

## Speech #1: Coat of Arms

**PURPOSE:** The purpose of this speech is to give you an opportunity to begin speaking to the class. In addition, you will tell us about yourself by showing us your own personal "coat of arms" that you design yourself. Include three symbols that represent you. Each symbol should help us to understand the people, activities, and perhaps the values you think are important. Possible symbols you might use could represent:

-- a family member or friend (notable memory, etc.) -- your hometown (what it is known for, what people do there) -- a memorable experience you have had (vacation, concert, evening out, day at work, etc.) -- a recent accomplishment -- a challenge or tragedy you have faced -- a hobby, skill, or talent you possess

In each case you should tell us in what way your family, hometown, some experience, hobby, or accomplishment (etc.) tells us something about you. How does this person, place, or experience help us to understand you better? Ideally, focus on one day or event rather than weeks or years of time to illustrate points. Include details: the actions and dialog of people involved in an event, particular images, sounds, or smells which help us "see" a place, thoughts and feelings you had during a moment of accomplishment or challenge.

Also consider how the three symbols might be tied together with a unifying theme, idea, or value. This theme should help serve as an introduction and conclusion of the speech and give it a sense of wholeness.

Length: Four Minutes. You will have a grace period of 30 seconds either way of the time limit. You should spend time developing your supporting materials, planning the speech, and rehearsing it out loud.

**EVALUATION:** You will be evaluated on the following elements -

**Introduction:** did the opening sentence engage audience interest; was the theme stated clearly; was there a clear preview of the main points?

**Organization:** were the main points clear; were the main points logically organized; were the main points related to the theme; were the transitions between main points smooth; were supporting details pertinent?

**Conclusion:** was the significance of the theme emphasized or maintained; was a sense of closure conveyed?

**Delivery:** did the speaker maintain eye contact; did the speaker vary her/his volume and pitch; was the speaking rate appropriate (not too slow or fast); was the speaker's volume appropriate; were the speaker's stance and movement appropriate; did the speaker avoid vocal distractions (er, um, ah, etc.); did the speaker have adequate enthusiasm?

Did the speech show adequate preparation? Were notes used effectively? Was a visual aid used effectively (not too small or light)? Was the speech within time limits?

## Coat of Arms: Sample Outline

### I. Overview

A. Attention Step: Tell story about dad dying and William

B. Overview Coat of Arms

### II. Body

**A. Family:** My family sticks together, even when we tend to hate each other. This is important to me because when I die, I want to have someone there with me, to help me understand that I meant something, that I mattered. I want them to know it too! Once a year I visit down in Florida for Christmas and there always seems to be a fight, but we all do it each year because the stress of not doing it is greater than the stress of doing it. We want to like each other, but more than that we need to show we care as much as we yearn to be cared for. I write my mom a letter every year telling her why she matters to me and to the family. She always cries and tells me it is her favorite present. I hate the crying, but want her to know that she means as much to me as my dad meant and that even though we may not always say it, she really did a good job in raising- what must seem at times -a very dysfunctional family.

**B. Friends:** They are as important as family to me. You don't get to choose who you grow up with, but you do get to choose who you want to bond with. My real friends are few, but they know how to make you laugh, and know how to make you realize how to understand life. They talk to you and forgive who you are, even when your family or your spouse may not.

