

Preparing to Participate

Name: _____

PREPARING TO PARTICIPATE Chapter 2: Communication Confidence

2.1 Knowledge

What is the difference between nervousness and communication apprehension?

2.1 Application

As you read in this chapter, public speaking is among people's top fears. Why are people afraid to speak in public?

2.2 Knowledge

What are the three causes of communication apprehension? Explain each.

2.2 Application

Think of a time when you had learned apprehension. What was the situation? What about that situation caused you to be apprehensive and why?

2.3 Knowledge

Describe the difference between internal and external effects of communication apprehension.

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2.3 Application

Think of a time when you were apprehensive about a communication encounter. What happened to you physically and mentally?

2.4 Knowledge

Describe the four ways to manage communication apprehension.

2.4 Application

Have you used any of these in the past? If so, which one, and how did this strategy work for you?