



Hints for Students participating in the Rostrum Speaking Competition

Feb 2023

- **If you are to choose your own topic, choose one that really interests YOU** - not one that Dad, Mum or your teacher likes. If you go beyond the school final, you will be asked to pick a topic from six given topics.
- **Try and include a fact** or two that shows you have done some research.
- **Write out your speech.** You might get a point or two from what you know or your own experience, and you might consult, for instance, the library. You will find you don't need many points, just one or two with examples or explanations.
- **Time yourself and, if possible, record your speech.** (The competition speeches are for three minutes and you should time your speech to within 30 seconds either side of that limit.)
- **Remember to start your speech by addressing the Chair** "Mr or Madam Chairman" or "Chairperson".
- **Have an opening that is "attention grabbing".** There are several ways of doing this - sometimes a short quotation that leads into the topic might be used, or pose a question to the audience. Try to end with a "punch-line" that your audience will take away with them.
- **Read your speech through several times** so that you have a good idea what to say, but don't try to memorise it word for word.
- **Put down headings** (memory joggers) on little note cards if you think you need them.
- **Speak out so that you can be easily heard. Don't speak too fast.**
- **Please don't read your speech** to the audience. If you need notes use palm cards.
- **It's best not to use "props"** (for example, a toy dinosaur). The audience may become more interested in the "prop" than your speech.