

## Speech Tournament Success 2012

Despite missing the start of the semester due to a fractured wrist; the time away from my students spurred me onto greater accomplishments.

I had over a dozen students compete in two intramural competitions at their individual schools. My first contest was at Oxnard College on May 2<sup>nd</sup> 2012. I had just begun teaching there one month into the semester. Nonetheless, I inspired my students to join the ranks of competition.

There were five total contestants and three of these made it on to the final round. Two of my students went onto win the 2<sup>nd</sup> and 3<sup>rd</sup> place prize. They received a trophy and cash prize.



I gathered some student feedback in the class following the competition. Excitement filled the room to hear that my students had been so successful.

**Chandra a nursing major** one of the finalist shared, “I had thought I would have performed in front of a much larger audience.”

**Michael G.** both an athlete and student took the 3<sup>rd</sup> place trophy stated, “It was a great surprise to see all the hard work had paid off and my folks were really thrilled to see the trophy and cash I had won.”

**John S.** who spoke on the mechanics of the refrigeration process won 2<sup>nd</sup> place felt, “It was amazing to see all the time we spent in class on structure really paid off. I was shocked to see so many of the competitors who were so dependent on their notes.”

### **Success spreads to other schools**

I began SMC one week after the semester began and following the success in Oxnard I began to motivate my students on their potential winning could easily follow. One of them could take the 1<sup>st</sup> place prize for an even larger amount of cash.

Santa Monica was holding its 3<sup>rd</sup> Annual Global Citizenship Student Research and Symposium and Tournament. I have had student victories in each. The first year, I believe it was 2<sup>nd</sup> place and last year it was 3<sup>rd</sup> place.

This past contest on June 1<sup>st</sup> 2012 I had another six contestants competing here. One of my lucky students was able to capture the 1<sup>st</sup> place prize.

Below are some of their comments.

**Sophia is a Communication/Journalism** student felt the competition easily complimented her career goals. She stated, “The competition was a culmination of all we had learned in our class. It was an incredible experience seeing our classmates giving a speech in the tournament. It increased the opportunity to another level well beyond what I had learned in the class.

Her advice was: “Work hard and practice. Once you complete the outline start practicing the outline in your head. Next practice the visualization seeing yourself success. Confidence is the key!”

**Eugenio** is an art major valued the experience as ideal skill for him in the future with his art exhibitions.

He stated “I never imagined when I began this class that I would be competing in academic competition. This was 1<sup>st</sup> time for anything like this in my life. English is not my 1<sup>st</sup> language.”

I was originally scared and thought of running away. Yet once I saw my classmates they gave me courage. I took a deep breath and practiced the cognitive structuring we had learned in class. I thought about the people in my homeland of Italy who were facing the consequences of the earthquake with bravery and dignity. My fair was nothing in comparison to theirs.

I was the third competitor and once I finished everyone came to congratulate me and tell me how great my speech had been.

I won against the toughest competitor—myself. I had conquered the fear. I did not win a prize but it was success for me.

Following me was Lia. Once I saw her I knew had won. She deserved it.

“This was an incredible experience that I never would have done without my classmates or my instructor Prof. Kahn. “

### **Lia Winner of 1<sup>st</sup> place**

There is no secret weapon to win. It is just a combination of the different tools and techniques we learn in class. It gives you the confidence to visualize yourself in 1<sup>st</sup> place.

Here are my simple suggestions:

- 1) Choose a topic which you are passionate towards – this will make the talking flow.
- 2) Develop an outline and continue to revise it. Gain the insight from the instructor to hone in on the parts to highlight.
- 3) Memorization can't hurt as you do your best.
- 4) Practice visualization and see yourself winning.
- 5) Everyone is nervous. The difference is how you channel your energy; I became a famous actress and played this part from start to finish.

Lia is an Interior Design major and also speaks English as Second Language. She was the 1<sup>st</sup> place winner of Santa Monica College Annual Global Citizenship Student Research and Symposium and Tournament