

Getting Ready for an Interview or a Big Presentation in Residency



Public speaking isn't everyone's forte and most of us get extremely nervous in front of people. I am a high communicator and I have to prepare too so that I feel comfortable in the room. Preparing as much as you can will take some anxiety away, but there is no special tip for taking it all away. Practice makes perfect. Try paying attention to the movements you display while talking.

Tips for using hand gestures:

- ☐ **You're born to speak with your hands.** So, make them purposeful so it is ok to be expressive but not too wild.
- ☐ **Hand gestures make people listen to you.** Spencer Kelly, associate professor of Psychology and co-director of the Center for Language and Brain at Colgate University found that gestures make people pay attention to the acoustics of speech. Kelly said, "Gestures are not merely add-ons to language – they may actually be a fundamental part of it."
- ☐ **We can't help it.** Hand gestures come to us naturally. Spencer even found that blind people use hand gestures when speaking with other blind people. So, be aware of your style and practice in front of the mirror or record yourself to see what you are doing.
- ☐ **Gesturing helps you access memories.** Using hand gestures while you speak not only helps others remember what you say, it also helps you speak more quickly and effectively!
- ☐ **Nonverbal explanations help you understand more.** One study found that forcing children to gesture while they explained how to solve math problems actually helped them learn new problem-solving strategies.

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Sources:

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MDDisabilityQuotes

MAIN OFFICE
5555 West Loop South
Suite 500
Bellaire, TX 77401



480-707-2771 | 303-953-0263



info@MDdisabilityquotes.com

