



ORATORICAL PROGRAM

COACHING EVERY SATURDAY, 9:00 AM - 10 AM

RAINBOW PUSH COALITION NATIONAL HEADQUARTERS,
930 EAST 50TH STREET, CHICAGO, IL.



Everyone may not remember their speech as time goes on, but the confidence and skills they gain just by participating will never leave them. They will understand how special it was that people who did not even know them took the time to reward their efforts; enriching and allowing them to see themselves as people of dignity, intelligence and beauty.

Register your youngster for oratorical classes and weekly coaching sessions. We look forward to your student(s) participating and showcasing their phenomenal talent.

FOR MORE INFORMATION

PLEASE VISIT OUR WEBSITE AT WWW.PUSHEXCEL.ORG OR CALL 773-256-2762

f PUSH for Excellence @PUSH_Excel

GET INFORMED & BE SOCIAL WITH PUSH!
773-FREEDOM | WWW.RAINBOWPUSH.ORG





January 28, 2020

"It is easier to build strong children than to repair broken men and women." Frederick Douglass

Dear PUSH for Excellence Orators, Parents, Coaches and Educators:

Please be advised that the PUSH Excel Oratorical Program meets every Saturday from 9:00 a.m. 10:00 a.m. at the Rainbow PUSH Coalition National Headquarters, 930 East 50th Street, Chicago, IL 60615.

The Spring Competition is Saturday, April 25, 2020 at the National Headquarters, 930 East 50th Street, Chicago, Illinois 60615 at 1:00 p.m. The contest will conclude after all contestants have participated. **The Registration Form is enclosed on Page 26.** The deadline is 5:00 p.m. on Friday, April 11, 2020.

The contest focuses young people on the power of eloquent persuasive speech. Three essential components of future leaders in communities across America are: (1) a strong moral compass; (2) excellence in education; and (3) sound communication skills. The processes of having students conceptualize, prepare and deliver a memorized speech are essential components to developing future leaders.

We look forward to meeting the orator, his or her parents, principals, teachers, coaches, grandparents, aunts, uncles and all who support, believe in and celebrate children.

Should you have any additional questions and/or concerns, please contact Ms. Michelle Chambers, Program Coordinator at 773-256-2762 or mchambers@rainbowpush.org.

Thank you in advance for your time and consideration and we will see you on at the Contest on Saturday, April 25, 2020. Don't forget to come to coaching every Saturday at 9 a.m. to improve your performance.

Sincerely,

Reverend Dr. Janette C. Wilson, Esq.
National Education Director

Honorable Stanley L. Hill, Sr.
PUSH Excel Oratorical Program Chairman

Dr. Julianne Malveaux, Board President

Judge Greg Mathis, Co-Chairman

Pat Harris, Co-Chairman

Rev. Jesse L. Jackson, Sr., Founder & President

Dr. Janette Wilson, Esq., National Education Director

Orators may not remember their speech as time goes on, but the confidence and skills they gain just by participating will never leave them. They will understand how special it was that people who did not know them took the time to reward their efforts enriching and allowing them to see themselves as people of dignity, intelligence and beauty.

It is important that participants experience being listened to, being spoken to respectfully, receiving appropriate attention and affection and having accomplishments recognized and mistakes and failures acknowledged with the goal of building healthy self-esteem. With this exposure, they are able to proceed with confidence, benevolence and optimism, and be more ambitious to reach their goals. Encouraged by an inspiring "succeeding-against-the-odds message" that will live "through every line of pain and glory" they will increase their capacity to be happy and to treat other people with respect, kindness and goodwill, thus favoring rich interpersonal relationships and avoiding destructive ones.

Moreover, for those who volunteer their time when they have no obligation of blood or friendship to do so, if there is a heaven (and I truly believe there is), there will always be a place there for those who do. Together we have it in our power to influence the destiny of our world.

Level One Grades K – 3

Level Two Grades 4 - 6

Level Three Grades 7 - 8

Level Four Grades 9 – 12

Level Five College – Lifelong Learners

We invite you to attend the Saturday Morning Forum Broadcast, shown on the Impact Network, Channel 488 (Chicago), at 10:00 a.m. To view our Saturday Broadcast in your area of the country, please check your local listings for times and channels. Our broadcast live streams

on www.impactnetwork.com or www.rainbowpush.org.

Oratory Classes are conducted at Rainbow PUSH Coalition National Headquarters 930 East 50th Street, Chicago, IL 60615 every Saturday from 9 am. – 10 a.m.

Register your youngster for oratorical classes and weekly coaching sessions by contacting Ms. Michelle Chambers, Program Coordinator at [773-256-2762](tel:773-256-2762), or [email: mchambers@rainbowpush.org](mailto:mchambers@rainbowpush.org)

We look forward to your student(s) participating and displaying their phenomenal talent.

Each of the speeches we have selected for inclusion in the oratorical contest is educational with messages about potentially unlimited topics. *Therefore, as a prerequisite to your child's participation in this contest, parents, guardians and/or teachers are mandated to review and check out the speeches and provide appropriate guidance and counseling with the child before allowing the child to see or recite the speech.* Certain speeches, in the opinion of some, may not be suitable

for particular children, depending upon their age and maturity. With that cautionary note, we have racked up the following inspirational speeches on our list of speeches approved. All of these speeches are available for your review.

Approved Speeches

"Lecture on Discoveries and Inventions" by Abraham Lincoln

<http://www.abrahamlincolnonline.org/lincoln/speeches/discoveries.htm>

"The Parable of the Talents" from Matthew 25

<https://www.biblegateway.com/passage/?search=Matthew+25%3A14-30&version=ESV>

"Do It Anyway" adapted by Mother Theresa

<http://www.dbooth.org/guat2000/small/teresa.htm>

"The Creation" by James Weldon Johnson

<http://www.bartleby.com/269/41.html>

"The Creed" by Marva Collins

<https://docs.google.com/document/d/1yURBWtnzqhGkj7cpmubGsG5Ogj4HW1c0Xc2cyvSOwIU/edit>

2008 World Economic Forum - "Creative Capitalism" by Bill Gates

<http://www.gatesfoundation.org/Media-Center/Speeches/2008/01/Bill-Gates-2008-World-Economic-Forum>

"2007 Howard University Commencement Speech" by Oprah Winfrey

<http://www.graduationwisdom.com/speeches/0024-winfrey.htm>

"Freedoms Plow" by Langston Hughes

http://www.famouspoetsandpoems.com/poets/langston_hughes/poems/16959

Let America Be America Again (1935) by Langston Hughes

www.poemhunter.com/poem/let-america-be-america-again

Democracy (1949) - Langston Hughes

www.poemhunter.com/poem/democracy

Mother to Son - Langston Hughes

<https://www.google.com/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=mother+to+son+langston+hughes>

As I Grow Older - Langston Hughes

<http://www.poemhunter.com/poem/as-i-grew-older/>

Bound No'th Blues - Langston Hughes
<http://www.poemhunter.com/poem/bound-no-th-blues/>

"Just Add Bravery" by Melody Hobson
https://commencement.usc.edu/files/2012/12/Mellody_Hobson_Speech2015.pdf

"A Plan of Conduct" by Benjamin Franklin
<http://www.historycarper.com/1726/01/01/a-plan-of-conduct/>

"Persistence" by Les Brown
<http://www.getmotivation.com/goals/goals-persistence-lbrown.html>

Malcolm X on the Keys to Economic Empowerment in Our Communities and What Traps to Avoid
<http://www.facebook.com/notes/afrikan-centered-education/malcolm-x-on-the-keys-to-ec...>

Dr. Dwayne I. Buckingham - Black Economic Empowerment: "I Can" Speech
<http://www.realhorizonsdlb.com/blog/black-economic-empowerment-i-can>

