

## INDIVIDUAL ACTIVITY

# STUDENT TOOLKIT

## CHECKLIST | PRE-SPEECH VOCAL TUNE-UP

- Perform a quick vocal warm-up.
- Identify key points of your message.
- Hydrate.
- Preview your opening and closing sentences.
- Engage in mindful breathing for relaxation.
- Check posture and breathing.
- Clarify your intended vocal image (e.g., confident, friendly, authoritative).
- Practice modulation and intonation.
- Establish a calm and focused mindset.

**Example:** Sarah is preparing to give a presentation. She performs a 5-minute vocal warm-up, ensures she is maintaining a strong posture, reviews her key points, and takes mindful breaths to project a calm and confident vocal image.

## BEST PRACTICES | CRAFTING YOUR UNIQUE VOCAL IMAGE

### UNDERSTAND YOUR NATURAL TONE

Identify and embrace the natural qualities of your voice.

### AUTHENTICITY IS KEY

Ensure your vocal image aligns with your values and personality.

### CONTINUOUS PRACTICE

Regularly engage in vocal practices and seek feedback.

### BE MINDFUL OF YOUR AUDIENCE

Tailor your vocal image to resonate with different listeners.

### VOCAL HEALTH

Protect and nurture your voice with regular exercises and mindful use.

**Example:** Alex practices using their natural tone in various settings (e.g., formal presentations, casual conversations) ensuring authenticity and considering the audience's preferences, while regularly practicing vocal exercises and seeking constructive feedback.

INDIVIDUAL ACTIVITY

# STUDENT TOOLKIT

## WORKSHEET | VOCAL IMAGE DEVELOPMENT PLAN

### Vocal Image Goal

Define what you want to achieve with your vocal image.

---

---

### Why is this goal important to you?

Describe the significance of this goal in your personal and social contexts.

---

---

---

### Strategies for Achievement

List the methods or approaches you'll utilize to achieve your goal.

1.

---

2.

---

3.

---

### Progress Tracking

Define how you will monitor your progress and frequency.

---

---

---

### Reflect on Progress

Periodically review and jot down reflections, challenges, and next steps.

---

---

---

#### Example:

- Vocal Image Goal: Project calmness and assurance during public speaking.
- Why is this goal important to you? To connect better with my audience and convey my messages more effectively.
- Strategies for Achievement: Practice mindfulness, engage in speech training, and seek constructive feedback.
- Progress Tracking: Maintain a log of speaking events, feedback received, and personal reflections.
- Reflect on Progress: A space to be filled periodically with reflections on the journey

**CONTINUED...**

INDIVIDUAL ACTIVITY

# STUDENT TOOLKIT

## TEMPLATE | VOCAL IMAGE SELF ASSESSMENT

### RATE OF SPEECH ASSESSMENT

#### Normal Speaking Rate



#### Reflection

How does your typical speech rate affect your communication?  
Are there situations where altering your rate could be beneficial?

---

---

---

#### Variation in Speech Rate



#### Reflection

Think of a recent conversation or presentation. How could varying your speech rate have enhanced your message?

---

---

---

#### Example:

- Normal Speaking Rate: *Moderate*
- Reflection: *In a recent group discussion, speeding up during less critical points created excitement, but slowing down while delivering key arguments made them more impactful.*
- Variation in Speech Rate: *Occasionally Varies*
- Reflection: *During a presentation, varying speech rates at different sections could have helped maintain audience interest and emphasize important points.*

CHALLENGE

# MELODIC TRANSFORMATIONS

## OBJECTIVE

Transform a story into a melodious narrative, observe audience reactions.

## INSTRUCTIONS

- Pick a well-known story or fable.
- Transform it into a melodious narrative by adding variations in pitch and pace, employing pauses for dramatic effect, and enunciating words to color emotions.
- Perform it in front of a small audience (maybe your family or friends) and observe their reactions.
- Submit a short summary of your audience's feedback and a photo of you performing, or a snippet of your melodic storytelling.



**Photo photo of you performing**

### Summary

Write a short summary of your audience's feedback.

---

---

---

---

---