

COURSE OUTLINE

Revision: Katherine Pellman, May 2008

DEPARTMENT:	Academic Programs
CURRICULUM:	Communications
COURSE TITLE:	Overcoming Speech Anxiety
COURSE NUMBER:	CMST 115
TYPE OF COURSE:	Academic Transfer
COURSE LENGTH:	1 quarter
CREDIT HOURS:	5
LECTURE HOURS:	55
LAB HOURS:	NA
CLASS SIZE:	20
PREREQUISITES:	Placement into ENGL 095/098

COURSE DESCRIPTION:

Specifically designed for individuals who have apprehension or nervousness about giving presentations and working within groups. Examines the assumptions, experiences, and the processes associated with public speaking anxiety and develops strategies for coping. Facilitates the evolution of the public speaking experience from apprehension to self-assertiveness, self-esteem, and cross-cultural awareness in their own communication perspectives, expectations and proficiencies. Highly recommended for English language learners and international students as well as native speakers.

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STUDENT LEARNING OUTCOMES ADDRESSED:

1. Communication-Read and listen actively to learn and communicate. Speak and write effectively for personal, academic and career purposes.
2. Human Relations-Use social interactive skills to work in groups effectively. Recognize the diversity of cultural influences and values.
3. Critical Thinking and Problem Solving- Think critically in evaluating information, solving problems and making decisions.
4. Technology-Select and use appropriate technological tools for personal, academic and career tasks.
5. Personal Responsibility- Be motivated and able to continue learning and adapt to change. Value one's own skills, abilities, ideas and art. Take pride in one's work.
6. Information Literacy- Access and evaluate information from a variety of sources and contexts, including technology.

GENERAL COURSE OBJECTIVES:

At the end of the course the student will:

1. Describe and follow practical strategies and techniques for overcoming apprehension or nervousness about giving presentations and/or working with others.
2. Synthesize and assess basic principles and processes for delivering effective presentations, as well as for developing collaborative interpersonal relationships.
3. Develop and apply critical observation and evaluation skills.

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TOPICAL OUTLINE:	APPROX. HOURS
I. What makes speakers anxious.	3
II. Pinpointing the onset of public speaking anxiety	3
III. Strategies for getting started with confidence	4
IV. Speaking and listening	5
a. speaking in public	
b. ethics and public speaking	
c. listening	
V. Speech Preparation	10
a. selecting a topic and purpose	
b. analyzing the audience	
c. gathering materials	
d. supporting ideas	
VI. Speech Preparation: Organizing and Outlining	10
a. organizing the body of the speech	
b. beginning and ending the speech	
c. outlining the speech	
VII. Presenting the speech	5
a. using language	
b. delivery	
c. using visual aids	
VIII. Varieties of public speaking	10
a. speaking to inform	
b. speaking to persuade	
c. methods of persuasion	
d. speaking on special occasions	
IX. Speeches for Analysis and Discussion	5

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SLO #	Included in Course Objective Number	SSCC Student Learning Outcomes
SLO 1.1	1	Communication - Read and listen actively
SLO 1.2	1	Communication - Speak and write effectively
SLO 2.1		Computation - Use mathematical operations
SLO 2.2		Computation - Apply quantitative skills
SLO 2.3		Computation - Identify, interpret, and utilize higher level mathematical and cognitive skills
SLO 3.1	2	Human Relations - Use social interactive skills to work in groups effectively
SLO 3.2	2	Human Relations - Recognize the diversity of cultural influences and values
SLO 4.1	3	Critical Thinking and Problem Solving -
SLO 5.1	4	Technology - Select and use appropriate technological tools
SLO 6.1	5	Personal Responsibility - Be motivated and able to continue learning and adapt to change
SLO 6.2	5	Personal Responsibility - Value one's own skills, abilities, ideas and art
SLO 6.3	5	Personal Responsibility - Take pride in one's work
SLO 6.4		Personal Responsibility - Manage personal health and safety
SLO 6.5		Personal Responsibility - Be aware of civic and environmental issues
SLO 7.1	6	Information Literacy - Access and evaluate information
SLO 7.2		Information Literacy - Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society

PREPARED BY:
 Katherine Pellman and Jan Oehlschlaeger
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