Dr. Martin L. King, Jr. Why We Can't Wait
<http://thekinglegacy.org/books/why-we-cant-wait>

President Barack Obama Remarks by the President on Economic Mobility
<http://www.whitehouse.gov/the-press-office/2013/12/04/remarks-president-economic-mo...>

Michelle Obama, Democratic National Convention Speech July 25, 2016, Affirms Her Family First
<https://www.romper.com/p/transcript-of-michelle-obamas-dnc-speech-affirms-her-family-first-ethic-15022>

Sojourner Truth's 1851 speech "Ain't I a Woman?"
<http://legacy.fordham.edu/halsall/mod/sojtruth-woman.asp>

Josephine Baker at the March on Washington
<http://www.blackpast.org/1963-josphine-baker-speech-march-washington>

Shirley Chisholm introduces the Equal Rights Amendment
<http://www.nolo.com/legal-encyclopedia/content/chisholm-era-speech-html>

Shirley Chisholm Brooklyn Announcement Speech
<http://www.4president.org/speeches/shirleychisholm1972announcement.htm>

Myrlie Evers-Williams' invocation at President Obama's second inaugural
<http://www.faithstreet.com/onfaith/2013/01/21/myrlie-evers-williams-gives-invocation-at-president-obama>

The Rose That Grew In Concrete, Tupac Shakur
<http://allpoetry.com/The-Rose-That-Grew-From-Concrete>

Glory, Common
time.com/3717222/oscars-2015-common-john-legend-glory-selma/

Takes a Whole Lot of Human Feelings Carmen McRae
www.allmusic.com/.../it-takes-a-whole-lot-of-human-feelings-m...

The Gun Lobby Can Be Defeated, Rev. Jesse L. Jackson, Sr. Chicago Sun Times
<http://chicago.suntimes.com/opinion/7/71/1022359/jesse-jackson-gun-lobby-can-defeated>

Pope Francis' Speech to Congress
<http://www.washingtonpost.com/local/social-issues/transcript-pope-franciss-speech-to-congress/2015/09/24/>

Hey Black Child, Countee Cullen (Euseni Perkins)
https://www.google.com/?gws_rd=ssl#q=hey+black+child+poem+countee+cullen

Stopping by Woods on a Snowy Evening, Robert Frost
https://www.google.com/?gws_rd=ssl#q=stopping+by+woods+on+a+snowy+evening

The Road Not Taken, Robert Frost
https://www.google.com/?gws_rd=ssl#q=road+less+traveled+poem

The Emancipation Proclamation January 1, 1863 a Transcription by the President of the United States of America: A Proclamation.
http://www.archives.gov/exhibits/featured_documents/emancipation_proclamation/transcript.html

"Give Us the Ballot, We Will Transform the South" by Martin Luther King, Jr.
Speech given before the Lincoln Memorial at the March on Washington, May 17, 1957
<http://www.pbs.org/pov/pov2008/election/wvote/king.html>

Always There Are the Children - Poem by Nikki Giovanni
<http://www.poemhunter.com/poem/always-there-are-the-children/>

- Choices (1982) – Nikki Giovanni. www.poemhunter.com/poem/cipoces-144/

Maya Angelou

- Touched by an Angel
http://famouspoetsandpoems.com/poets/maya_angelou/poems/496
- Million Man March http://famouspoetsandpoems.com/poets/maya_angelou/poems/505
- I Know Why the Caged Bird Sings
http://famouspoetsandpoems.com/poets/maya_angelou/poems/494
- Alone http://famouspoetsandpoems.com/poets/maya_angelou/poems/500

- "ON THE PULSE OF MORNING" by Maya Angelou written: Spoken at the Presidential Inauguration Ceremony, January 20, 1993.<http://www.ssc.wisc.edu/~oliver/soc220/Lectures220/angelou.pdf>

"EQUIPMENT" by Edgar Guest

http://www.tuskegee.edu/about_us/legacy_of_fame/george_w_carver/carvers_favorite_poem.aspx

Imagine Peace, Yoko Ono

<http://imaginepeace.com/archives/2616>

Chief Seattle's Letter to the President of the United States, 1852

<http://www.ascensionnow.co.uk/chief-seattles-letter-to-the-american-president-1852.html>

Network by Paddy Chayefsky

[https://en.wikiquote.org/wiki/Network_\(film\)](https://en.wikiquote.org/wiki/Network_(film))

If—BY **RUDYARD KIPLING**

<http://www.poetryfoundation.org/poem/175772>

Do It Anyway, Mother Theresa

https://www.google.com/?gws_rd=ssl#q=do+it+anyway+mother+teresa

"Letter from a Birmingham Jail [Reverend Dr. Martin L. King, Jr.]" 16 April 1963

https://www.africa.upenn.edu/Articles_Gen/Letter_Birmingham.html

A More Perfect Union (speech) *2008 speech by Barack Obama*

[https://en.wikipedia.org/wiki/A_More_Perfect_Union_\(speech\)](https://en.wikipedia.org/wiki/A_More_Perfect_Union_(speech))

Jesse Jackson *1984 Democratic National Convention Address*

<http://www.americanrhetoric.com/speeches/jessejackson1984dnc.htm>

Jesse Jackson *1988 Democratic National Convention Address*

<http://www.americanrhetoric.com/speeches/jessejackson1988dnc.htm>

Jesse Jackson "Keeping HOPE ALIVE" Sermons and Speeches of Rev. Jesse L. Jackson, Sr. Amazon.com

Marcus Garvey

- Dissertation On Man http://nyahbinghi.ca/garvey-speeches/view-garvey.asp?word_title=Dissertation%20on%20Man

Maria Stewart

- Why Sit Ye Here and Die?
<http://www.blackpast.org/?q+1832-maria-w-stewart-why-sit-ye-here-and-die>

Mary Church Terrell “What It Means To Be Colored in the Capital of the U.S.”
<http://www.blackpast.org/?q=1906-mary-church-terrell-what-it-means-be-colored-capital-u-s>

Paul Laurence Dunbar

- We Wear the Mask
http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14864
- Sympathy http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14865
- Life’s Tragedy
http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14866
- Encouragement
http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14867
- A Choice http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14868

Reverend Dr. Martin Luther King, Jr.

- Letter from a Birmingham Jail
http://web.cn.edu/kwheeler/documents/letter_birmingham_jail.pdf
- Nobel Peace Prize Acceptance Speech
http://nobelprize.org/nobel_prizes/peace/laureates/1964/king-acceptance.html
- Speech at Oberlin College/Remaining Awake Through a Great Revolution
<http://www.oberlin.edu/external/EOG/BlackHistoryMonth/MLK/CommAddress.html>
- Keep Moving From This Mountain
http://wikilivres.info/wiki/Keep_Moving_From_This_Mountain
- Beyond Vietnam
<http://www.americanrhetoric.com/speeches/mlkatimetobreaksilence.htm>
- Why I am Opposed to the War in Vietnam <http://husseini.org/2007/01/martin-luther-king-jr-why-i-am.html>
- Where Do We Go From Here <http://famous-speeches-and-speech-topics.info/martin-luther-king-speeches/martin-luther-king-speech-where-do-we-go-from-here.htm>
- I’ve Been to the Mountaintop
<http://www.americanrhetoric.com/speeches/mlkivebeentothemountaintop.htm>
- The Casualties of the War in Vietnam
http://www.aavw.org/special_features/speeches_speech_king02.html
- Final Words of Advice <http://www.progress.org.dividend/cdking.html>
- On Poverty <http://homelessalliance.wordpress.com/2008/01/21/dr-martin-luther-king-jr-on-poverty/>
- The Other America <http://www.gphistorical.org/mlk/mlkspeech/index.htm>
- Nobel Lecture: The Quest for Peace and Justice
http://www.nobelprize.org/nobel_prizes/peace/laureates/1964/king-lecture.html
- Paul’s Letter to American Christians http://current.com/community/88889534_dr-martin-luther-king-jr-speech-pauls-letter-to-american-christians.htm
- A Proper Sense of Priorities
http://www.aavw.org/special_features/speeches_speech_king04.html
- The American Dream
http://depts.drew.edu/lib/archives/online_exhibits/King/speech?TheAmercianDream.pdf

