tools for their professional and academic life. Impromptu speaking is speaking with no preparation for a short time of about 1- to 3-minutes. Impromptu speaking is different from giving prepared speeches, where you write and practice a speech before giving it. Please note we will not be giving or writing any prepared (or long) speeches. This group will work on developing the skills needed to speak spontaneously in an organized and compelling way. We will practice speech structure, audience awareness, vocal variety, and body language. Check out our website’s Special Programs section for more information and how to apply.

SJSU Communication Center
The SJSU Communication Center offers free individual peer coaching to enrich and support your experience in oral communication and presentation skills. They are located in Hugh Gillis Hall 229. They are currently hosting their appointments on Zoom. Find their fall start date on their website here.

Career Center for Interview Practice
You can make one-on-one appointments with a career counselor to practice interview questions and get help with your resume. Current undergraduate students can request Zoom appointments through Handshake; recent alumni and graduate students can mail careerhelp@sjsu.edu to schedule an appointment.

Toastmasters International
The Toastmasters' club mission is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills. At meetings, members can practice impromptu speaking and prepared speaking. They also can have various leadership roles during the meetings. The local Toastmasters District also holds several contests, trainings, and other area events. Check out this video for some direct testimonials of the benefits of Toastmasters.

Spartan Toastmasters
SJSU has a club on campus called Spartan Toastmasters, which meets on Monday nights. They are meeting on Zoom during COVID-19. Here is their Facebook group https://www.facebook.com/spartanstoastmasters, and their email is spartanstoastmasters@gmail.com. There are clubs everywhere and every day of the week! You can find a club near you through their website.

“Speech is power: speech is to persuade, to convert, to compel.”
- Ralph Waldo Emerson
# Free Online Resources

YouTube has a wide range of videos on a myriad of public speaking topics. You can find speeches, analysis, and tips. We have selected a few on high-interest topics to showcase the variety.

## How to Become Confident on Stage:
- [Speaking Up Without Freaking Out](https://www.youtube.com/watch?v=1234567890) | Matt Abrahams | TEDx
- [How to speak up when you feel like you can’t](https://www.youtube.com/watch?v=0987654321) | Adam Galinsky | TEDxNewyork
- [The 7 secrets of the greatest speakers in history](https://www.youtube.com/watch?v=0987654321) | Richard Greene | TEDxOrangeCoast

## Connecting with Your Audience:
- [Dananjaya Hettiarachchi: How do you Use Emotions Effectively in Story Telling](https://www.youtube.com/watch?v=0987654321)
- [How to speak so that people want to listen](https://www.youtube.com/watch?v=0987654321) | Julian Treasure

## Gestures:
- [7 Hand Gestures You Should Be Using](https://www.youtube.com/watch?v=0987654321)
- [The 4 Public Speaking Gestures And How To Use Them](https://www.youtube.com/watch?v=0987654321)

## Body Language:
- [Body language, the power is in the palm of your hands](https://www.youtube.com/watch?v=0987654321) | Allan Pease | TEDX
- [4 essential body language tips from a world champion public speaker](https://www.youtube.com/watch?v=0987654321)
- [Gia Goodrich | How to Look Better on Zoom](https://www.youtube.com/watch?v=0987654321) | [Light & Angle Your Screen](https://www.youtube.com/watch?v=0987654321)

## Stage Use:
- [What are some good stage presence tips for speaking on stage?](https://www.youtube.com/watch?v=0987654321)
- [14 Uses of the Stage](https://www.youtube.com/watch?v=0987654321)

## Vocal Variety:
- [How Your Voice Shapes Your Communication Image](https://www.youtube.com/watch?v=0987654321) | Wendy LeBorgne | TEDx
- [Vocal Variety Tips](https://www.youtube.com/watch?v=0987654321)
- [Creating Vocal Variety](https://www.youtube.com/watch?v=0987654321)
- [Voice Training: How to Get Rid of a Monotonous Voice to Speak with Passion & Conviction](https://www.youtube.com/watch?v=0987654321)

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"Be sincere; be brief; be seated."

- Franklin D. Roosevelt
Writing Center Services

Online Tutoring
45-minute one-on-one tutoring sessions for all SJSU students*
Monday to Thursday, from 10:00 AM to 9:00 PM
Friday, from 10:00 AM to 3:00 PM

Ask a Tutor (Live Chat)
Service for asking brief writing-related live questions to available tutors--no appointment necessary.

Workshops
One-hour group seminars that focus on specific writing topics; click here to view the full list of available topics.

Online Writing Resources
Comprehensive bank of online resources, printable handouts, video tutorials, and links to information on many documentation styles.

*Additional sessions available for AEC and graduate students.