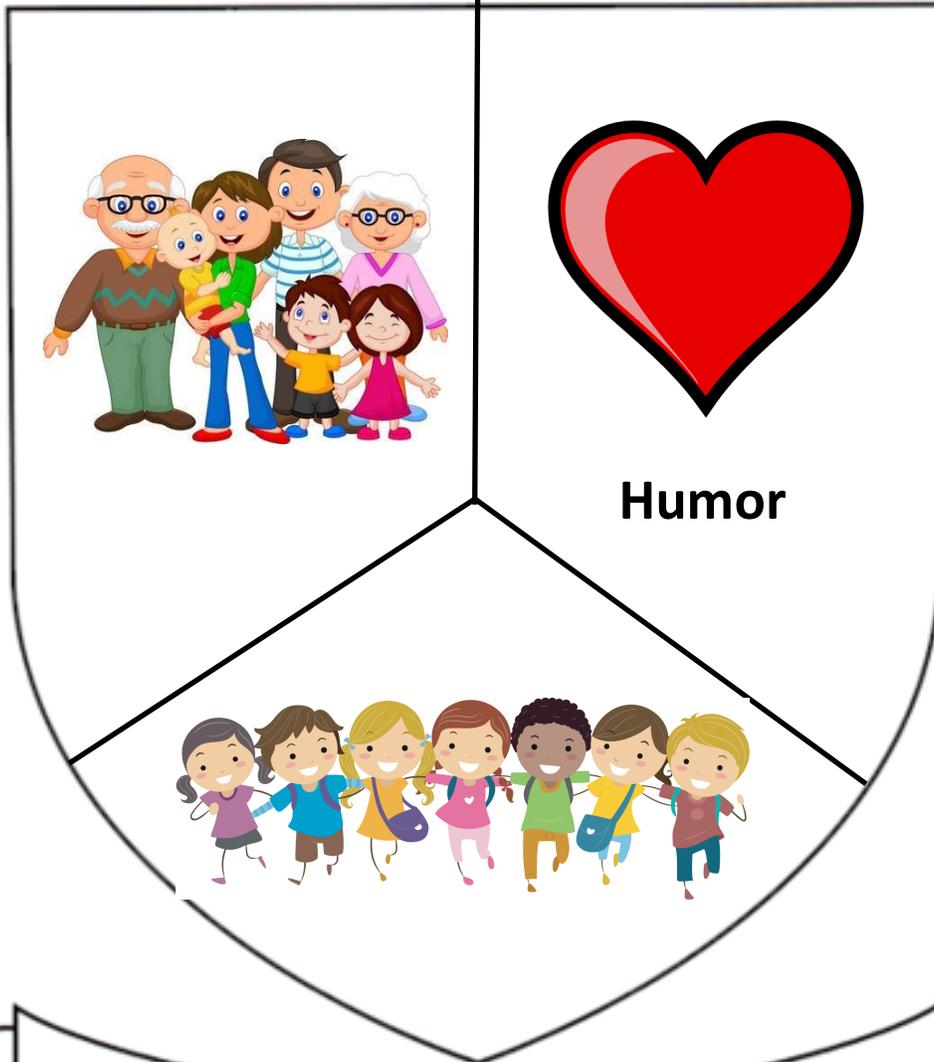
My best friend is a person named Jodi. In November I was in Chicago for a convention and I met up with her and her best friend Vicky. I drank too much and think that a cup of coffee I had had caffeine in it. I ended up having the most severe panic attack I have ever had which landed me in the hospital. I am sure that the people at the hotel were wondering why my best friend was taking pictures of the ambulance as it hauled me away, but she knew I was prone to these attacks and wanted to forever harass me about it.

**C.** This leads me to my final point. The last image I have is that of a heart with the word "humor" on top of it. I realized long ago that I needed to strike a balance between what I need to take seriously, and how to learn to laugh about things I cannot change. Life will go on after I am gone, but in my brief time on earth, I don't want to dwell too much on problems, but enjoy and laugh about the instances that really matter, hanging out with those whom I enjoy, finding fulfilling activities, and learning to enjoy the joy that comes about in everyday interactions.

### III. Conclusion

**A. Brakelight Function:** Today I discussed three icons that make me who I am today, my family, my friends, and my outlook for life that has been shaped by both of them. This leads me into the final part of my speech, my motto for life.

**B.** My motto states, "Quit Searching and Start Living" My dad was cut short in his life and we all did our best to make sure he lived his life completely. I owe it to his memory to learn how to do the best I can in life and appreciate all the problems I have because without those problems, we cannot appreciate just how rewarding our lives can be.



Humor

**Quit Searching and Start Living**