- Domestic Impact of the War
http://www.aavw.org/special_features/speeches_speech_king03.html
- A Journey of Conscience <http://www.wmich.edu/library/archives/mlk/transcription.html>
- The Drum Major Instinct http://mlk-kpp01.standord.edu/index.php/encyclopedia/documentsentry/doc_the_drum_major_instinct

Booker T. Washington

- Democracy and Education
<http://www.blackpast.org/?q=1896-booker-t-washington-democracy-and-education>
- The Atlanta Compromise Speech
<http://www.blackpast.org/?q=1895-booker-t-washington-atlanta-compromise-speech>

Frederick Douglass

- If There is no Struggle, There is no Progress
<http://www.blackpast.org/?q=1857-frederick-douglass-if-there-no-struggle-there-no-progress>
- What, to the Slave, is the Fourth of July?
<http://www.blackpast.org/?q=1852-frederick-douglass-what-slave-fourth-july>

President Barack Obama Speech a More Perfect Union (2008)

<http://www.politico.com/news/stories/0308/9100/html>

Independence Day (1996) - President Whitmore Speech.

www.imdb.com/title/tt0116629/quotes.

Network (1976) – Mad as Hell.

<http://www.americanrhetoric.com/MovieSpeeches/moviespeechnetwork2.html>

Rocky (1976) – It Ain't How Hard You Hit. <http://samplage.com/movie-quotes/it-aint-about-how-hard-you-hit>

Hoosiers (1986) – I Don't Care What the Scoreboard Says.

www.filmsite.org/bestspeeches38.html

Mutiny on the Bounty (1935) – Closing Statement Before Death. A closing court message in defense of colleagues after the speaker has been sentenced to death.

<http://www.filmsite.org/bestspeeches2.html>

The Giving Tree (1964) – Sheldon Allan Silverstein. www.poemhunter.com/poem/the-giving-tree

The Great Dictator's Speech (1940) <http://www.charliechaplin.com/en/synopsis/articles/29-The-Great-Dictators-Speech>.

Lift Ev'ry Voice and Sing (1899) James Weldon Johnson. www.metrolyrics.com/the-black-national-anthem-lyrics-james-weldon-johnson.html

The Girl Who Silenced the United Nations for 5 Minutes (1992)
<http://100777.com/node/1827> Message that only we can protect the health of our environment and our very existence.

Armageddon – (1998) President’s Speech.
<http://disquietreservations.blogspot.com/2012/01/armageddon-presidents-speech.html>

Friday Night Lights Speech – Perfection Defined (2004) <http://nottalotta.com/friday-night-lights-speech-perfection-defined/>

Cicely Tyson Monologue from Medea’s Family Reunion (2006)
www.imdb.com/title/tt0455612/quotes Message about bringing the family together.

Samantha Booke’s Two Speeches in The Great Debaters (2007)
<http://www.americanrhetoric.com/MovieSpeeches/moviespecesthegreatdebaterswileyvsok>

Thing of Beauty (Endymion) John Keats (1818) www.peomhunter.com/poem/john-keats/

All The World’s A Stage (@ 1600) William Shakespeare. www.peomhunter.com/poem/all-the-world-a-stage/

The Way of Love 1 Corinthians 13 (@57AD) Apostle Paul
www.esvbible.org/1+Corinthians+13

Mahatma Gandhi: “Speech before Inter-Asian Relations Conference”
<http://mkgandhi.org/speeches/interasian.html>

Barbara Charline Jordan: “1976 Democratic National Convention Keynote Address”
<http://www.americanrhetoric.com/speeches/barbarajordan1976dnc.html>

The Dalai Lama: “Nobel Prize Acceptance Speech”
<http://www.dalailama.com/messages/acceptance-speeches/nobel-peace-prize>

President Abraham Lincoln: “Cooper Union Address”
<http://www.abrahamlincolnonline.org/lincoln/speeches/cooper.html>

President Nelson Mandela: “Speech Accepting the Congressional Gold Medal”
<http://www.americanrhetoric.com/speeches/nelsonmandalacongressionalgoldmedalspeech.html>

Rigoberta Menchu: “Nobel Peace Prize Acceptance Speech”
http://www.nobelprize.org/nobel_prizes/peace/laureates/1992/tum-lecture.html

Malala Yousafzais, Nobel Prize Acceptance Speech, 2014

http://www.nobelprize.org/nobel_prizes/peace/laureates/2014yousafzai-lecture_en.html

WEB DuBois, Address to the Nation, Niagara Movement Speech, 1900

<http://users.wfu.edu/zulick/341/niagara.html>

Khizr Khan's Speech to the 2016 Democratic National Convention

<http://abcnews.go.com/Politics/full-text-khizr-khans-speech-2016-democratic-national/story?id=41043609>

President Abraham Lincoln, House Divided Speech, June 16, 1858

<https://www.nps.gov/liho/learn/historyculture/housedivided.htm>

Marcus Garvey, Educate Yourself

http://www.nyahbinghi.ca/Garvey-speeches/view-garvey.asp?word_title=Educate%20Yourself

The Greatest Salesman in the World Og Madino The Scrolls –

All contestant Levels one, two, three, and four are free to select any of the following Scrolls to memorize and recite.

The Scroll Marked I - Today I begin a New Life

The Scroll Marked II - I Will Greet This Day With Love in My Heart

The Scroll Marked III - I Will Persist Until I Succeed

The Scroll Marked IV - I Am Nature's Greatest Miracle

The Scroll Marked V - I Will Live This Day As If It Is My Last

The Scroll Marked VI - Today I Will Be Master of My Emotions

The Scroll Marked VII - I Will Laugh at the World

The Scroll Marked VIII - Today I Will Multiply My Value a Hundredfold

The Scroll Marked IX - I Will Act Now

The Scroll Marked X – I Will Pray for Guidance

Orlando Ceaser See Unlock Your Leadership Greatest-10 Keys to Outstanding Results

Hope: For the difficult days ahead

<https://www.watchwellinc.com/files/129124688.pdf>

In the Ghetto there were many mountains

<https://www.watchwellinc.com/files/129720592.pdf>

The beauty and power of darkness

<https://www.watchwellinc.com/files/129720598.pdf>

There Is more to me

<https://www.watchwellinc.com/files/129720597.pdf>

Violence

<https://www.watchwellinc.com/files/129720596.pdf>

What would Dr. Martin Luther King, Jr. Say?

<https://www.watchwellinc.com/files/129720594.pdf>

ALL PARTICIPANTS ARE ENCOURAGED TO VIEW AND MEMORIZE ANY OF THE ABOVE SPEECHES BUT THE FOLLOWING SPEECHES HAVE BEEN SELECTED FOR YOUNGSTERS IN **LEVEL ONE ONLY**. OF COURSE, STUDENTS IN **LEVEL ONE** ARE ENCOURAGED, IF THEY CAN, TO MEMORIZE AND RECITE ANY OF THE ABOVE SELECTED SPEECHES, IF THEY WISH.

Langston Hughes – “Grandma’s Stories”

Grandma has a head full of stories
She has a whole heart full of stories

All day long when Mama’s away
Grandma wraps me in her special shawl
and tells me her stories

Black people stolen from Africa into slavery
Black people with no rights working for free

Black slaves who escaped on the Underground Railroad
not a choo-choo train with a running engine
but black folks and white folks working together
to bring slaves from the South up North to freedom

Of how she is African, French and Cherokee
and how they tried to kidnap her into slavery

Grandma tells me her stories wrapped in her shawl
That has its own story with its bloodstains and
bullet holes and all from her husband who was
killed with John Brown at Harpers Ferry

Oh, I know Grandma’s stories are true
they didn’t come from school or any book
Grandma was there fighting for freedom too!

Langston Hughes – “Libraries”

Libraries
are a special place
for me

with their long tables
all smooth and shiny
and bookcases spilling
over
with books filled with
wonderful worlds

Libraries
are a special place
for me
to sit and to stay
with books and books
and books of endless
beautiful words
keeping me company
taking my loneliness
and blues
away.

Langston Hughes – “All My Life”

I travel the big seas
working on ships to pay my fee
countries and continents welcome me

In Paris, in Africa, Russia and China
I go around the world like a miner
not the kind my father wants me to be
in Mexico with an engineering degree
But a miner searching for riches
from people of all races
discovering other voices and places

Going around the world claiming poets
from other nations, translating their sonnets
and stories into something I can dig –
yeah, going around the world digging life is my gig!

When I’m not overseas I’m in Harlem
with writers, artists and musicians
mapping out a world of laughter and strife
celebrating the beauty of black life.

Langston Hughes – “Poetry Means the World to ME”

Poetry means the world to me
it’s how I laugh and sing
how I cry and ask why

Poetry comforts me
when I use jazz or
the blues or the way
regular folk talk –
the language
they use

Words don't always
have to be neat
and polished
like a statue

They should be
used used used
to say what you like
or don't like
what you see think
or feel –

Words to fight against
Hate and unnecessary
Suffering

Poetry is what *I* use
to say
I love you.

Langston Hughes – “Sometimes Life Ain't Always a Hoot”

Sometimes life ain't
Always a hoot
or a holler

But if you manage
to give it
a bother

Even if you miss
your mother
or don't like
your father

There'll be better days
up ahead

A whole mess of
happenin' days
up ahead

You can sit and sulk
suck your teeth
and sigh

Or love and laugh
and live life
by and by.

Over My Head - Spiritual

Over my head, I hear music in air.
Over my head, I hear music in air.
Over my head, I hear music in air.
There must be a God somewhere.

Over my head, I hear singing in the air.
Over my head, I hear singing in the air.
Over my head, I hear singing in the air.
There must be a God somewhere.

Over my head, I see trouble in the air.
Over my head, I see trouble in the air.
Over my head, I see trouble in the air.
There must be a God somewhere.

Over my head, I see glory in the air.
Over my head, I see glory in the air.
Over my head, I see glory in the air.
There must be a God somewhere.

Go Down, Moses – Spiritual

When Israel was in Egypt's land,
Let my people go.
Oppressed so hard they could not stand,
Let my people go.

Go down, Moses.
Way down in Egypt's land.
Tell old Pharaoh
Let my people go.

“Thus spoke the Lord,” bod Moses said,
“Let my people go!
If not, I'll smite your firstborn dead.
Let my people go!”

“No more shall they in bondage toil,
Let my people go!
Let them come out with Egypt's spoil.
Let my people go!”

This Little Light of Mine – Traditional

This little light of mine,
I'm gonna let it shine.
Oh, this little light of mine,
I'm gonna let it shine.
This little light of mine,
I'm gonna let it shine.
Let it shine.
Let it shine.
Let it shine.

Take My Hand, Precious Lord – Thomas A. Dorsey

Precious Lord, take my hand.
Lead me on, let me stand.
I am tired, I am weak, I am worn.
Thru the storm, thru the night,
Lead me on to the light.
Take my hand, precious Lord,
Lead me on.

When my way grows drear,
Precious Lord linger near.
When life is almost gone,
Hear my cry, hear my call,
Hold my hand lest I fall,
Take my hand, precious Lord,
Lead me on.

We Shall Not Be Moved – Traditional/Freedom Song

We shall not, we shall not be moved.
We shall not, we shall not be moved.
Just like a tree, planted by the water,
We shall not be moved.

We are fighting for our freedom.
We shall not be moved.
We are fighting for our freedom.
We shall not be moved.
Just like a tree, planted by the water,
We shall not be moved.
We are black and white together.
We shall not be moved.
We are black and white together.
We shall not be moved.

Just like a tree, planted by the water,
We shall not be moved.

We will stand and fight together.
We shall not be move.
We will stand and fight together.
We shall not be moved.
Just like a tree, planted by the water,
We shall not be moved.

Get on Board, Little Children – Spiritual

The Gospel train's a-comin',
I hear it just at hand,
I hear the car wheels moving,
And rumbling thro' the land.

Get on board, little children,
Get on board, little children,
Get on board, little children,
For there's room for many more.

I hear the bell and whistle,
A-coming 'round the curve;
She's playing all her steam and pow'r
And straining every nerve.

No signal for another train
To follow on the line;
O sinner, you're forever lost,
If once you're left behind.

The fare is cheap and all can go,
The rich and poor are there;
No second-class on board the train
No difference in the fare.

Shelvin Silverstein – “The Acrobats”

I'll swing
By my ankles,
She'll cling
To our knees
As you hang
By your nose
From a high-up
Trapeze,
But just one thing, please,
As we float through the breeze –
Don't sneeze.

Shelvin Silverstein – “Magic”

Sandra’s seen a leprechaun,
Eddie touched a troll,
Laurie danced with witches once,
Charlie found some goblin’s gold.
Donald heard a mermaid sing,
Susy spied an elf,
But all the magic I have known
I’ve had to make myself.

Shelvin Silverstein – “Ickle Me, Pickle Me, Tickle Me Too”

Ickle Me, Pickle Me, Tickle Me Too
Went for a ride in a flying shoe.
“Hooray!”
“What fun!”
“It’s time we flew!”
Said Ickle Me, Pickle Me, Tickle Me too.

Ickle was captain, and Pickle was crew
And Tickle served coffee and mulligan stew
As higher
And higher
And higher they flew,
Ickle Me, Pickle Me, Tickle Me too.

Ickle Me, Pickle Me, Tickle Me too,
Over the sun and beyond the blue.
“Hold on!”
“Stay in!”
“I hope we do!”
Cried Ickle Me, Pickle Me, Tickle Me too.

Ickle Me, Pickle Me, Tickle Me too
Never returned to the world they knew,
And nobody
Know what’s
Happened to
Dear Ickle Me, Pickle Me, Tickle Me too.

Shelvin Silverstein - “Captain Hook”

Captain Hook must remember
Not to scratch his toes.
Captain Hook must watch out
And never pick his nose.

Captain Hook must be gentle
When he shakes your hand.
Captain Hook must be careful
Openin' sardine cans
And playing tag and poring tea
And turnin' pages of his book.
Lots of folks I'm glad I ain't
But mostly Captain Hook!

Shelvin Silverstein – “Ourchestra”

So you haven't got a drum, just beat your belly.
So I haven't got a horn --- I'll play my nose.
So we haven't any cymbals ---
We'll just slap our hands together,
And though there may be orchestras
That sound a little better
With their fancy shiny instruments
That cost an awful lot –
Hey, we're making music twice as good
By playing what we've got!

Shelvin Silverstein – “The Loser”

Mama said I'd lose my head
If it wasn't fastened on.
Today I guess it wasn't
'Cause while playing with my cousin
It fell off and rolled away
And now it's gone.

And I can't look for it
Cause my eyes are in it,
And I can't call to it
'Cause my mouth is on it
(Couldn't hear me anyway
'Cause my ears are on it),
Can't even thing about it
'Cause my brain is in it.
So I guess I'll sit down
On this rock
And rest for just a minute....

(And what I thought was a rock turned out to be my head.)

Shelvin Silverstein – “Smart”

My dad gave me one dollar bill
'Cause I'm his smartest son,

And I swapped it for two shiny quarters
'Cause two is more than one!

And then I took the quarters
And traded them to Lou
For three dimes – I guess he don't know
That three is more than two!

Just then, along came old blind Bates
And just 'cause he can't see
He gave me four nickel for my three dimes,
And four is more than three!

And I took the nickels to Hiram Coombs
Down at the seed-feed store,
And the fool gave me five pennies for them,
And five is more than four!

And then I went and showed my dad,
And he got red in the cheeks
And closed his eyes and shook his head –
Too proud of me to speak!

Eloise Greenfield – “To Catch a Fish”

It takes more than a wish
to catch a fish
you take the hook
you add the bait
you concentrate
and then you wait
you wait you wait
but not a bite
the fish don't have
an appetite
so tell them what
good bait you've got
and how your bait
can hit the spot
this works a whole
lot better than
a wish
if you really
want to catch a fish.

Eloise Greenfield – “Harriet Tubman”

Harriet Tubman didn't take no stuff
Wasn't scared of nothing neither
Didn't come in this world to be no slave
And wasn't going to stay one either.

“Farewell!” she sang to her friends one night
She was mighty sad to leave ‘em
But she ran away that dark, hot night
Ran looking for her freedom

She ran to the woods and she ran through the woods
With the slave catchers right behind her
And she kept on going till she got to the North
Where those mean men couldn't find her

Nineteen times she went back South
To get three hundred others
She ran for her freedom nineteen times
To save Black sisters and brothers
Harriet Tubman didn't take no stuff
Wasn't scared of nothing neither
Didn't come in this world to be no slave
And didn't stay one either

And didn't stay one either.

Martin Luther King, Jr. by Helen H. Moore

When Martin Luther King was just a tiny little boy,
His father taught him to be brave and true.
His father was a preacher, and when young Martin grew,
Martin learned to be a preacher, too.

Martin worked for justice,
Martin worked for peace.
Martin worked so people could be free.,
Martin had a dream that someday
Children everywhere
Would live in freedom and equality.

Martin Luther King preached his message far and wide,
In Washington they heard his message ring.
But there were some who didn't want to hear what Martin preached.
and so they shot young Martin Luther King.

Martin worked for justice.
Martin worked for peace.

Martin worked so people could be free.
Martin had a dream that someday
Children everywhere
Would live in freedom and equality.

George Washington Carver by Helen H. Moore

The farmers of the south were frightened
by a little bug!
Its name was the boll weevil
(it was smaller than a slug).
It ate up all the cotton crops,
no one knew what to do,
until Professor Carver
showed them all
a thing or two!
"Plant some peanuts!"
Carver said, "Those
Weevils just won't eat 'em!
Peanuts will help the soil and those
Boll weevils? We'll defeat 'em!"
The farmers did what Carver said,
The peanuts grew and grew!
"We've got too many nuts," the farmers said,
"Now what to do?"
Professor Carver went into his lab
And had a think.
He worked with peanuts day and night,
and quick as you can wink---
he used the nuts to make all kinds of things,
from bread to ink ...in fact,
he made 'bout everything
except the kitchen sink,
by using peanuts!

In Daddy's Arms by Folami Abiade

In daddy's arms I am tall
& close to the sun & warm
In daddy's arms

In daddy's arms
I can see over the fence out back
I can touch the bottom leaves of the big magnolia tree
In Cousin Sukie's yard
In daddy's arms

In daddy's arms the moon is close
Closer at night time when I can almost touch it
When it grins back at me from the wide twinkling skies

In daddy's arms I am tall
Taller than Benny & my friends Ade & George
Taller than Uncle Billy
& best of all
I am eye-ball-even-steven with my big brother Jamal

In my daddy's arms
I am strong & dark like him & laughing
Happier than the circus clowns
With red painted grins
When daddy spins me round & round
& the whole world is crazy upside down
I am big and strong & proud like him
In daddy's arms
My daddy

SECTION I: QUALIFICATIONS AND LEVELS FOR CONTESTANTS

1. The Contest is open to students of all ages. Participants must recite an excerpt from one of the pre-approved selection of speeches.

2. Contestant Levels:

Level 1, Grades K-3: One-Two Minutes

Contestants will be penalized 1 point deduction for each 15 seconds or portion over or under allotted limit if their speech is less than 30 seconds or greater than 2 minutes 30 seconds.

Level 2, Grades 4-6: Two-Four Minutes

Contestants will be penalized 1 point deduction for each 15 seconds or portion over or under the allotted time if their speech is less than 1 minute 30 seconds or greater than 4 minutes 30 seconds.

Level 3, Grades 7-8: Three-Five Minutes

Contestants will be penalized 1 point deduction for each 15 seconds or portion over or under the allotted time if their speech is less than 2 minutes 30 seconds or greater than 5 minutes 30 seconds.

Level 4, Grades 9-12: Four-Six Minutes

Contestants will be penalized 1 point deduction for each 15 seconds or portion over or under the allotted time if their speech is less than 3 minutes 30 seconds or greater than 6 minutes 30 seconds.

Level 5, Grades College-Lifelong Learners: Five-Seven Minutes

Contestants will be penalized 1 point deduction for each 15 seconds or portion over or under the allotted time if their speech is less than 4 minutes 30 seconds or greater than 7 minutes 30 seconds.

SECTION II: CONTEST RULES

1. All contestants must memorize and recite from memory an excerpt of any of the attached speeches.
2. A speech must be delivered in English.
3. All contestants must state their selected speech before beginning their speech in order for the timekeeper to record the exact time of the speech. A 3-point penalty is automatically assessed by the timekeeper for failure to identify the selected speech.
4. The use of props, special costumes or clothing, or the use of prompters will not be permitted. Notes may not be used. The penalty will be disqualification.
5. Contestants going over or under will not be cautioned. This penalty will be determined by the official timekeeper.
6. Timing will begin immediately after the selected speech is expressed. Any salutation to the judges, audience, etc. should precede the announcement of the selected speech. Timing will stop when the contestant finishes.
7. No reference can be made that identifies the student, parents, school or community. This will result in a deduction of 5 points.
8. Contestants shall not be identified by name until after the last oration has been presented and all score sheets are out of the possession of judges.
9. Any protest in the conduct of this contest must be made immediately after the condition is noted. Protest received after the next contestant has been introduced, or in the case of the last contestant, after the judges leave to total the score, will not be accepted under any circumstances.
10. The Contest Chairperson will decide all protests in accordance with the official rules. The decision of the Contest Chair is final and no higher appeals will be recognized.
11. **Contestants may register for Oratory Class/Competition by submitting the class entry form to Ms. Michelle Chambers PHONE: 773 256-2762 or by email: mchambers@rainbowpush.org**
12. **The Contest Chairperson will decide** all protests in accordance with the official rules. The decision of the Contest Chair is final and no higher appeals will be recognized.
13. **See Judge Stanley Hill Instructional Video on YouTube for instructions on how to use the contestants score sheet attached.**

**For proper use of Judge Score Sheet refer to Judge Stanley Hill Instructional Video on
YouTube**

Judge's Score Sheet for Panel

Contestant Level _____ **Contestant** _____ **Length of Speech** _____ (Minutes & Seconds)

Self-Identification Deduction 5 points: _____

Failure To Announce Selected Speech at Beginning Of Speech Deduction 3 points: _____

1 Point Deduction For Each 15 seconds or portion over or under official limits: _____

POISE Maximum 30 points	<u>Poor</u>	<u>Fair</u>	<u>Good</u>	<u>Excellent</u>	<u>Superior</u>	Total Score *****
	1-6	9-12	15-18	21-24	27-30	
Appearance, Attire and Personality						
DELIVERY & PRESENTATION Maximum 50 points						
	1-2	3-4	5-6	7-8	9-10	*****
Voice/Volume						
Continuous Delivery Without Hesitation						
Enunciation/Pronunciation						
Eye Contact/Gestures						
Emphasis Well-Placed						
OVERALL EFFECTIVENESS Maximum 20 points						
	0-4	5-9	12-14	15-17	18-20	*****
Memorization & Mastery of Material						

Judge's Name Print _____

Judge's Signature _____

Date:

Each Contestant Must Receive A Score For Each Category.

**Each Judge Must Sign His/Her Individual Score Sheet And Submit The Same To The Competition
Chairperson or Designee At The Conclusion Of Each Contestant's Speech.**

The Oratorical Committee Will Tally The Scores.

PUSH FOR EXCELLENCE, INC.
“KEEP THE VISION ALIVE”
April 25, 2020

SPRING ORATORICAL TOURNAMENT ENTRY FORM

Contestant Name: _____ **(Circle One)** **Contestant Levels:**
Level 1-Grades K-3
Level 2-Grades 4-6
Level 3-Grades 7-8
Level 4-Grades 9-12
Level 5CollegeLifelong Learners

Address:

City: _____ **State:** _____ **Zip:** _____

Telephone (____) _____

Email (contact information)

DOB _____ / _____ / _____ **Age:** ____ **Grade in School** _____

School and/or Church:
Homework Coach: _____

Contestant Agreement

I have studied the rules of the contest, and I will be bound by all of the requirements.

Signature _____ **Date** ____/____/____

Parent or Guardian Permission and Release:

I give my permission for my child/ward to participate in this contest. I also consent to my child/ward being photographed or videotaped, including audio, in connection with his or her participation in this contest. I also give PUSH Excel and its assigns permission to use, edit and re-use these products for print, internet, and all other forms of media. I release PUSH Excel, and its assigns, agents and employees from all claims, demands, and liabilities whatsoever and in connection with, the above.

Signature _____ **Date:** _____

Relationship to Contestant _____

Deadline: Friday, April 11, 2020

THEME: “KEEP THE VISION ALIVE”
Where there is no vision, the people perish. (Proverbs 29:18).

God invites us to use our imagination to see the invisible. He allows us to be in a place that needs to be developed, and He challenges our faith by pushing us to see what we do not yet see. Many of us see only what is physically before us. Keep the vision alive. Rejoice that what we do not see now will be what we see forever. “We walk by faith, not by sight.” (*Two Corinthians 5:7*). The word “walk” refers to how we live. We are encouraged not to live by what we see but to live by faith. Our faith is the substance of things hoped for, the evidence of things not yet seen. (*Hebrews 11:1*). Sight can only show you the present. Vision shows you the future. Vision causes you to rejoice with expectation for what is to come. When you have vision, you are able to see your future while you are in the middle of your current situation. When you have the right vision for your life, it will increase commitment and energize you. Vision will help you establish a standard of excellence in your life and connect your present and your future. Vision will cause you to rejoice with expectation for what is to come.

Vision will cause you to understand that the answers you seek will not come, not by force or human reason, nor by struggle and strain, but by means of the Holy Spirit ever at work within your mind, heart, soul, body and life. The right vision will cause you to realize that God will see you through, bringing the right answers through the right channels, at the right time and in the right place. God will work through the right persons and circumstances. God will see you through in the best way for the greatest good of all concerned. No matter what the circumstances, how difficult or how impossible you feel it may be; God will see you through. If life is demanding strength that you think you do not have, wisdom you think you do not possess, tact, patience, forgiveness, love, or peace that you feel are foreign to you, remember that by keeping the vision alive you will know that God will see you through with His strength, His peace, and His infinite supply. Now just tell yourself persistently and firmly that God will see you through, and then let him.

To prepare for the tournament study the following lessons.

1. **POISE (30 points)** Poise: appearance, attire, personality. Poise is the freedom from affectation or embarrassment, composure. Affectation is a mannerism adopted to impress others. The speaker’s grooming and attire should be appropriate. The contestant should speak with enthusiasm and assurance; showing interest in the audience and confidence, permitting his/her personality to shine.
Poise – graceful and elegant bearing in a person. Synonyms: Grace, gracefulness, elegance, balance, control, good deportment.
Affectation – speech that is artificial and designed to impress. Synonyms: Pretension, pretentiousness, affectedness, artificiality, posturing, posing, airs, pretended feeling, façade, front, show, appearance, pretense, simulation, posture, pose.
Attire – clothing, clothes.

Personality – the combination of characteristics or qualities that form an individual’s distinctive character. Synonyms: nature, disposition, temperament, makeup, persona, psyche.

Mind your Body – The idea is to attract, not repel.

We can offend others with our bodies. We do that with the way our bodies, look, the way they smell and what we do with and to them. Thus, we need to consider good basic grooming habits. When we take good care of our bodies and our appearance, we implicitly validate whom we are. We look at ourselves as deserving of attention and act upon that feeling. As we are being good to ourselves, we also show that we consider others important. Behind the attention to our grooming are the goals of appearing at our best on the stage of everyday life and of being as pleasant a presence for others as we can. Essential to good grooming are a clean and odor free body, recently washed hair, fingernails and toenails in perfect order, clean and unrumpled clothes, well-kept shoes, unfrayed socks, and run-free stockings. Good grooming is simple good self-maintenance. When we are well groomed, we often experience a sense of both physical and psychological well-being. We feel good, and we feel good about ourselves. When this happens, we are better disposed toward others, treat them better, and are thus better treated in return.

2. **DELIVERY AND PRESENTATION** (50 points)

Delivery & Presentation: voice, volume, enunciation/pronunciation, gestures, eye contact, sincerity and emphasis. Delivery and presentation shall be judged on several factors. Voice quality should be recognized in tone, pitch and volume. Delivery should be continuous without hesitation or halting. Enunciation and pronunciation are most important. Eye contact with the judges is important. Gestures should be appraised for frequency, nature and effectiveness. Desire to be convincing should be obvious and emphasis should be well placed and dynamic.

There is a Message in Your Voice

While speech is how you use words, voice is how you create sound. To your listeners, your voice is a part of who you are and what you believe. Follow these tips on using your voice effectively when you are giving a presentation.

Your voice is a bigger and more important part of your presentation than you may think. With your voice, you can mutter, whisper, or shout. You can roar, suggest, demand. You can state, announce, assert, declare, affirm.

Use your voice for maximum impact.

From the sound of your voice, your listeners will make judgments about your attitude toward them and the ideas you are presenting. They will judge your sincerity and credibility in part by your voice. In addition, in turn that will affect how they respond to you and your message.

It follows that to be a good presenter; you must take care of your voice and learn to use it effectively. The proper use of your voice can emphasize and strengthen every message you deliver.

Vary the elements of sound for emphasis.

If the pitch, volume, rhythm, and timbre of your voice never fluctuate, you will be speaking in a monotone. In addition, you will risk losing your audience as a result.

“They will judge your sincerity and credibility in part by your voice.”

A monotone suggests to your listeners that you have little invested in them or in your message. It suggests you do not really care much whether or how your listeners respond.

A monotone provides too few points of emphasis, the kind that helps your audience comprehend your message. However, you can supply those points of emphasis by making your voice more expressive. An expressive voice pauses and quickens ... changes pace ... lowers and raises both volume and pitch. It carries emotion ranging from certainty to doubt ... surprise to assurance ... delight to disgust.

Work expression into your voice by varying the elements of sound: volume, pitch, rhythm, and timbre. Try that now by reading this next sentence aloud:

“I didn’t tell her you were stupid.”

Depending on how you vary the vocal elements, you can give this sentence any of several meanings. Begin by saying the sentence aloud, emphasizing the first word with added volume. Continue repeating the sentence, each time emphasizing a different word:

*“**I** didn’t tell her you were stupid.”* (Somebody else told her.)

*“I **didn’t** tell her you were stupid.”* (I emphatically did not.)

*“I didn’t **tell** her you were stupid.”* (I implied it.)

*“I didn’t tell **her** you were stupid.”* (I told someone else.)

*“I didn’t tell her **you** were stupid.”* (I told her someone else was stupid.)

*“I didn’t tell her you **were** stupid.”* (I told her you are still stupid.)

*“I didn’t tell her you were **stupid**.”* (I told her something else about you.)

Identical words. Different meaning. That is the power of voice.

Here are some more tips on harnessing your vocal power:

“Lower the volume for an aside.

“Raise the volume gradually as you build toward a point.”

Adjust the volume.

Use changes in volume to prevent your voice from slipping into monotonous sameness and to alert your audience to the nuances of your message.

Always speak loudly enough so everyone in your audience can hear you. Speak a little more loudly if the audience is large, even if you are using a microphone.
Lower the volume for an aside. Raise the volume gradually as you build toward a point.
Change your volume when you are changing an idea or an approach. Use your full voice with a microphone.

Refine the pitch.

Pitch is the frequency of the sound waves you produce. It is about hitting high or low notes with your voice.

Become aware of pitch and learn to refine it, phrase-by phrase. Questions, for example, should end on a higher note. Conversely, affirmative statements should end in a level or slightly lower pitch. The ending of statements on a high pitch can create doubt in your listeners.

Vary your pitch throughout your presentation to establish and reinforce your message.

Alter the rhythm and tempo.

Rhythm is the pattern of the sounds you produce. Tempo is the pace of your voice.

Use rhythm to carry meaning.

Slow the pace to emphasize certain ideas. Quicken the pace to show excitement or humor. Pause to underscore major points or to give listeners time to absorb a complex idea. Pause also when you are about to transition to another idea.

Control the timbre

Timbre is the emotional quality of your voice. It is the attitude behind a word or a phrase. Listeners perceive a speaker's attitude and use their perception to build comprehension.

Use timbre to enhance your meaning or express the emotion or attitude you want to create. Choose words and phrases that support that attitude.

Vary your emotional expression to support and signify meaning.

Your voice is one of the many tools with which you communicate. Practice managing your voice. Become adept at using it to clarify your message and to carry its significance to your listeners.

What is the difference between pronunciation and enunciation? Clarification: Good enunciation is the act of speaking clearly and concisely. The opposite of good enunciation is mumbling or slurring. See also pronunciation, which is a component of enunciation. Pronunciation is to pronounce sounds of words correctly.

Body Language Mistakes: Gestures, Movement, Posture & Facial Expressions

Non-verbal communication, or body language, is an important part of public speaking. Your body language includes your posture, movement, gestures, facial expressions, eye contact and voice. At the very least, your body language should not distract the audience, with a little practice, it can help you convey confidence, and help the audience see your message more clearly. Here are the most common gesture, movement, posture and facial expression mistakes:

GESTURE MISTAKES

Not using gestures at all. If you keep your hands locked at your sides, you will look nervous and your presentation will lack the visual element to accompany and enhance your words.

Keeping our hands in our pockets. This position leads down the slippery slope to slouching and a sloppier posture. In addition, you may unconsciously start playing with the keys or change in your pocket (yes, I have seen – and heard – it happen!)

Fidgeting with your hands. Be aware of what your hands are doing, such as “washing” each other, grasping each other tightly, fiddling with our watch or jewelry, etc. One of my public speaking coaching clients rolled and unrolled his shirtsleeves while he presented (we solved that problem by having him wear short sleeves). If you must hold something, such as your notes or the PowerPoint remote, be conscious of how you are holding it. Too often, the item becomes something for you to play with unconsciously, or in the case of notes, a crutch that prevents you from looking at the audience.

Holding your hands behind your back. This gesture usually resembles that of a child reciting a poem at a school assembly. When not gesturing, your hands should be in the “neutral position,” hanging loosely at your sides.

Pointing at the audience. Yes, your mother was right – it is not polite to point. Try an open-handed gesture instead.

Folding your arms across your chest. Even if you are, only doing this because you feel cold, this gesture will most likely be interpreted as you closing yourself off from the audience.

Gripping the podium. This gesture is usually accompanied by the “deer in the headlights” look. If you are using a podium, place your hands lightly on the top of it or in a relaxed hold on the edges.

Using stilted gestures. Your gestures should be natural and flow smoothly rather than looking forced or robotic.

Using overly rehearsed gestures. I once saw a speaker fall to his knees during his speech, which was unnecessary and struck the audience as melodramatic and insincere.

MOVEMENT MISTAKES

Moving without purpose. Most of the time you should stand confidently in one place rather pacing back and forth or walking aimlessly. If you do need to move, it should have a purpose. For example, walk confidently to the front of the room before you begin speaking and walk with purpose to the flipchart or to the computer.

Shifting your weight from one foot to the other. Many people do this unconsciously and sometimes because their feet hurt (hint: wear comfortable shoes!). Instead, stand with your feet firmly planted on the floor, with your weight equally distributed on both feet.

Hiding behind a desk, podium or flipchart. If the room configuration is set up so you are partially obscured behind something, then you have to rely more heavily on your voice and facial expressions to convey meaning. If you are nervous and feel exposed when there's nothing between you and the audience, practice, practice, practice – in front of the mirror, on video, in front of a friendly group of colleagues. If you must stand behind something, do so with assurance and not as if, you are shrinking from the audience.

POSTURE MISTAKES

Standing too stiffly. Yes, you should stand up straight but it should be natural, not like you are frozen at attention. Keep your shoulders back and hold your head up so you can make eye contact. This posture conveys confidence and helps you breathe more fully.

Slouching and keeping your head down. Not only does it prevent you from looking at the audience, but it also conveys nervousness and makes it harder for the audience to hear you.

FACIAL EXPRESSION MISTAKES

Not smiling, ever. Unless you are delivering horrible news, it is appropriate for you to smile, even in a business setting. Smiling will relax you and, in turn, relax the audience.

Smiling too much, especially when delivering bad news. You may be smiling or even giggling because you are very nervous, but it undermines the seriousness of your message and your sincerity. If you smile broadly or giggle while announcing mass layoffs, for example, your audience will interpret it as a sign of your lack of concern.

If you eliminate these body language mistakes from your presentation, you will come across as more confident and sincere and you will be able to communicate more effectively. Your body language will reinforce your message to the audience rather than distract from it.

3. **OVERALL EFFECTIVENESS** (20 points)

In this category the overall impression created by the speaker and the speech should be rated based on memorization and mastery of the material. In this phase of scoring, the general overall impression is given actual point values. It is in making this particular score that a judge would most closely approach a conclusion that would actually rank the contestants in his or her own opinion. **Emphasis well placed is important:** Emphasize in your speech appropriately and advantageously key words and thoughts in a manner that is good and useful.

Maximizing Your Memorizing

Organize It

Get the big picture. Learn material from general (big picture) to specific (little details). Outline it; diagram it; chart it.

Create associations. You remember new information more effectively if you associate it with learned information.

Use Your Body

Learn it once, actively. Action is a great memory enhancer. Pace back and forth. Use your hands as you study. Get your whole body involved.

Relax. You absorb materials more quickly and recall it with greater accuracy when relaxed.

Relaxation is a state of alertness, yet free from tension. You can be active and relaxed.

Create pictures. Draw diagrams. Use these images to connect facts and illustrate relationships. Associations are recalled more easily when visualized.

Recite and repeat. Repetition blazes a trail through the pathways of your brain, making information easier to find. Reciting aloud anchors information because it utilizes two different senses (saying as well as hearing it). Reciting in your own words forces you to process the material.

Write it down. Writing engages a different kind of memory than speaking. It prompts you to be more logical, coherent, and complete. It is also an effective way to prepare for exam questions.

Use Your Brain

Over learn. Learn more than you need to know about a subject. Pick it apart, examine it, and add to it until it becomes second nature.

Escape the short-term memory trap. Short-term memory is limited in what it can contain and rarely last longer than a few hours. A short review within hours of a study session can move material from short-term to long-term memory.

Use your times of peak energy. Study your most difficult subjects when your energy peaks. One hour of study in the day is equal to one and a half hours of study at night.

Distributed learning. Three 2-hour study sessions are more effective than one 6-hour session. If you overload your brain, it will shut down for rest. Distributing your learning allows time for your brain to “rewire” itself by growing new connections between cells.

Be aware of attitudes. If you feel history is boring, you will have trouble remembering dates and facts. Look for connections that relate to your own interests.

Combine techniques. All of these techniques work better in combination. Combine memory techniques to involve sight, sound and touch when you study.

Recall It

Remember something else. If you cannot recall facts, remember the example used during lecture. The information is encoded in the same area of the brain, so similar or related information will trigger recall.

Brainstorm. If you stumped on a test question, start-writing answers to related questions and you will likely recall the answer.

Notice when you remember. Notice our learning style. It is easier to remember what you saw, heard, or have done. Adjust learning techniques to your natural learning style.

Teach it. Teaching requires mastery. By explaining information, you will quickly understand it yourself. Study groups are especially effective in promoting this kind of mastery.

Use it before you lose it. Pathways to information become weak with disuse. To remember something, access it a lot. Read it, write it, speak it, listen to it, apply it – make contact with the material regularly.

Memory Tricks

Create mind maps. Using mind maps classifies information for easier recall. It also gives a visual image to remember.

Create new words. Acronyms are words created from the initial letters of a series of word. For example, IPMAT helps biology students to remember the stages of cell division (interphase, prophase, metaphase, anaphase, and telophase).

Create sentences. Acrostics are sentences that stand for something. For example, the first letters of the words of the sentence “Every Good Boy Does Find” are the musical notes of the lines of the treble clef staff (EDBCDF).

Create rhymes and songs. Rhyming, songs, and jingles are powerful memory tools. For example, “In 1492, Columbus sailed the ocean blue.”

Eye Contact:

Eye contact is essential to a great presentation and is one of the most difficult aspects of giving a speech. Eye contact is almost like touching someone. To reach out and touch a stranger with your eyes – can feel uncomfortable. Making eye contact with individuals in the room is imperative if you want to build a relationship with your audience.

- Use an irregular and unpredictable “Z” formation – looking at one person for three to five seconds.
- Smile; move gracefully off. Do not stare. Keep relaxed.
- Look at someone on the left side for a few seconds, then someone in the middle, then someone on the right. Do not neglect the people in the back.
- When looking at the back of a large room, it is okay to focus on a section or a head in the distance rather than the wall.
- Make eye contact with the one who is smiling, the one who is nodding, and the one who is “obviously” getting it.
- As you transmit your message – with your words, our facial expression, posture, tone of voice, gestures – you watch your listener’s eyes to determine whether they understand.
- Lack of eye contact creates a barrier between you and the audience; it makes you look untrustworthy.
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Eye contact, or lack of it, can make a difference in how receptive the audience is to your message.

These points may help:

- Maintain eye contact with your audience. Try to memorize your opening and closing statements so that you can maintain steady eye contact when you need to hold the audience’s attention.
- Try not to stare at a fixed object. Let your eyes travel casually and naturally from person to person throughout your speech.
- Look for friendly faces with whom to make eye contact, but do not neglect the rest of the audience.

Gestures and Expressions:

Gestures can be a powerful addition to any speech. They can also be a terrible distraction.

The following points may help you turn gestures into a public speaking asset:

- Use gestures only if they are natural to you. Effective hand gestures come from being relaxed and spontaneous, not from fidgeting.
- **Smile! If you look like you enjoy what you are doing, so will your audience.**
- Be dramatic, but match your facial expressions to your words. Look serious and sincere if your message is serious, smile if your message is positive.

Posture:

Posture is very important to maintaining an interested and confident appearance.

The following points may help:

- If a podium is available, place your notes on it, but do not lean on it. Leaning gives the impression that you are tired, sick, or bored.
- If you choose to walk while you talk, maintain your upright posture and hold your notes above your waist.
- Avoid pacing because it is distracting and may make you look nervous.

The Eyes Have It and They are All on You ... and Your Gestures.

The most important visual is you. Let us start with one truth. The most important visual in a presentation is not that dazzling animation or PowerPoint slide overflowing with data. The most important visual is you. In addition, when presenting, a large part of the “visual you” is conveyed in your body language. Study after study confirms that gesture, movement, and facial expression contribute significantly to helping your listeners grasp what you say.

One study, done several years ago at the University of Chicago, examined “the spontaneous, ephemeral, “made up-on-the-fly” gesturing we do every day. It concluded that at least half of language is imagery and that body language gives form to that imagery more than spoken words.

Gesturing is a hand movement that is as much a part of language as speech.

When we’re speaking, we’re thinking in two forms simultaneously,’ the study noted. Speech and gesture are one system. Gesture is a hand movement that is as much a part of language as speech.

Therefore, when you are presenting at the front of the room with your hands resting limp at your sides, you are diminishing your listeners’ ability to appreciate your ideas. The same Chicago study claimed that speaking without gesturing could cause an audience to miss large chunks of your presentation.

So how do you gesture? Moreover, how do you make it both effective and natural? Gestures need to arise from the content of talk and fit both the circumstance and your own personal style. However, they also need to be effective. There are some core guidelines to delivering effective gestures. What feels natural or comfortable is not always what works.

Many people gesture during a group presentation the same way they do when they are talking one on one. This is their accustomed habit so it feels comfortable. Other people's gestures become constrained in both size and frequency when they stand up in front of an audience. Not all these people are probably gesturing at their best.

One-on-one gestures tend to be small. They are right for an audience of one, not twenty- one or 501. The bigger the audience, the bigger the gestures need to be. One rough gauge is that gestures should be large enough to embrace most of the audience. This does not work for audiences of 1000s (unless your arms are long), but it is a good reminder to scale up the gestures to match the size of the room.

Penguins can be cute, but they are not good presenters.

One key to enlarging gestures is to start them from the shoulder. Wrist or elbow gestures are automatically smaller and tend to be limited in their variety, too. In fact, this is the single most common problem that drives people to repetitive gesturing. If you keep making the same gesture, it rapidly becomes meaningless and ultimately annoying to the audience. The misguided feedback becomes "Stop talking with your hands." The better feedback would be to start really talking with your hands to make your hands more powerful and expressive.

Next, make sure your gestures are high enough. Low gestures draw the eyes of the audience down and away from your face. They become distractions. If you watch for it, you can sometimes catch people doing a vague imitation of penguins, with their hands flipping about at their waists. Penguins can be the cute; but they are not good presenters.

Finally, tap your own natural style, but then expand on it. Try doing what feels "natural" and then make it bigger. If you do not naturally gesture at all, start by just adding one or two gestures to a sentence you practice in private. Try using words that have obvious gestures associated with them (large, tall, small, all, etc.). It probably will not feel or look natural at first, but with a bit of practice, you can build on your innate gestural vocabulary to become a more powerful and eloquent speaker.